

## NEW HEIGHTS PACKING LIST

The weather in CT varies at this time of the year. We would recommend that you dress in layers. It is essential that each participant bring clothing to protect from cold and rain. Campers and staff are provided two t-shirts which are laundered daily. As a result, you will not need to pack very many shirts. **Use a laundry marker or a name tag to mark all clothing and personal belongings BEFORE coming to camp.** Please bring only one suitcase as storage is limited. New Heights Summer Camp is a 7-day camp!

THINGS TO BRING	LEAVE AT HOME
A heart for God	Bad attitudes
Bible and pen	Drama
Sleeping bag	Jewelry
Pillow	Electronics
Twin mattress cover (optional)	Food or beverage (attracts critters)
Bathrobe (for shower house)	Water/NERF guns
2-3 towels (1 beach towel - optional)	Weapons
Running/Hiking shoes	Illegal drugs
Waterproof sandals/Flip flops (showers & swimming)	<b>CAMPERS ONLY:</b> Cell phones
Active casual clothes for 7 days (not shirts)	
1 set of dress clothes (for the banquet)	
Underwear and socks	
Sleepwear	
Toiletries	
Sunscreen/Sunblock	
Hat	
Mosquito repellent	
Medications/Medical equipment (if needed)	
Flashlight and/or lantern	
Poncho/Rain Gear	
Alarm Clock	
Spending money for snacks and NH swag	
Jacket/Sweatshirt	
Bathing suit	
Plastic bag for wet/dirty items	
<b>STAFF ONLY:</b> Red polo shirt (returning staff), cell phone, charger	

### A Word About Attire:

Our clothing can even have an effect on those around us. Examples of inappropriate attire: bare midriffs, two piece bathing suits or any other provocative clothing, clothing which contains inappropriate words, symbols or pictures. Everything we do (including the way we dress) should be done to glorify God.