

What to Bring to LIFT

Students/Sponsors need to bring:

Equipment

Bible, flashlight, water bottle

Bedding

Sleeping bag or two blanket bedroll and sheet

Pillow

Clothing

Shirts (must cover midriff), jeans (no ripped), shorts (no short shorts), raincoat or rain poncho, jacket, pajamas, sneakers, hiking boots or extra shoes, socks, plastic bag for dirty clothes

Toiletries

Toothpaste, toothbrush, floss, comb and/or brush, towels, washcloth, soap, shampoo, deodorant, sunscreen, insect repellent

Students should **not** bring:

Soft drinks or any caffeinated beverages, food, candy, electronic devices, jewelry, knives, and matches.

Cell phones must be left with your teacher/sponsor for safe-keeping. You may arrange with your sponsor to call your parents at a designated time.

