



# AsburyHills

## Express/Family Packing List

Provided below is a packing list for campers attending  
Express and Family camps.

- Bible
- Pen or Pencil
- Pillow
- Sleeping Bag
- Twin Sheets
- 3 Clothing Outfits (including underwear and socks)
- One Pair of Long Pants
- Jacket/Sweatshirt
- Pajamas
- Hat
- 2 Pairs of closed toe shoes (No Crocs or Chacos)
  - \*Tennis Shoes
  - \*Water Shoes shoes you can get wet (recommended old tennis shoes or Keens)
- Swim Suit (girls: one piece or tankini, boys: swim trunks)
- Rain Gear (poncho, rain jacket, etc.)
- Backpack (no string strap bags)
- 2 Towels
  - \*Bath
  - \*Beach
- Soap, Shampoo, Conditioner (we recommend unscented)
- Toothbrush & Toothpaste
- 1 quart Water Bottle (example: Nalgene)
- Flashlight with extra batteries
- Bug Spray (non-aerosol, non-deet)
- Sunscreen (at least 30 spf and waterproof)
- Plastic Bag for wet items
- Bag or Hamper for dirty clothes
- All medications (both prescription and over-the-counter) in original container, with dosing information.

As with most packing, use your best judgment on the usefulness of the item, all while trying to pack lightly. Duffel bags, rubbermaid containers, and suitcases are all great items to pack in. If you have any questions, feel free to call us at 864.836.3711.

### DO NOT BRING!!!

Pets, snacks, firearms or other weapons, fireworks, knives, alcohol, non-prescription or illicit drugs, tobacco of any type, walkie-talkies, AM/FM radios, iPod or other music players, personal sports equipment, and video games are not allowed. Cell phones are not permitted during camp. The camp is not responsible for loss or damage of personal property.