

STRONG RIVER CAMP & FARM

One Week Sessions

What to Bring

- 5 Shirts
- 5 Shorts
- 1 Jeans/Pants
- 1 White Shirt
- 1 White Shorts
- 10 Pairs Socks
- 2 Sleepwear
- 2 Bathing Suits
- 1 Swim shirt/Rash Guard
- 1 raincoat/poncho
- underwear
- toiletries
- laundry bag
- sheets, pillow
- blanket/sleeping bag
- 4 Towels
- 2 pair tennis shoes
- 1 pair river shoes
- Boat Cushion or stadium seat
- Lifejacket
- 1 cup and plate
- 1 bandanna
- 1 33 gal Garbage Bag

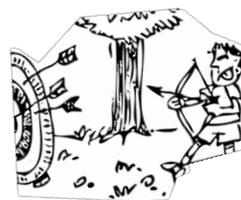
Optional

- Tennis Racquet/Balls
- Fishing Equipment
- Riding Boots/Hat
- Flashlight & batteries
- Insect repellent
- Sunscreen
- Stamped Postcards
- Band-aids
- Battery Powered Fan

What Not to Bring

- X Watches
- X Plastic Drawers or shelves
- X Tablets/iPads
- X Music Players
- X Plug in Fans
- X Knives
- X Expensive Jewelry
- X Cell Phones
- X Computers

Your name should be clearly marked
on all items brought to camp!



Helpful Hints



FOOTLOCKER: Be sure your trunk is not more than 15 ½ inches high so it will fit under your bed. You may also use duffel bags or a suitcase if you prefer. Please do NOT bring plastic drawers or furniture.

RIVER SHOES: River Shoes need to be old tie-on or strap-on shoes which you do not mind wearing in the river. Chaco and Teva sandals are great if they fit snugly enough not to come off in the river. Flip-flops and Crocs are NOT good river shoes.

SWIM-SHIRT / RASH GUARD: Any shirt with SPF protection for use while tubing and canoeing to prevent sunburn.

BEDWETTING: All camps with 7 – 12 year old children realize this possibility. Our staff is trained to deal with this situation. If you anticipate this please bring a plastic sheet and extra linens. Please tell your camper to ask their counselor for assistance in discreetly changing their linens if the need arises.

CUP AND PLATE: The Cup and Plate should be washable and are used for outdoor picnics. The bandanna is used as a napkin for outdoor meals. Please do not bring paper products as this defeats the purpose of learning the lessons of environmental awareness and taking care of essential equipment.

RACQUETS, FISHING, & HELMETS: Camp has tennis racquets, fishing poles, and riding helmets but you are welcome to bring your own (with your name on it) if you prefer.

WHITE SHIRT AND SHORTS: The white shirt and white shorts on the what-to-bring list are for the final evening banquet. Light khaki shorts or pants are also acceptable attire for the banquet.

MEDICATIONS: All medications, in original containers, must be turned in to the camp medical staff upon arrival. No medications, other than asthma inhalers, may be kept in the cabin.

NO PACKAGES: Campers may only receive letters. Please share this information with grandparents as well. Letters may be left at camp on Sunday for delivery during the week.

MAIL: Your camper's mailing address at camp is:

Camper's name
125 Strong River Camp Drive
Pinola, MS 39149

