

QUICKWATER AND SKY MOUNTAIN FAMILY SESSION EQUIPMENT LIST

Clothing

3 pair long pants
2 pair shorts (modest)
6 pair socks
1 pair work shoes
1 pair hiking shoes
1 pair sandals
4 short-sleeved shirts
2 long-sleeved shirts
6 pair underwear
Poncho or rain coat
Sun hat
1 warm jacket
1 sweatshirt
1 pair pajamas
Bandanna
Work gloves
Modest swim suit

Equipment

Sunglasses
Plastic water bottle
Personal first-aid kit
Sleeping bag and pad
Pillow
Flashlight
1 day pack per family

Personal Items

Towel
Soap
Shampoo
Deodorant
Sunscreen
Insect repellent
Toothbrush
Toothpaste
Pads or tampons
Chapstick
Laundry bag
Shaving supplies

Optional Items

Journal
Scriptures
Books
Musical instrument
Sheet music
Camera
Stationery, pen, stamps
Drawing materials

Clothing Standard Note: from *For the Strength of Youth*: "Immodest clothing includes short shorts and skirts, tight clothing, shirts that do not cover the stomach, and other revealing attire. Young women should wear clothing that covers the shoulder and avoid clothing that is low-cut in the front or the back or revealing in any other manner. Young men should also maintain modesty in their appearance. All should avoid extremes in clothing, appearance, and hair style."