

# What to bring to S.A.L.T.

Below is a list to help you out. The first part of the list is things that are essential for you to have with you when you come. The second part is things that you can bring if you have it or if you want to bring it with you. And the last part is things that I would like you leave at home (please do not bring them).

You will notice pictures beside some of the objects on the list. You do not have to have exactly what you see in the picture by any means. The pictures are just visual examples to help you understand. If you have any questions or concerns about this list or anything on it please call camp at 1-800-551-0168. I would be happy to help you out!

Happy packing!

## What you Need To Bring

<b>---BIBLE---</b> (Old/ New testament combined)	
<b>Camping cutlery</b> (or cutlery for camping); fork, spoon, knife (not pocket knife)	
A good pair of <b>running shoes</b> , hiking boots if you have some.	
<b>Rain Coat/ suit</b>	
<b>Cloths</b> For warm and cold days / nights; Fleece sweater, windbreaker, shorts, t-shirts, <b>swim suit</b> (for girls-only one piece swimsuits please. For boys-no speedos).	

<p><b>Beach Towel</b></p>	
<p><b>Flash light/ headlamp</b></p>	
<p><b>Sunglasses and Hat</b></p>	
<p><b>Water bottle/ Nalgene</b></p> <p>-Can be purchased in the Widji Tuck Shop  **an empty Gatorade or Aquafina bottle does not count**</p>	
<p><b>Pen and notebook</b></p>	
<p><b>Back pack for trip</b></p> <p>Does not need to be very big. We are only on the trip for three days.  -About 40 -60 liters  -Keep in mind what you are going to be putting in it. (Cloths sleeping back camping utensils...)</p>	
<p><b>Sleeping bag</b></p> <p>It will be going on the out trip, so try to keep it small.  If you bring a big one for your cabin at camp and one that will compress more for the trip that would be good.</p>	<p>Ok -</p>  <p>Awesome</p> 

**Toiletries**

Soap, Shampoo, toothpaste and brush...



**Extra socks**

A pair of wool socks for cold nights and morning, also for the out trip would be a good idea.



**Zip-lock bags-** For pens and pencils, toiletries...



**Sun Block, Bug Repellent and SPF** (sun protective) lip protection



**Optional**

**Dry bag**

-There are lots of extra dry bags at camp which we will use during the out trip, so don't worry about this if you don't have one.



<p><b>Compass</b></p> <p>-If you decide to bring a compass make sure it has a base plate</p>	
<p><b>Helmet</b></p>	

**Please do not bring:**

**Cell phones**

I ask that you **do not** bring your cell phone to camp. Camp is about the community. It is important that you are actively taking part in the community you are in and at camp cell phones can be a major distraction. At home, cell phones help us to be involved in our communities, but at camp it will just pull you away from the experience. We strongly suggest that you do not bring your cell phone. **Please do not bring your cell phones.** If you need to get ahold of your parents or someone outside of camp you are welcome to use the phone at camp with permission from a SALT leader.

**Ipods**

**You can bring your ipod**, but if something happens to it (broken, lost...) we are not responsible. If you do bring it there will be specific times when it can be used. This again, can take away from the community. We understand, however, that everyone likes their music.

***Do not bring...*** Pellet, BB or Paint Ball Guns, Laptops, TVs/ Radios, Matches/ Lighters, Cigarettes/Drugs, Knives.

**If in doubt leave it at home....**

If you have any questions or concerns, just let me know!