

Camp Heartbeat Packing List

- Pillow, sleeping bag or blankets. (Cabins have heating and AC, a mattress is provided)
- Clothing for 5 days (pack a sweater and pants for cold evenings)
- Shoes for running and sandals for water games
- Modest swimwear
- Pool towel and bath towel
- Personal hygiene (toothbrush, toothpaste, deodorant)
- Slides or flip-flops for shower
- Bible
- Flashlight
- Bugspray and sunscreen (optional)