

Packing List Extreme Faith Camp 2019

July 8-July 12 (Senior High/Adult leadership July 7- July 12-dismissed after clean-up)

Emergency Contact: Austin Busse 612-709-6264 (Cell)

I. Extreme Faith Camp held at:

Camp Courage
8046 83rd St NW
Maple Lake, MN 55358

II. Getting there and back:

**Drop All Maternity of Mary Monday,
July 9, 10:30am.**

**Pick up Maternity of Mary Friday,
July 12, 3pm.**

III. Packing List

!!!!Sleeping bag!!!!Pillow!!! –or sheets and blanket

Bible and Rosary

Journal or Notebook, pen or pencil

Towel and Toiletries (toothbrush, toothpaste, deodorant shampoo, etc)

Medications (please turn into camp nurse/parish leader upon arrival for monitoring—see medication authorization form for how to package)

Enough clothes for the week-one nice set for Mass. (**Modesty** is expected and enforced)

- Girls- no short shorts, leggings, Yoga pants, spandex (shorts should be hand width from knees when sitting)
- Guys- no underwear showing, hats in buildings, “muscle” shirts
- We represent one good looking Savior...so lets represent Him well ☺
- Set of clothes that can get dirty, messy, even thrown away for Messy Olympics
- Set of athletic clothes for all the outdoor games
- Sweat shirt or fleece jacket and rain jacket (cool weather or rainy weather)
- 1 pair of closed toe shoes for activities
- 1 pair sandals for non active times or showers
- swim suit (girls- 1 piece or tankini)
- Hat (for when outside in sun for longer periods)
- Sunscreen
- Bug spray
- Flashlight
- Teddy bear/stuffed animal (optional)
- Camera optional and at your own risk
- There is a camp store and EFC camp items for sale
 - \$20 sufficient and optional

V. Keeping bellies full

To help keep costs lower and make sure everyone has plenty of food we asking;

Bring bagged lunch for Monday

IV. Things you will NOT need

- Cell phones, ipods, MP3 players, IPods, computers, any device that may isolate you from others. Since this is a retreat please take a break from these items.
- Valuables or things that you can't lose.