Family camp Participants,

Thank you for signing up for Family camp, 3-Falls Welcomes you. Please bring the following items:

- 1. Tent for you and your family, should have a rain fly, just in case.
- 2. Sleeping bags/and or air mattresses, pillows, blankets.
- 3. Water bottles for all in your group.
- 4. Light jacket, shorts, long pants, hat (wide brim), hiking poles, small back pack for hikes.
- 5. Head lights or flash lights, (check the batteries).
- 6. Good hiking shoes and good socks, you will be walking a lot around camp.
- 7. Towels for showers, toiletries. NO POOL THIS YEAR.
- 8. Cup/mug for drinking. Coffee for the adults.
- 9. Sunscreen, and maybe bug off lotion or spray.
- 10. First aid kit for family, just in case.
- 11. Please bring your health forms for all in your group and the BB gun release forms for all youth in your group.

Also anything else you would bring at a typical camp for your comfort.

Please note there are (2) hikes on Saturday. One is a short hike and one is a long hike. If you are not in good shape please do not go on the hikes, you are at 6000 feet and the air is a little thin.

Thanks Doug Sellers Your camp Director.