



PACKING LIST

Welcome to Youth for Freedom! Get ready for an adventure and pack like you are going to spend a lot of time outside. Plan on shoes for the zipline and ropes courses and swimsuits for the pool and water games. We are going to have a lot of fun and we want you ready for it!

- BEDDING.** We will NOT be providing bedding. Youth MUST bring either their own twin-sized sheets, blankets, and/or sleeping bag along with a pillow. We suggest a sleeping bag for convenience.
- 2 TOWELS.** We will not be providing towels. Youth must bring their own. One towel for showering, another towel for water games.
- SUNSCREEN.** We will be outside and it is hot! Please make sure to pack sunscreen.
- Shower items; body wash, shampoo, soap, etc.
- Shorts (*no more than three inches above the knee*)
- Pants
- T-shirts (Include a blank one you can decorate for YFF or decorate it before you come!)
- Several pairs of socks and underwear
- Exercise Clothes
- Swim wear / clothes to get wet in (*no bikinis/speedo's*)
- Shoes (*close-toed shoes/sneakers or something good for running around*)
- Light coat/hoodie
- Pajamas
- Personal hygiene items
- Water bottle (*refillable*)
- Personal Medications (*Email to yffregistrar@gmail.com with any instructions/accommodations needed. Make sure everything is labeled, sealed and checked in at registration.*)
- Sunglasses/Hat
- Insect repellent
- Journal / diary & pen
- Camera (*cell phones may be used as a camera, as long as it's not distracting or used for other than specified times*)
- Snacks for between meals (*make sure they are resealable or in ziplock bags and labeled with your name*)
- Watch
- Semi-Formal wear for the Dance (*All Sessions*)
- Session Books/Materials (*not required to bring*)
- Signed Waiver Forms (*****MANDATORY - you cannot participate without these forms, emailed to parent/guardian***** If you have not received an email with the Waiver Forms to sign or have any issues with the forms, please email our Registrar at yffregistrar@gmail.com)

Please adhere to the dress guidelines listed below:

Youth for Freedom strives to promote a professional, creative, and diverse environment to facilitate the growth, focus and development of the participants.

Footwear must be worn at all times throughout the camp. All dresses, skirts, and shorts must be mid-thigh length and modest. No articles of clothing are to be sheer or netted (including but not limited to shirts, blouses, tops, dresses, suits, swimming suits, etc.) If clothing is sheer or netted, a camisole or under shirt must be worn. No bare or exposed midriffs, backs, sides, low cut tops (ensure the style fits the individual's body type), buttocks/underwear or genitalia. No bikinis or speedos. Words and designs on clothing must not be offensive or suggestive in nature.