

Zion's Camp Packing List

We are excited to have you join us at Zion's Camp. This will be a wonderful journey in preparing to serve our Savior. In so doing, we strongly encourage you to bring the following to have the best chance for comfort and success.

Required Supplies:

- The Standard Works
- Notebook or Journal
- Preach My Gospel
- Pen or Pencil
- Backpack or Bag
- \$20 Spending Money

Clothing:

All clothes should follow For the Strength of Youth guidelines.

- Exercise Clothes/Athletic Attire (*loose fitting*)
 - 2-3 Knee-length Shorts or Casual Pants
 - 3 T-shirts or Casual Shirts
 - 3-5 Pairs of Workout Socks
 - Comfortable Tennis Shoes (*required for hike*)
- Underclothes for Five Days (*pack for two extra days if possible*)
- Rain Jacket or Poncho
- Pajamas

Missionary Clothing for Men:

- 3-4 White Shirts
- Dress Slacks
- Belt
- Ties
- Suits (*preferred but not required; dress slacks or suit pants required*)
- Dress Shoes
- Dress Socks (*3-5 pair*)

Hair should be kept relatively short and evenly tapered on the top, back, and sides. This includes no ponytails, braids, designs, carvings or complete head shaving.

Men should be clean shaven. Sideburns should not extend below the middle of the ear.

[Visit LDS.org](http://LDS.org) for additional information on dress and grooming standards for elders.

Missionary Clothing for Women:

- 3-4 Knee-Length Skirts
- 3-4 Modest Blouses with Sleeves

Hair styles should be clean and neat, avoiding extremes in styles and unnatural color.

[Visit LDS.org](http://LDS.org) for additional information on dress and grooming standards for sisters.

Personal Toiletry Items:

- Toothbrush and Toothpaste
- Deodorant
- Soap
- Shampoo and Conditioner
- Comb or Brush
- Tissues
- Shaving Materials

Linens:

- Sleeping Bag or Bedding for Twin-Sized Bed
- Towels
- Pillows with Pillow Case

Optional:

- Camera
- Sun Block
- Bug Repellant
- Prescription Medications
- Over-the-Counter Medications (*such as cough drops, aspirin, ibuprofen, etc.*)
- Snacks

We will be training on the most up to date techniques on using technology from the Missionary Department. Please bring a smartphone or tablet.

Participants will have their own kitchen to prepare most of the meals throughout the duration of the camp. Special dietary needs will not be taken into consideration. Participants with food allergies or other dietary restrictions should come prepared to meet their own needs.

If you have questions please contact us at zionscamp@svu.edu.