



Asbury Hills

GENERAL PACKING LIST

FOR CORE, DRENCHED, ALTIMITUDE, CIT & ENDEAVOR

WHAT TO PACK:

- BIBLE
- PEN OR PENCIL
- PILLOW
- SLEEPING BAG
- TWIN SHEETS
- 5-7 CLOTHING OUTFITS
(DON'T FORGET UNDIES & SOCKS!)
- A PAIR OF LONG PANTS
- JACKET/SWEATSHIRT
- PJS
- HAT
- 2 PAIRS OF CLOSED TOED SHOES
(TENNIS SHOES & WATER SHOES -- WE RECOMMEND OLDER TENNIS SHOES OR KEENS/NATIVES) CROCS ARE NOT ALLOWED
- SWIM SUIT *(ONE PIECE, TANKINI OR SWIM TRUNKS)*
- RAIN GEAR
- 2 TOWELS *(BATH & POOL)*
- SOAP, SHAMPOO, CONDITIONER
- 1 QUART WATER BOTTLE
(EXAMPLE: NALGENE)
- FLASHLIGHT W/ EXTRA BATTERIES
- BUG SPRAY *(NON-AEROSOL, NON-DEET)*
- SUNSCREEN *(AT LEAST 30SPF & WATERPROOF)*
- PLASTIC BAG *(FOR WET ITEMS)*
- BAG OR HAMPER FOR DIRTY CLOTHES
- ALL PRESCRIPTION MEDICATIONS *(IN THE ORIGINAL CONTAINER W/ DOSING INFORMATION)*
- BACKPACK FOR DAILY USE

WHAT TO PACK IN:

WHEN PACKING, USE YOUR BEST JUDGMENT ON THE USEFULNESS OF THE ITEMS WHILE TRYING TO PACK LIGHTLY. PACK LIKE YOU WOULD TO TRAVEL IN AN AIRPLANE-- A SUITCASE OR DUFFLE BAG, A CARRYON (BACKPACK!) & A PILLOW. SMALL "TRUNKS" ARE ALSO GREAT PACKING TOOLS. PACKING USING A DUFFLE BAG, SUITCASE, OR TRUNK WILL HELP TREMENDOUSLY WITH STORING YOUR BELONGINGS & WHEN IT IS TIME TO HEAD HOME.

WHAT NOT TO PACK:

PETS, SNACKS, CROC SHOES, CHACO SHOES OR SANDALS THAT ARE OPEN-TOED, FIREARMS OR OTHER WEAPONS, FIREWORKS, KNIVES, ALCOHOL, NON-PRESCRIPTION OR ILLICIT DRUGS, TOBACCO OF ANY TYPE, ANY SORT OF ELECTRONICS (WALKIE-TALKIES, RADIOS, IPADS, IPODS, MUSIC PLAYERS, CELL PHONES, TABLETS, PERSONAL SPORTS EQUIPMENT, OR VIDEO GAMES).

*ASBURY HILLS IS NOT RESPONSIBLE FOR LOSS OR DAMAGE OF PERSONAL PROPERTY.