



## Suggested Personal Supply List

### Always Bring:

- Clothing for various activities & temperatures
- Flashlight with fresh batteries
- Alarm clock
- Watch
- Personal grooming items
- Shower shoes
- Towel/washcloth
- Sleeping bag
- Pillow
- Camera
- Money for camp store

### Rope Course Participants

Please bring close toed shoes, and pants. Also be prepared for all types of weather as we will still go to the course in all weather conditions, except lightning.

### Winter Visits

- Extra clothing
- Boots
- 2 pairs of gloves
- Winter hat
- Snow pants
- Slippers

### Summer Visits

- Swimsuit
- Beach towel
- Bug spray
- Sunscreen
- Rain coat
- Sandals and sneakers

**Please DO NOT Bring....**

**Any Electronics**

**Valuable Jewelry**

**Cellular Phones (cell phones will not work at Oswegatchie so leave them at home)**