Recommended Packing list

What to Bring:

Dorm Style Sleeping:
- Bedding: Sleeping bags are preferred, or bring Twin Size sheets and blankets.
- Pillow
- **Bedding and towels are provided for guests who are staying in our hotel-style lodging of the Trinity.**

Clothing:
- T-Shirts - Bring several that you don’t mind getting dirty or even ruined by the end of the week.
- Shorts - Bring athletic/hiking shorts that you don’t mind getting dirty or even ruined by the end of the week. Shorts should be long enough to wear a harness comfortably.
- Shoes - Hiking/athletic shoes are necessary. You may want to bring a back up pair. Bring sandals/flip flops for your shower and waterfront.
- Socks and Underwear - Bring extras!
- Rainwear - A rain jacket/poncho will be very helpful if it rains.
- Hat/Bandana
- Swimwear/Towel

Bathroom:
- Toiletries - Toothbrush, toothpaste, shampoo, deodorant, soap, etc.
- Towels - One for the shower and one for the river.

Other Items:
- Face masks
- Refillable water bottles - It gets hot at Camp Eagle, and hydration is very important!
- Hand sanitizer
- Backpack - to carry your essentials around camp.
- Flashlight or headlamp
- Insect repellant
- Sunscreen & Sunglasses
- Medications - These all need to be labeled and turned in to your Group Leader
- Spending Cash - You don’t have to have any for camp, but we do have a Camp Store and Coffee Shop where you can make purchases.

What Not to Bring:
- Electronic Devices
- Weapons, knives or anything sharp
- Pets
- Alcohol or drugs
- Anything very valuable or irreplaceable.

***Your Group Leader may have additional items that they request you to bring with you or leave behind. Please confer with your Group Leader for additional information.***