

## Moving-On Camp Overnight Packing List

Please note that campers must bring lunch for Thursday, but all other meals and snacks will be provided. We do not allow caffeinated beverages to be consumed after lunch on Thursday, so please don't send Red Bulls, Monsters, or other energy drinks. Also note that we have limited space in the vans, so pack only your essentials ☺

Please pack the following items:

Sleeping bag

Sleeping pad

Tent (campers can share and/or sleep outside on a tarp, if desired)

Warm sweatshirt/jacket

Change of clothes (especially after paintball or the beach)

Toiletries (toothbrush, toothpaste, etc.)

Flashlight

Swimsuit

Towel

Bug spray/sunblock/sunscreen

**Small** amount of \$money\$ to purchase souvenirs (otherwise, no valuables please!)

Please note – ipods, handheld video games, and personal cell phones are not allowed. The site cell phone can be used in case of an emergency, that number is (707) 322-8451.

We will return Friday afternoon by 4:15 PM.

Have a great day from the Moving-On staff!

Nikki (LaRoux) Ianniello