



**Stories of Resilience:  
Youth Leaders for Community Wellbeing**  
*Young Leaders: Tuesday, June 1 – Friday, June 4, 2010*  
*Teen Focus: Saturday, June 5 and Sunday, June 6, 2010*

**PACKING LIST**

This is a wilderness camping adventure. Please pack:

- Sleeping pad and sleeping bag
- Pillow
- Clothes for cold weather; clothes for hot weather
- Hat, mittens
- Sunglasses
- T-shirts and shorts
- Sleepwear
- Toothbrush and toothpaste
- Towel
- Raingear
- Rain boots
- Water bottle
- Flashlight
- Toilet paper
- Ziploc bags - for women, to dispose of your feminine hygiene products
- Camping dishes, including plate, spoon, cup, knife, fork, and bowl
- Hiking boots or sneakers
- Bathing suit
- Water shoes
- Books/music
- Any medication you may need
- If you have allergies that require potential use of an epi-pen, please bring one
- Instruments

- Bring something that is important to you that you are willing to give away to another group member
- Any fun games or activities you would like to share
- **Also, those participating in Kim Munson's Thursday morning workshop are advised to bring old shirts that can be cut**
- **Don't bring sunscreen or bug spray - we will provide these!**
- **If you don't have any of the packing supplies listed above, please just let us know and we can make arrangements to organize these for you.**