



What to bring:

- Bible
- Clothes for outside activities (modest shorts and shirts)
- Tennis shoes (needed for some activities)
- Flip-flops/sandals for water activities
- Sleeping bag or sheets, blanket and pillow for their bunk
- Bathroom items (toothbrush, toothpaste, soap, comb, towels, etc.)
- Swimsuit (girls – modest one piece)
- Sunscreen and bug repellent (optional but recommended)
- Money for the Canteen (sodas, snacks, etc.) and our Camp Store (which sells camp souvenirs). Our Camp Store will be open on Monday during registration, on Wednesday afternoon, and Friday after the closing program. The Canteen will be open every day . The Canteen is peanut free, but still has a variety of candy options and a healthier selection, as well.
- Any money owed for their camp fee. Please make your check payable to CBM or you may send cash. Camp fee money, optional activity money, and spending money can be included in the same check. (Bus riders will need to keep their money in a safe place in their luggage or pocket during the trip to camp.) All money is collected from campers at check-in on Monday and kept for them in the camp “bank” for the week. Money is deducted from their account as needed and unspent money is returned Friday. They can choose to take this home, spend it in the camp store or give a donation to the summer mission project.
- Optional activity money- (Campers must have parental permission)
 - * *Paintball:* (\$15) Paintball gun, 200 paintballs, and a helmet will be provided.
 - * *Whitewater rafting:* (\$45) Led by experienced guides, this trip includes three hours on the Watauga river from Wilbur Dam to Elizabethton. No previous experience needed. Great fun!
 - * *Caving* (\$45) This two-hour excursion into Appalachian Caverns is an unforgettable experience! Helmets and headlamps are supplied. Make sure you pack some old clothes for this trip! You will get muddy and wet. Cavers need to wear long pants and close-toed shoes. **Physical requirement to participate: campers need to have the upper body strength to do at least one pull-up.**
- Only necessary medications. (All meds must be turned in to the camp nurse at check-in and will be given to your camper as needed). **All meds must be in original bottle with directions on outside.**
- Fishing license and pole (if your camper wants to fish during our lake trip during TW & JH2)

What not to bring:

- **Cell phones or any Wi-Fi capable electronics**
- Any electronic items (except cameras) such as iPod's, headsets, video games
- Clothes that have questionable words or pictures
- Magazines
- Knives or any other kind of dangerous items
- Anything valuable such as rings or jewelry. We cannot be responsible for items lost at camp.
- Cigarettes or illegal drugs
- Pets