

## **List of Things to Bring for Volleyball Camp**

Health History Update (if needed)  
USDA food form  
Signed Camper Participation Agreement  
Jacket, long pants, long-sleeve shirt  
Warm bedding and pillow (sleeping bag or blankets)  
Non-aerosol insect repellent  
Modest swimwear (1piece)  
Spending Money  
Soap, towel, toothbrush, personal hygiene items  
2 pair of tennis shoes  
Flashlight, Sun tan lotion  
Athletic shorts and shirts  
Knee pads  
Envelopes and stamps  
Pencil and paper  
And don't forget your BIBLE!

If you are allergic to bee stings, please bring your Epi-pen with you and check it into the nurse, along with other medications.

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