



## SUGGESTED PACKING LIST

### **Bedding and Bath:**

**\*\*Sleeping bag or**  
**\*\*Sheets/blankets for twin bed**  
Pillow/pillowcase  
Bath towel(s)/washcloth(s)  
Beach Towel(s)  
Toiletries (*soap, shampoo, feminine products including Motrin, Midol, Ibuprofen if needed— We run out of extras every year!*)

### **Clothing:**

Underwear  
Socks  
Sleepwear (PJ's)  
Jeans  
Shorts (modest- mid-thigh and fingertip length)  
Shirts (modest-no spaghetti straps)  
Sweatpants/sweatshirt  
Bathing suit(s) (modest- no belly showing)  
Jacket  
Sneakers/sandals  
Pool/shower shoes or flipflops  
Cleats (optional)  
Hat (optional)

### **Personal items:**

#### **\*\*\*Reusable water bottle – REQUIRED**

Prescription medications (if any)  
Glasses/contact lenses  
Flashlight/batteries  
Sunscreen  
Bug spray  
Sunglasses (optional)  
Camera (optional)  
Goggles/earplugs (optional)  
Tennis racket/balls (optional)  
Hand sanitizer  
Playing cards/board games/crafts/rainy day activities

### **Money:**

Small amount for snack-bar (optional)- Camp Lakota only

### **Spiritual weapons:**

Rosary  
Bible (optional)  
Notebook/pens

### **What NOT to bring (see rules\*):**

Cell phones (except chaperones and Religious/clergy)-Office phone is available.  
I-Pods  
Video Games  
Other electronic devices  
Skateboards  
Cigarettes and/or e-cigarettes and the like  
Alcohol  
Weapons of any kind (including pocket knives)  
Illegal drugs  
Illicit material  
***\*Will be confiscated.***

**Note: Camp Veritas will not be held responsible for Camper belongings.**

**\*\* Bedding Note:** *The Lakota camp is in the mountains and it is quite cold outdoors at nights (50 degrees). The cabins are not heated. Make sure you bring adequate bedding to keep warm.*

*Bedding is provided at Clongowes Wood College, Kildare Ireland.*

*Lake Placid Camp in Florida, MSMC in Newburgh, and Summit Lake Camp in MD have air conditioned sleeping quarters.*