



CAMPER PACKING LIST

updated 6/1/16



Below is a list of clothing suggested for camp this year. On a typical camp day, you will dress in jeans or shorts (see below for acceptable shorts length), a camp-issued SEP t-shirt, athletic socks, and tennis shoes. You will also need a jacket and/or sweatshirt for early mornings and nights that are cool.

We will provide **3 SEP T-shirts**, and will launder them twice. SR Campers (not Staff) will be allowed to wear their own modest clothing to the SR Camp Dance on Wednesday night and their own T-Shirts for Basketball. Please see the guidelines on the pages that follow for what clothing is acceptable. There will be a camp store & we will take up a collection for SEP Africa mid-week, so you may wish to bring a little money, but it is not required.

Luggage



Please bring either 1 suitcase or 2 smaller duffle bags (2 smaller duffle bags actually fit under the beds better) Storage is limited.



In addition, every camper **must have a backpack or bag** to carry each day to activities. Campers are responsible for carrying their swimsuits, towels, Bibles, notebooks, etc. and may not have time to go back to their dorms in between activities. (If you forget your bag we will be selling bags at registration.)

Bedding

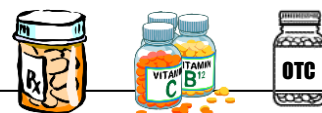
Sheets, blankets, and pillows are **NOT** provided. You will need to bring a sleeping bag, or linens and blanket, and a pillow if desired. **Please know that it does get chilly at night.**

- ☐ One sleeping bag or sheets & blanket
- ☐ One pillow
- ☐ 1-2 bath towels and washcloths
- ☐ 1 Beach Towel for pool activities

Other Items

- ☐ Necessary Medications (**MUST** be in original containers, be listed on the Application, & be checked in with the camp nurse upon arrival - incl. vitamins & OTC meds.)
- ☐ Bible and notebook
- ☐ Several pens/pencils
- ☐ Flashlight & NEW batteries
- ☐ Toiletries (soap, shampoo, toothbrush & paste, deodorant, etc.)
- ☐ Sunglasses & hat or visor
- ☐ Sunscreen
- ☐ Chapstick
- ☐ Mosquito repellant
- ☐ **Suggested:** Small amount of spending money. There is a camp store open a couple times in the week & we will take up a collection mid-week for an SEP Camp in Africa.
- ☐ **Optional:** Camera (**not** a cell phone camera because cell phones are not allowed; see below); If you choose to bring a digital camera, please bring your download cable if you would like to submit pictures for the camp website. However, please know that SEP So. Cal. cannot be responsible if it is lost, broken or stolen.
- ☐ **Optional:** Battery operated alarm clock. (Cannot use cell phones for alarm.)
- ☐ **Optional:** Fan or noise machine to help with background noise for sleeping.
- ☐ **Optional:** If you are going to audition for the Variety Show, please bring the items you need for your act. If this includes items that are on the "Do Not Bring" list (such as a CD player), then have the camper let their counselor know on the first day.

Meds must be in original containers!!



Use a laundry marker to mark **ALL** clothing & personal belongings **BEFORE** coming to camp

Girls Clothing

Let everything you d

and everything you

bring honor to your Heavenly Father.

- ☐ 1-2 T-shirts
(Girls: You can wear your own T-shirt for Basketball)
- ☐ 1 jacket and/or 1-2 sweatshirts
- ☐ 2-4 pairs of modest shorts (see examples to right)
(Girls: no underwear or belly buttons showing; **length of shorts must come to your fingertips** when arms are down at side)
- ☐ 1-2 pairs denim jeans
- ☐ 7-9 sets of underwear
- ☐ 7-9 pairs of white athletic-type socks
- ☐ 2 pairs athletic shoes
- ☐ Sleepwear (t-shirt and shorts work well)
- ☐ Swimsuit (**MODEST one-piece suits**. Very MODEST tankinis are allowed but they CANNOT show midriff or have skimpy bikini bottoms;

Note: If bathing suits are not modest, the camp will provide a large dark T-shirt & have the camper wear shorts.

- ☐ (Plastic garbage bags for dirty clothes)

PAINTBALL: SR Campers have the option to pay & play one session of paintball. See bottom of p.3 for notes on packing.

SR GIRLS DANCE ATTIRE:

On Wed. night, you (campers, **not** staff) will be allowed to wear your **own shirts** to the **SR Camp Dance** instead of the Camp T-Shirt. Clothing **MUST** be modest and pass the inspection of the dorm counselor or camp director.

Dance!

Put your clothing to the test:

- ❧ **No cleavage:** Stand in front of a mirror and lean forward. If you can see cleavage, the shirt is too low.
- ❧ **No midriff:** Raise up your arms high. If your shirt comes up and shows off your midriff, then the shirt is too short. Don't bother bringing it.
- ❧ **No bras showing:** Your straps of your shirt should conceal your bra within reason. When in doubt, layer with another tank top.
- ❧ **No short skirts:** No skirts above the knees please. (Shorts & Pants guidelines same as above.)

