

# **Items for Campers to Bring to Shiloh Camp's Ascend Leadership Retreat**

## **Apparel, Accessories and Shoes**

3-5 pairs of shorts

2 pair athletic shoes/hiking boots

3 shirts or blouses (no spaghetti straps)

3-5 pair of underwear

3-5 pairs of socks

1 jacket, sweatshirt, or sweater

1 raincoat or poncho

## **Bedding and Miscellaneous**

1-2 blankets or quilts

2 sets twin sheets and pillowcases

1 bath towel and wash cloth

Bug Repellant

Sunblock

Bible

Notebook and pen

Flashlight

Water bottle

Personal care items (*toothbrush, toothpaste, shampoo, soap, feminine hygiene*)

## **What NOT to bring**

ABSOLUTELY No cell phones

No Food, candy, gum, snack, or drinks

No Paisley bandanas, any color *(could be seen as gang related)*

No Pornographic images in any format

No Journals or writings of any kind with explicit or occult content

No Perfume or scented lotions (these attract bugs)

No weapons of any kind (guns, knives, razor blades)

No written materials or music with parental warning or depicting demonic, satanic, occult, witchcraft, new age ideology

Alcoholic beverages, tobacco products, including vapes, and illegal drugs are prohibited and will cause dismissal from camp. These items will not be returned to campers.

**Use of phone in case of any emergency only**

Parents or emergency contacts will be called immediately. We do not allow phone calls to campers, incoming or outgoing, due to scheduling. If there is a family emergency, please call (405) 923-4385.

*To ensure camper and staff safety, no assumption of privacy should be made regarding any luggage, bags, or belongings kept on camp property. Searches may be made at any time.*