

# TEEN ADVENTURE GUIDE

We are so excited to welcome your camper for their Teen Adventure Trip this summer! Here is a little bit of info to get your started. You'll receive more information about your camper's trip in early Summer.

## General Packing List

- Bug Spray & Sunscreen
- Sleeping Bag & Pillow
- Layers for cooler evenings
- Clothing
- Sunglasses
- Towels (beach and bath)
- Flashlight or Head Lamp
- Small Backpack for day excursions
- Sturdy Closed Toe Shoes
- Swimsuits
- Hat
- Poncho/Rain Gear
- Toiletries
- Books/Cards/Games
- Water Bottle
- Snacks (Peanuts and treenuts are now allowed on Teen Adventure Trips)
- Please DO NOT pack electronics - including cell phones, tablets/laptops, or video games



## Additional Information

- Camp will provide all meals, as well as all necessary gear needed for the trip (backpacking packs, lifejackets, paddles, helmets, etc)
- Packing items in a duffel bag that is easier to transport from the van to the campsite is ideal, as rolling suitcases may not be able to roll through campsite paths. Trash bags are also a great way to keep sleeping bags and pillows secure together, clean, and dry

Our team leaders will connect with Camp Henry's Program Directors daily, unless a different schedule for check-ins has been planned due to remote locations. If you have inquiries about the trip's progress, contact the office at 616.459.2267 or email [info@camphenry.org](mailto:info@camphenry.org) and we can share the most recent update that we have received. In case of emergency, please reach out to the office via the details above.