

## Suggested Packing List for Bethany Beach

- Clothing for a week at the beach- including an extra set or two that can get dirty/wet
- Bedding: sheets, pillows with pillowcase, blankets, sleeping bag (we provide a mattress)
- Bathing towels and washcloths
- Toiletries (soap, toothbrush, toothpaste, shampoo, feminine products, etc.)
- Beach towel separate from shower towel
- Jackets or sweatshirts for cool evenings/mornings
- Extra socks and underwear
- Swimsuit(s)
- Sunscreen (SPF 30+)
- Hat with brim/sunglasses
- Insect repellent
- Umbrella or rain jacket
- Close-toed shoes for walking/physical activity
- Designated water shoes: crocs, sandals (with a heel strap), or old sneakers all work!
- Bible
- Water bottle
- Nicer outfit for Friday evening celebration
- Optional: white t-shirt or other white clothing items to tie-dye
- Talent show stuff: musical instruments, songbooks, artwork, stories, anything you need to show off your talent!

### PLEASE DO NOT BRING THE FOLLOWING ITEMS:

- Pets
- Weapons (knives or any other instruments that could be considered weapons)
- Non-Prescription Drugs: ALL medications (prescribed and over-the-counter medications) MUST be given to the medical personnel on staff upon arrival.
- Any alcohol, cigarettes, vaping or tobacco products, illicit substances, etc.
- Anything considered to be of great value
- (Please note: Possession of these items during camp events or on camp property may be grounds for being sent home at the participant's or parent/guardian's expense.)