

### Bedding

- Sleeping bag
- Pillow

### Clothing

- Pajamas
- Hiking boots or tennis shoes (waterproof if possible)
- 3-5 Pairs of socks
- 3-5 Pairs of underwear
- 3-5 Shirts
- 2-3 Pairs of jeans/sturdy pants that cover the ankle
- Warm jacket (waterproof if possible)
- 1-2 Sweaters or sweatshirts
- Hat

### Personal Items

- Bath towel
- Wash cloth
- Soap
- Shampoo and conditioner
- Toothbrush and toothpaste
- Deodorant
- Sunscreen, lip balm

### General Supplies

- Watch** (This is important! We will provide one if you do not have one.)
- Water bottle
- Flashlight or headlamp
- Plastic bag for dirty or wet clothes
- Pen or pencil
- Small bag of soil from a meaningful place
- Wood Cookie if you have one already
- SL handbook (given out at workshop)

### Optional Items

- Musical instrument
- Beads or stickers for student nametags

### Do NOT bring:

- Expensive items like jewelry
- Clothing with inappropriate language or references to religion, sex, tobacco, drugs, or alcohol
- Gaming consoles
- Weapons (including pocket knives)

If you do bring personal food items, please store them in the dining hall. **NO FOOD IN CABINS** - Beware the squirrels!

If you bring items that are not allowed at ODS, these items will be stored in a secure location and will be returned before you return home.

### Medications

All student leader medications are stored in the ODS office. **DO NOT KEEP ANY MEDICATIONS IN YOUR CABIN.** Report to the ODS office to take your medication- it will be kept where you can access it.

### Cell Phones

You may bring cell phones to site. However, there is **NO CELL SERVICE** at camp. Photos may only be taken with permission of staff to protect student privacy. Cell phones must be off and away during all ODS activities.