If you do not bring an appropriate shirt, you will ask you to wear your camper shirt to the dance. To discuss what we consider to be modest, feel free to contact Mark or Anne. 619-578-4245 sepsocal@gmail.com

Not Appropriate
Shorts for Camp



No midriffs, underwear or belly buttons showing; Length of shorts must come to where your naturally curled fingertips are when your arms are down at your side. SEE BELOW

Examples of Appropriate Shorts for Camp



Examples of Appropriate Swimsuits for Camp



Guys Clothing

Use a laundry marker to mark ALL clothing & personal belongings BEFORE coming to camp

❑ 1-2 T-shirts

(Guys: You can wear your own T-shirt or Tank top for Basketball)

- ❑ 1 jacket and/or 1-2 sweatshirts
- ❑ 2-4 pairs of modest shorts (see examples to right)
- ❑ 1-2 pairs denim jeans (no sagging)
- ❑ 7-10 sets of underwear
- ❑ 7-10 pairs of white athletic-type socks
- ❑ 2 pairs athletic shoes
- ❑ Sleepwear (t-shirt and shorts work well)
- ❑ Swimsuit (NO Speedo-type suits)
- ❑ (Plastic garbage bags for dirty clothes)

SR GUYS DANCE ATTIRE:

On Wed. night, you (campers, **not** staff) will be allowed to wear your own shirts to the **SR Camp Dance** instead of the Camp T-Shirt. Clothing **MUST** be modest and pass the inspection of the dorm counselor or camp director.

Dance!

Dress sharp, like a gentleman:

- Wear a nicer type shirt for the dance.
- Absolutely no inappropriate words or pictures on your T-shirt. Perhaps even try to step it up a notch and wear a shirt a little nicer than a T-shirt! (Not mandatory, just encouraged.)
- Check to make sure that your pants are not sagging and that when you lift your arms up high, that your midriff or underwear does not show.

If you do not bring an appropriate shirt, you will ask you to wear your camper shirt to the dance.



No sagging on any level. Do not show your underwear, midriff or belly buttons; Length of shorts must go past your naturally curled fingertips when your arms are down at your side; No Speedo swimwear. SEE BELOW

Examples of Appropriate Shorts & Swimwear for Camp



**Dress to show respect
to God,
to the Ladies
and to Yourself.**

PAINTBALL: SR Campers have the option to pay & play one session of paintball. Payment will be collected at check-in. More details are coming but just make a mental note that if you want to play you will need to bring one set of old clothing that covers your skin - old shoes, old jeans (not shorts) and an old long sleeve t-shirt. You might also want to bring a hat or bandana and gloves.

Check these items in when you arrive...

✓ **Electronics:** At check-in we will collect all electronics (except cameras) from campers & store them in a safe place until we return them at the end of camp. There are consequences for sneaking a phone/iPod/iPad into camp.



✓ **Vitamins, Over-the-Counter Meds & Prescription Meds:** At check-in we will collect all medications & vitamins. Over-the-counter medications such as aspirin, ibuprofen or sinus medications – or even vitamins - must be checked in with the Camp Nurse **IN THEIR ORIGINAL CONTAINERS**. These items **CANNOT** be kept in the dorms by the campers. Please do not bring any meds or vitamins in ziplocs or non-original containers.

Parents, please do *not* ask your camper to sneak their cell phone into camp so you can contact each other. Unplugging from electronics is a very important part of camp. If you need to get in touch with your camper please call 619-578-4245 and we can arrange a time for your child to call you.

Please Do Not Bring...

- ✗ ...Inappropriate clothing (See pages 2 & 3)
- ✗ ...Bikini's or Speedo type swimwear.
- ✗ ...Valuables. Expensive watches, jewelry, rings, etc. are not recommended.
- ✗ ...Radios (incl. clock radios), iPods, game boys, or other electronics (excluding digital cameras) are not allowed.
- ✗ ...Rollerblades or skateboards.
- ✗ ...Mountain bikes or any other type of bike.
- ✗ ...Water squirt guns.
- ✗ ...Guns, knives or weapons.
- ✗ ...Alcohol, tobacco products or illegal drugs.
- ✗ ...Candy. You **CAN** bring snacks such as granola bars, trail mix and small bags of chips and keep them in your luggage as long as the food is **DOUBLE** Ziploc'ed (a bag Ziploc bag inside of a Ziploc bag.) **PLEASE AVOID** high sugar content. It will attract unwanted bugs & animals – and make campers hyper at the wrong times, like before bed.
- ✗ ...Silly string or glitter.



Please note: SEP So Cal and Pine Valley Bible Conference Center are not responsible for lost or stolen items.