

## Adult Summer Camp @ Swift High Adventure Base

### Packing List

- Water bottle
- BSA Annual Health & Medical Record – Parts A & B
- Medications
- Face covering
- Swimsuit
- Towels
- Hiking shoes/boots
- Rain jacket/poncho
- Sunscreen
- Shower shoes/sandals
- Underwear
- Socks
- Washcloth
- Soap & shampoo
- Toothbrush & paste
- Hairbrush or comb
- Hand sanitizer
- Flashlight & batteries
- Insect repellent (non-aerosol)
- Personal first aid kit
- Sleeping bag or sheets & blanket
- Pillow
- Pajamas
- Camp chair
- Writing materials
- Spending money

Prohibited items: firearms or ammunition, fireworks, alcoholic beverages, sheath knives, and aerosol products