



Packing List for True North

What to bring:

- ☐ Weather-appropriate clothing for 2 days (based on the weather forecast for Canadensis, PA)
- ☐ 1 pair of closed toed shoes (required for certain adventure activities)
- ☐ 2nd pair of shoes & extra socks recommended in case they get wet/muddy
- ☐ Personal items
- ☐ Towel
- ☐ Toiletries
- ☐ Linens or sleeping bag (beds are twin sized)
- ☐ Pillow
- ☐ Bible
- ☐ Notebook
- ☐ Pen/pencil
- ☐ Flashlight
- ☐ Insect repellent
- ☐ Sunscreen
- ☐ Water bottle
- ☐ Spending money (Snack Shop, Gift Shop)
- ☐ Signed release form

What NOT to bring:

- Excessive technology (we highly recommend leaving all phones, earbuds, computers, tablets, game systems, etc. at home)
- Weapons, knives, explosives

Clothing Modesty:

We encourage attendees to wear clothing that adheres to the modest standard described below. Please carefully look through your clothes to honor this request.

- Shirts should be suitable for recreation and modest. Please do not bring shirts that reveal the stomach.
- Please do not bring form-fitting or see-through clothing
- Please do not bring clothing with wording or images contrary to the Christian principles of Spruce Lake Ministries.