

# Suggested List of Items Needed

## CLOTHING

- 1 pair of comfortable shoes for hiking
- 1 extra pair of tennis shoes that can get wet  
**All shoes must have shoelaces!**
- 1 warm jacket or coat
- 1 sweatshirt or sweater
- 2 warm shirts (more if desired)
- 2-3 lightweight t-shirt or blouses
- 3 pairs of ankle length jeans or slacks
- 1-2 pairs of modest shorts
- 5 changes of underwear
- 5 pairs of socks
- 1 bath towel
- 1 washcloth
- 1 large plastic bag for dirty clothes
- 2 pairs of warm pajamas
- Rain jacket or poncho

## TOILETRIES

- Comb and/or brush
- Toothbrush and toothpaste
- Sunscreen
- Chapstick (lips dry out in the mountains)

## GENERAL EQUIPMENT

- Sleeping bag - not lightweight slumber bag
- 1-2 extra blankets (**nights are cold**)
- Pillow and pillow case
- Flashlight
- 2 empty tuna fish cans
- Sack lunch for the first day and water**
- Water bottle for hike**

## OPTIONAL EQUIPMENT

- Kleenex
- Hat
- Disposable Camera - marked with name

## DO NOT BRING!

- Pocket knives,
- Cell Phones (no service) Electronic games, etc.
- Tank tops, flip flops/sandals
- Matches, fireworks, etc.
- Excessive amounts of candy
- Money



[www.campbigsprings.com](http://www.campbigsprings.com)

## 12 NOON PICKUP ON FRIDAY

The bus arrives at Sunset View School (1520 West 600 South) at **12 noon sharp on Fridays. PLEASE BE PROMPT** in picking up your child.

## PLEASE NOTE

1. Please help your child pack their own gear and roll their sleeping bag so they will be able to do it at the end of camp.
2. **Please label your child's belongings.**
3. Your child will NOT need any money at camp.
4. A minimum of 3 pair of long pants are required for protection against the evening cold, stinging nettle, etc. Students may wear modest shorts, however, they are not recommended because of stinging nettle along the trails and the cool evenings.
5. We discourage children from bringing a lot of candy. Squirrels like it too and **often eat through suitcases**. Candy is best kept in a **metal container**. Please do not bring glass containers.
6. In order for your child to get the full benefit of the experience we strongly encourage you to plan the week so that they may stay Monday through Friday if at all possible. The entrance gate is 1<sup>1/2</sup> miles from camp and is kept locked at all times for security reasons. We ask for your cooperation with this concern. However, if a child must come back to Provo during the week, we will help you work it out.
7. A food and supply truck leaves from **Timpview High School** kitchen at 7:30 a.m. and 2:30 p.m. daily. Messages or "left-behind" items may be sent to camp on that truck.
8. LOST and FOUND is located at Auxiliary Services Building.  
Items will be kept for ONE (1) week.
9. We have 2 hikes during camp. Monday the hike into camp is 2 miles, a moderate hike. Thursday's hike is a fairly strenuous 7 mile hike round trip.

