



Packing List 2014



It's time to PACK for SOUL CAMP!

Below are some things to consider as you are packing your weekend bag:

- ➡ Temperature in the Pocono Mountains varies in September. Days can be as hot as 80+ degrees, and nights can be as cool as 50+ degrees. Please plan to pack for both hot and cool weather. You'll definitely want a pair of flannels, a thick pair of socks and a sweatshirt to sleep in (it gets cold in the middle of the night!). There will be cubbies next to your bed and drawers at the end of your bed to unpack in. Make sure to check the weather the day before camp and pack appropriately!
- ➡ You will be at Soul Camp for 3 evenings. Those evenings will include (optional) bonfires, all-camp Talent Show, late night discos, and Soulympics (Color War) activities. For Soulympics, we encourage spirit and spunk. Feel free to bring anything red and blue that you might have including: costumes, hats, sunglasses, leggings, face paint, etc.
- ➡ Your daily activities might include yoga, aerobics, dance classes, swimming or running around the track. Please check the schedule (that we will be sending in the next week or so) and pack accordingly based on what activities you plan to participate in.
- ➡ If you know you will want to participate in the Talent Show and your act requires a special outfit or music, please plan to pack that with you!

Clothing

T-shirts

Tank tops

Sweatshirt

Swimsuit

Sweatpants or leggings

Athletic Gear:

sports bra, socks, sneakers, running shorts, headband

Pair of jeans or casual slacks

Shorts

Pajamas

Light Jacket

Underwear and Socks

Rain boots + Poncho/Rain Jacket

Red and Blue shirt

Disco clothes: your fave dancing spandex perhaps?

Personal items

Sunglasses

Shower Needs – shampoo, conditioner, body wash

Eye care needs (such as eyeglasses, contacts, solution)

Comb or brush and other hair accessories

Feminine items

Shower shoes (flip-flops allowed for shower only)

Deodorant

Toothpaste, toothbrush

Sunblock

Bug repellent

Other toiletries as needed

Personal Medication + Supplements

Flashlight + batteries

Something to Sit On:

Anything from a rain jacket to a Crazy Creek, meditation pillow or soccer chair. We will be sitting outside by the campfire and want you to be comfortable.

A pen, pencil or markers

we will be providing you with a Soul Camp notebook, but please plan to bring something to write with!

nice to have

Bedding, Pillow + Towels:

We will be providing these but if you want to bring your own, you are more than welcome to!

Camera

Entertainment – books, cards, jax

Bandana/Scarf/Hat

leave at home

Electrical Devices: hair dryers, curling irons, straighteners

Items of monetary or sentimental value

Pocket Knife

Drugs + Alcohol

Flip-flops:

No flip-flops allowed at camp due to the rocky terrain. We don't want you to hurt yourself. You can bring sandals for the waterfront that cover heels (i.e. crocs and tevas are allowed).

Gum

High-heels

Camp is cozy and you will be happy wearing sandals and sneakers all weekend.

Journal + Water Bottle (you'll be getting new ones!)