

Packing List and Special Notes for ELCA East Bay Camp

Bible (A good readable translation: i.e. NIV, RSV, NSRV, NKJV, TEV, Good News, CEV)

Personal Items (Toothpaste, Toothbrush, Shampoo, Bath Soap, etc.)

Several Towels & Washcloths

Several Changes of Clothes for the entire week (including underwear)

Light Jacket or Sweatshirt

Rain Gear

Swimwear & Sunscreen (NOTE East Bay Camp has requested that all girls use only one piece Swimsuits) **

Pillow

Bedding or Sleeping Bag

Bug Repellant

Flashlight w/Batteries

Pen, Pencil., Paper, Stationary, etc.

Medicines (If Needed)*

Spare Shoes, and at least 1 pair of Tennis Shoes – we walk a lot and flip flops will NOT be adequate.

At least 1 pair of jeans or sweats – it does at times get cool in the evenings and mornings.

** POSITIVELY NO RADIOS, CD OR MP3 PLAYERS, VIDEO GAMES, CELL PHONES, PAGERS, ETC. ** These devices distract from our attempt to create intentional community among the people who are present at camp.

** All medicines must be turned in at the beginning of camp. Also, please remember to pick up medications at the end of camp

** A note on special cabin requests, which is on the registration forms. At ELCA East Bay Camp we value renewing old friendships of years' past, but also the joy of making new friends. With this understanding in mind, we respectfully request that there be no cabin assignment changes at/or after the time of registration. We will honor your requests made on your registration forms, when possible. Remember that we have different age groups and only ten beds per cabin, and at least one bed belongs to a counselor. So call those friends you've made in years past to find out if they are coming to camp and ask some new friends to come as well!

** Note about affection: As created, redeemed, maturing people of God, we know that our body, mind and spirit belong to God. Out of respect for individuals, for the camp community, and God, we will exercise self-control while at camp. Therefore, physical expressions of affection, beyond the holding of hands, an arm around the shoulder and a light hug will not be acceptable.

** No Drugs, Alcohol, Tobacco, or Weapons will be allowed!

** Note about swimwear: At the request of East Bay Camp, we must ask all girls to wear only 1-piece swimsuits.

Please remember to pick up medications after camp and all other items and clothes as well!