CAMP HELAMAN 2019

Personal Equipment Checklist

Essential Equipment for all Attendees:

- Scriptures (hard copy, not electronic copy)
- Preach My Gospel manual: small (recommended) or large edition/can purchase at LDS book store)
- Pen/Pencil and Notebook
- Clothes: T-Shirt provided at camp. Bring: pants / shorts, extra shirts/undershirts, socks, underwear for 3 days/nights (4 for camp leaders arriving on Monday)
- Sweatshirt & Hat (sometimes it gets cool in the evenings)
- Athletic shoes or outdoor shoes (for walking around camp)
- Poncho or Raincoat
- Pillow
- Sleeping Bag- Be prepared for both HOT! nights and cool nights (We've had them all, but mostly hot nights)
- Shave/Shower kit – toothbrush, deodorant, etc.
- Shower shoes
- Towel and Wash cloth
- Wrist watch and Alarm clock
- Personal First Aid Kit
- Medication as necessary
- Metal or Heavy Plastic Water Bottle (carried around camp during day - refilled as needed on site)
- Flashlight
- small backpack or messenger bag to carry scriptures, notepads, Preach My Gospel and water bottle around camp

Optional Equipment for all attendees:

- Swim suit (lifeguard on duty during approved river swim times)
- Sunscreen
- Camera
- Handkerchief
- Musical instrument
- Camp chair/stool
- A Smile – You are going to love this camp!

Service Project Essential Equipment for all Attendees:

- Work gloves
- Hat
- Long handled shovels
- Pick axe (if you have one)
- Be sure name is on every tool brought to camp.

IMPORTANT: Be sure to label everything with your name !

Do Not Bring:

- Guns, sheath knives, axes, hatchets, or other weapons.
- Fireworks.
- Electronic equipment and portable gaming systems.
- I-Pods or other personal listening devices.
- Cell Phones
- White shirt, dress pants or tie – this is a **casual dress camp!**

Transportation:

- Camp Helaman Address: Camp Angelos 3219 SE Stevens Rd Corbett OR 97019
- Per LDS activity Standards, only qualified adult drivers should drive young men to/from camp. **Young Men should not drive themselves to camp**
- **Camp Attendees should carry a copy of their original registration forms with the medical release authorization while driving to/ from camp**
- Car pools formed by parents are strongly encouraged.
- Many of the Bishops and YM Leaders will be attending the testimony meeting Thursday night and youth could possible carpool home with their leaders. (Note: Bishops/youth leaders are not responsible for arranging for car pools home, parents are. However, it would be ideal if some youth could ride home with their leaders to discuss camp experiences)