



Boys and Men Integration Weekend Check List Fall

- ☐ Cold weather sleeping bag and blankets. If you don't have a cold weather bag, bring two
- ☐ Sleeping bags and blankets. Wool blankets if you have them. Pillow
- ☐ Camp sleep pad or air mattress. Insulated if you have one
- ☐ Mylar emergency blanket (optional)
- ☐ Tent if you have one (MW will provide if needed)
- ☐ Camp chair (MW will provide if needed)
- ☐ Day pack
- ☐ Rain gear
- ☐ Water bottle, eating utensils, plate, bowl, or mess kit. (MW will provide if needed)
- ☐ Headlamp/flashlight, batteries
- ☐ 2 towels, swim suit, shorts
- ☐ Tennis shoes, hiking boots, heavy SmartWool socks
- ☐ Plan to layer your clothing (have options depending on the temperature): Long underwear, underwear, t-shirts, long sleeve shirts, long pants, sweat shirts, fleece pullovers, outer layer
- ☐ Jacket
- ☐ Laundry bag
- ☐ Warm Hat and gloves
- ☐ Toiletries
- ☐ Medications (if needed). Staff will dispense prescription medications
- ☐ Pocket knife (blade no longer than 4 inches)
- ☐ Musical instruments (optional)

All belongings must be marked with the camper's name.

If you need any assistance with any of these items, contact us for help.

PLEASE DO NOT BRING: Tobacco, Alcohol, Pot, Drugs. Firearms, Fireworks. Valuables (Jewelry, Money, etc.). Devices, Games, Phones, or electronics of any type. (All gear will be inspected)

Mountain Wisdom Camp
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