

Here is a supply and prep list will help ensure that their teens are well-prepared and have a positive experience at the Christian winter camp in the mountains.

Here's a suggested list:

Clothing and Personal Items:

- **Winter jacket:** Insulated and waterproof.
- **Layers:** Thermal underwear, sweaters, and long-sleeved shirts.
- **Waterproof boots:** Suitable for snowy or wet conditions.
- **Hats, scarves, and gloves:** Essential for protecting against the cold.
- **Warm socks:** Pack enough pairs for the duration of the camp.
- **Snow pants or waterproof trousers:** Ideal for outdoor activities.
- **Sleeping bag:** Rated for low temperatures.
- **Extra blankets:** In case it gets exceptionally cold.
- **Pillow and pillowcase:** For a comfortable night's sleep.
- **Toothbrush and toothpaste:** Basic dental care items.
- **Shampoo and conditioner:** Travel-sized bottles for convenience.
- **Soap or body wash:** Keep it simple for easy use.
- **Towels:** Pack at least two - one for the body and one for the face.
- **Hairbrush/comb:** Ensure teens can maintain personal hygiene.
- **Hand warmers, ear muffs, and neck gaiter or balaclava:** For additional warmth.

Camp Essentials:

- **Flashlights or headlamps:** Essential for navigating in the dark.
- **Reusable water bottle:** Stay hydrated even in cold weather.
- **Notebook and pen:** For journaling or taking notes during services.
- **Camera:** To capture memorable moments.

Spiritual and Service Items:

- **Bible:** Encourage teens to bring their own if they have one.
- **Devotional or prayer journal:** A notebook for personal reflections and prayers.
- **Pen or Pencil:** To take notes with.