



# Spruce Lake

## Wilderness Camp

### What to Bring

- ❖ 4-5 sets Active Clothing – **Please Label Clothes**
- ❖ Pillow & Sleeping Bag
- ❖ Breakfast dishes (Unbreakable plate, cup, bowl and utensils)
- ❖ Hand sanitizer (travel size)
- ❖ Day Backpack & Water Bottle
- ❖ Flashlight and Batteries
- ❖ Bible (if you have one)
- ❖ Bank Money (\$25-\$50) - please add spending money in your online account
- ❖ Sun & Bug Protection
- ❖ Sturdy Sneakers
- ❖ Sandals w/ back strap (opt)
- ❖ Shower Shoes (opt)
- ❖ Poncho / Rainwear
- ❖ Jacket & Warm Clothing
- ❖ Toiletries (including a toothbrush case)
- ❖ Bath & Swimming Towels
- ❖ Swimsuit (see modesty below)

### Optional Items for Theme Days:

- ❖ Tie-Dye Tuesday, Wacky Wednesday, Jersey Thursday, Flannel Friday/Hawaii Day Friday

### What Not to Bring

Cell phones/ electronics, Non-prescription Meds, Drugs/ Alcohol/ Tobacco, Dangle or hoop earrings, Spaghetti-strapped Tops, Bikini-style swimsuits, Mid-cut and short shirts, Personal sports equipment, Animals or Pets, Snack foods/ Candy, Pocket knives, Weapons of any kind, Fireworks & combustibles.

### Clothing Modesty

*We encourage staff and campers to wear clothing that adheres to the modest standard described below. Please carefully look through your clothes to honor this request. If your attire is not modest, you will be asked to change.*

- Swimsuits should be modest and one-piece or a Tankini-only if the fabric fully overlaps (no bikinis or speedos).
- Shorts should be suitable for recreation, and not form-fitting or overly short (mid-thigh or fingertip length).
- Shirts should be suitable for recreation and modest. Please do not pack form-fitting shirts, or those that reveal the stomach.
- Leggings may be worn under other appropriate clothing but not as stand-alone pants.
- Tank Tops must pass all expectations for shirts, have straps that are 2 inches in width, and may not expose the back.
- Dresses should not be low-cut, expose too much of the back, or be too tight. Dresses are expected to have at least a two-inch strap. Skirts and dresses should be knee-length or longer. (Dresses/skirts are generally not appropriate for camp activities.)
- Please do not bring clothing with wording or images contrary to the Christian principles of the camp.