



# The Basics in Packing...

## What to bring ...

- Bible
- Personal Items
- Towel
- Sunscreen
- Shoes suitable for desired activities (No sandals on whitewater rafting)
- Clothing for both warm and cool weather (Day and evening temps vary greatly in the mountains.)
- Camera (optional)
- Notebook (journal & addresses)
- Pen or Pencil
- Sunglasses (optional)
- A GREAT attitude!**

## What not to bring ...

- Electronic games
- Laser pointers
- Weapons of any kind
- Inappropriate clothing & logos
- MP3/IPOD/Etc. (if used for trip, must be locked in vehicle)
- Expensive items you are afraid to lose
- Non-Prescription Drugs of any kind
- A bad attitude

*If you bring these items to the YMCA, we will take them from you and give them to your adult leader. It's easier if you just not bring them ☺*

## What is expected of me ...

- Know the schedule and be in place on time
- Acknowledge areas that are off limits
- Be safe & courteous
- Follow the direction of the leaders
- Adhere to the rules (verbal or written)...

***“Boys are blue, Girls are pink... Thou Shall Not Make Purple” – In other words, there will be no inappropriate displays of affection in public or private.***

**\* Anyone unable to follow these simple rules may be sent home early at parent's expense! \***  
*While there is some law here ... we assure you grace abounds! So have fun!*