



**A Word About Modesty:** Campers and Summer Missionaries at Victory Valley dress modestly. That means, among other things, that girls wear shirts that don't ride up in the back when bending or reaching, nor dip down in the front to reveal undergarments or excessive skin. We avoid tight shirts on girls. T-shirts with sleeves are best for their versatility and modesty. Girls swimsuits should be modest, cut conservatively, and cover the whole torso. (Mom, we know how hard it is to find a modest swimsuit and appreciate all the hours you invest in doing so.)

Check that your camper's shorts have at least a four-inch inseam. Shorts, swim trunks, and pants are worn at the waist with a belt, if needed, and underwear/boxers are not seen. We don't wear boxers as shorts or pajamas for pants except when sleeping. Shirts are worn at all times except during swimming. Sneakers are the best footwear. Sandals and flipflops are only worn during trips to and from the pool.

**Medications Note:** Please don't pack prescription or OTC medication in luggage as they need to be given to our nurse when you sign in. For safety, we don't allow medications in the cabins, except for emergency inhalers.

Please do bring your [Health Form](#) and a photocopy of the front and back of your health insurance card if not sent in advance and...

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| <input type="checkbox"/> Bible  | <input type="checkbox"/> Dark clothes for 'Mission Impossible'   |
| <input type="checkbox"/> Toothbrush/paste   | <input type="checkbox"/> Sneakers  |
| <input type="checkbox"/> Sleeping bag (campers will sleep out one night and will need a sleeping bag; if you would like to send bedding for the cabin as well, you may – twin size bunk beds) | <input type="checkbox"/> Old sneakers for creek-walking  |
| <input type="checkbox"/> Pillow   | <input type="checkbox"/> Daily set of play clothes   |
| <input type="checkbox"/> Soap/Shampoo   | <input type="checkbox"/> Socks   |
| <input type="checkbox"/> Towels (bath & pool)   | <input type="checkbox"/> Pajamas   |
| <input type="checkbox"/> Swimsuit (Girls: one-piece is preferred, two pieces that cover the whole torso are acceptable)   | <input type="checkbox"/> Sweatshirt or jacket  |
| <input type="checkbox"/> Flashlight   | <input type="checkbox"/> Long pants  |
| <input type="checkbox"/> White or light-colored t-shirt to tie-dye  | <input type="checkbox"/> Breathable laundry bag  |
|   | <input type="checkbox"/> Rain gear (optional)  |
|   | <input type="checkbox"/> Water bottle  |
|   | <input type="checkbox"/> Banquet clothes (casual church clothes – skirts/dresses should come to the top of the knee) |

**Medications:** Prescription and/or over-the-counter medications must be turned in to the camp nurse upon arrival. Do not pack these items in your child's personal belongings.

**Optional Items:** camera, fishing equipment, sun block, insect repellent (non-aerosol), stationery to write home, stamps

**Do Not Bring Any of the Following:** headphones, radios, iPod, electronic games, cell phone, pager, computer, or any other technological gadgets, valuables, pocket knife, gum, fireworks, skateboard, silly string, water balloons, water guns or anything else which makes a mess, has sharp edges or generates smoke or fire.