Cascade Friends Camp

What to Bring

	Bible		Hiking shoes
	Pens and Pencils		Modest swimsuit (with cover-up for going to and from the
Ш	Notepad		stream)
	Sleeping bag	Ш	Towels
	Pillow		Toiletries (Soap, toothbrush, toothpaste, etc.)
Ш	Extra Blanket		Garbage bags for dirty clothes
	Warm clothes to sleep in		Shoes meant for daily activities that
Ш	A flashlight with extra batteries		entirely cover camper's feet
	Bug spray (10% to 30% Deet)	Ш	Shoes meant for the stream that entirely cover camper's feet
	Sunscreen		
What Not to Bring Our goal is to enjoy God's creation and our fellowship together. All electronic devices are discouraged.			
Cell phones may not be used at camp.			
Optional Stuff to Bring			
	Sunglasses		
	Camera		
	Water bottle		
	Flip Flops for the shower		
	Jacket		
	Watch or small wearable clock		
	Poster that reflects this year's theme		