

# What To Pack

## ELI Leader Week & Practicum Weeks



### Luggage

- Large duffel bag or trunk
- Daypack or backpack (for water bottle and jacket)

### Outerwear

- Waterproof rain jacket or poncho
- Sweatshirt or light jacket

### Footwear

- Tennis shoes (2 pairs in case one gets wet)
- Water shoes with a heel strap for activities (no flip flops or Crocs – flip flops can be used for showers only)

### Camp Clothing

- Shorts (6) (one pair dark/solid shorts)
- Pants (1) (blue jeans work well)
- T-shirts (6-7) (no loose hanging tanks)
- Grow Day Camps shirt (provided)
- Socks (6 pairs)
- Underwear (6)
- Pajamas (all must wear shirt and shorts/pants)
- Swimsuit (1) (one-piece/tankini/trunks)
- Hat and/or bandana

**Note:** Labeling/initialing clothes is highly recommended

### Sleeping

- Pillow
  - Bedding (sheets/blankets or sleeping bag)
- Note:** During ELI Leader Week, participants sleep in twin bunk beds at Glisson. During Practicum Week(s), participants will need a sleeping pad or single air mattress for sleeping on classroom floors at the church hosting the Grow Day Camp.

### Camp Gear

- Water bottle
- Flashlight or headlamp w/ extra batteries
- Insect repellent
- Sunscreen

### Personal Items

- Toiletries (soap, shampoo, toothbrush, Toothpaste, etc.)
- Bath towel(s), wash cloth, beach towel
- Laundry bag for dirty and wet clothes
- Bible, journal, pen
- Small fan (optional)
- Face masks (welcome but optional)

### Medication

- Prescription Medication:** Please follow directions on the medication portion of the ELI check-in form. All medications, including over-the-counter meds, must be checked in.

## Do Not Bring\*

Cell phones, smartwatches, personal electronic devices (tablets, headphones, etc), video games, tobacco/e-cigarette/vaporizers, alcohol, drugs, weapons, fireworks, pets, skateboards, skates, unicycles, expensive clothes/shoes, or other valuable personal items

\*Participants found in possession of any above items are subject to immediate removal from the program without refund.