

Covecrest 2013 Packing List

Clothing:

- 2 pairs of clothes **to get dirty & throw away**
- Clothing that is comfortable and modest (appropriate for climbing and outdoor games)
- Sweatshirt or jacket for the evening
- One piece bathing suit
- Towels
- Shoes (tennis shoes)
- water shoes/sandals with backs (for white water rafting & mud pit)

Personal Items:

- Toiletries
- Linens or sleeping bag/pillow
- Rain jacket or umbrella
- Sunglasses or hat
- Bug spray
- Flashlight
- Sunscreen

Miscellaneous:

- Money for snacks & t-shirts in the store
- Money for 2 fast food meals
- Bible, journal, rosary
- **Guys:** Snack to share
- **Girls:** Drink to share
- Refillable water bottle

The following is modesty guidelines from Covecrest:

At Life Teen and Edge summer camps we require all campers to respect others as well as their own bodies. We require all campers and adults to adhere to our modesty guidelines. Below are the rules for the sake of comfort, safety, and modesty.

No strappy tank tops or short shorts: wear shirts that cover your shoulders and chest, and shorts that cover your thighs.

No low riding shorts or pants

No clothing with inappropriate writing, logos, or messages on them (i.e. alcohol logos, etc)

One-piece bathing suits: if you choose to wear a two-piece bathing suit you **MUST** wear a shirt over it.

Parent meeting: Sunday, July 14 in Padre Pio's place after the 5:30 Mass. Teens are welcome to attend as well.