



What may I bring to REGL Camp?

Here is a recommended list of items needed for REGL Camp. Keep it light and simple and remember the weather; the camp is at 5300 ft. elevation. It will be late September and the weather will possibly be warm to cool. Come with layered clothing. Buildings are cooled and heated for basic comfort.

Check www.sierranevadajourneys.org or weather conditions as you pack for the weekend. In September, we may have sun or rain, and it could be very warm, but also cool! Please come prepared.

- Refillable Water Bottle
- Shirts – Long and Short Sleeved
- Shorts, Long Pants & Sweats
- Pajamas
- Undergarments and Socks
- Jacket, Fleece, and/or Sweatshirts
- Athletic Shoes
- Flip Flops for showers
- Sleeping Bag & Pillow
- Sunscreen
- Body Soap, Shampoo / Conditioner
- Bath Towel
- Flashlight
- Toiletries (brush, comb, toothbrush/paste, deodorant, Chapstick, lotion, etc.)
- Medications, which will be turned over to our on-site nurse.
- Musical instrument and your camera, if you wish. Please identify these items so they can be returned if lost.

Note: Your child will receive a camp T-shirt, which they will wear for the majority of their time at camp.