

QUICKWATER GIRLS SESSION EQUIPMENT LIST

Clothing

4 pair long pants
6 pair shorts (modest)
14 pair socks
1 pair work shoes
1 pair hiking shoes
1 pair sandals
6 short-sleeved shirts
4 long-sleeved shirts
14 pair underwear
Work gloves
1 modest swimsuit
1 warm jacket
1 sweatshirt
2 pair pajamas
Bandanna
Clothing for church
Durable backpacking poncho
Sun hat

Optional Items

Drawing materials
Journal
Stationery, pen, stamps
Books
Musical instrument
Sheet music
Camera (separate from cell phone)

Personal Items

2 towels
Soap
Shampoo
Deodorant
Sunscreen
Insect repellent
Toothpaste
Pads or tampons
Chapstick
Laundry bag
Toothbrush
Scriptures

Equipment

Frame back-pack (your size, not your dad's)
Sunglasses
Plastic water bottle (1 liter/wide mouth)
Personal first-aid kit
Sleeping bag and pad (lightweight and compact)
Pillow
Small pocket flashlight
Compass
Whistle
Pocket knife
Two metal cups
Spoon
Wooden matches in waterproof container
For mentors and L-Team – windup alarm clock, separate from your phone)

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.