

# **SYLC CONFERENCE**

## **Bring Alongs and Leave Behinds**

### **Bring Alongs: Individual (Take the Minimum; Pack Lightly)**

Sleeping Bag (or blanket and sheets)	Sleepwear
Pillow (1)	Hat, Cap or Sun Visor (1)
Towel/Washcloth (1-2)	Athletic/Tennis Shoes (1 pair)
Jeans or Casual Pants (2-3)	Flashlight
Shorts (2)	Toothbrush / Toothpaste
Swimsuit (1)	Comb/Hair Brush
Beach Towel	Soap / shampoo / toiletry items
T-Shirts (3-4)	Personal Needs (soap, deodorant, etc.)
Short-Sleeve Shirts (3-4)	Sun Screen
Long-Sleeve /Sweatshirts (1-2)	Sun Glasses
Light-Weight Jacket/Sweater (1)	Prescription Medication only*
Socks (6)	Journal, Writing Materials
Underwear (6)	Bible

**\*Any necessary prescriptions are to be given to the Camp Nurse who will administer them.**

**NOTE: Laundry facility is not available for group use. Please bring enough clothes for the week.**

### **Bring Alongs: Community (Take the Minimum; Distribute Evenly)**

Basic First Aid Kit	Kleenex
Insect Repellent	Hair Dryer / Curling Iron
Camera and Film	Favorite Board Games (1-2)
Basketball, Soccer Ball, Frisbee, etc.	Musical Instruments & Music

***Feel Free to bring along some tapes and CD's that can be shared during free time!***

### **Leave Behinds: Individual & Community**

Electronic Games, Walkmans  
Expensive Equipment - CD Players / Tape Players  
Expensive Clothing, Jewelry and Equipment

**IMPORTANT:** Be sure to bring along a copy of your **family health insurance card** and give this to your Team Leader.

