

## **LYNNWOOD STAKE HIGH ADVENTURE 2021 PACKING LIST**

Please wear tennis shoes and (if still required in public) a face mask.

Do not bring any electronic devices other than your phone, including but not limited to personal gaming devices, AirPods etc. Phones will be allowed but with tight restrictions.

### **Small backpack (labeled with name), include the following items: (Participants will keep this bag with them throughout the event)**

- Filled water bottle
- Sack breakfast/brunch for Wednesday, July 21st (include enough food and snacks to get you through to lunch at 1 pm)
- Scriptures
- Pen / Small notebook
- Hat / Sunglasses
- Sunscreen
- Insect repellent
- Lip balm
- Feminine hygiene products
- Raincoat/Poncho (check weather forecast)
  
- Required medications labeled with the youth's name, to be given to medical staff at check in.

### **Duffel bag (labeled with name), include the following items:**

#### **Clothing etc.**

- Three changes of clothing
  - (3 T-shirts, 3 modest shorts or pants)
- Pair of long pants, synthetic or stretchy preferred, for hiking, climbing and rappelling.
- Sweatshirt and sweatpants
- Warm pajamas
- Jacket / Coat (check weather forecast)
- Underwear and socks
- Plastic bag for dirty items
- Swimsuit - 2 strongly recommended (for young women, modest one piece or tankini that covers midriff)
- Cover up / T-shirt (if desired)
- Beach Towel
- Closed-toe water traction shoes for river rafting and cliff jumping (No bare feet, sandals or flip flops outside of base camp)
- Hiking shoes
- Plastic bag for wet items
- Flashlight with fresh batteries

**Toiletries**

- Hair brush
- Toothbrush/toothpaste
- Deodorant

**Large trash bag (labeled with name), include the following items:**

**Bedding**

- Sleeping bag
- Sleeping pad (due to space limitation please only bring an inflatable or small 1/2 inch thick pad)
- Extra blanket
- Pillow

**Extras:**

All boats will have life vests for those on board. If you want a life vest for swimming after cliff jumping or other lake activities, please bring a non-bulky jacket.

You can bring a sitting pad if desired but no camp chairs.

Thank you for trying to pack smaller items as we have very limited transportation space available.

Please label everything with your name so if anything is left behind we know who to return it to.