

## JUMPSTART PACKING LIST



- Bible, pen, pencil
- Personal, reusable water bottle, marked with first and last name
- Sheets, pillow, blanket, and/or sleeping bag
- Cheap watch
- Bath towel
- Beach towel for swimming and old shoes or water socks if wading in the river
- Toiletries: travel size shampoo, soap, deodorant, toothbrush, and toothpaste
- Sunscreen and mosquito repellent with Deet
- Modest shorts (knee length) and shirts, appropriate for the experience (including appropriate words or graphics), loose-fitting cotton t-shirts are best (no tank tops).
- Jeans, sweatshirt, and/or jacket for cool evenings or rainy weather, rain poncho if desired. **Please no stretch pants, leggings, or yoga pants.**
- Swimsuits: girls need a one-piece suit and also a cover up to wear when going back and forth to the pool
- Flip-flops for shower only, and tennis shoes for all activities, an EXTRA pair of tennis shoes is great in case the first gets soaked due to bad weather
- Flashlight
- Small backpack or cinch sack for keeping belongings together on the bus
- A few extra dollars for the snack shop (single dollar bills are better than \$5's or \$10's.)

### ADDITIONAL INSTRUCTIONS

Do not bring a cell phone, IPOD or IPAD, or any other electronics, etc.

As there will be a snack shop and an evening snack, please do not bring additional food items.

Please contact Chef Dave at Seneca Hills directly concerning any food allergies that the kitchen should be made aware of:

<https://senecahills.wufoo.com/forms/allergyspecial-dietary-needs/>

In case of an emergency, the Seneca Hills phone number is 814-432-3026.