

QUICKWATER GIRLS SESSION EQUIPMENT LIST

Clothing

3 pair long pants
3 pair shorts (modest)
8 pair socks
Work shoes
Hiking shoes
Sandals
4 short-sleeved shirts
3 long-sleeved shirts
8 pair underwear
Work gloves
Modest swimsuit
Warm jacket
Sweatshirt
2 pair pajamas
Bandanna
Clothing for church
Beanie
Hat

Equipment

Watch
Sunglasses
Plastic water bottle
Sleeping bag
Pillow
Blanket (for use outside)
Pocket flashlight
*For mentors and L-Team – windup alarm clock,
separate from your phone)*

Personal Items

2 towels
Soap
Shampoo
Deodorant
Sunscreen
Insect repellent
Toothpaste
Pads or tampons
Chapstick
Laundry bag
Toothbrush
Scriptures

Optional Items

Drawing materials
Journal
Stationery, pen, stamps
Books
Musical instrument
Sheet music
Water shoes
Camera (separate from cell phone)

Clothing Standard Note: from *For the Strength of Youth*: "Immodest clothing includes short shorts and skirts, tight clothing, shirts that do not cover the stomach, and other revealing attire. Young women should wear clothing that covers the shoulder and avoid clothing that is low-cut in the front or the back or revealing in any other manner.