

## Frontier Adventure Camp PERSONAL EQUIPMENT CHECKLIST

	1 Jacket (optional)	No hat is needed;
	1 Sweatshirt	a special bandanna will be issued
□ 1 Poncho	1 Poncho or raincoat with hood	
	2 pr. Jeans (military-type fatigue; cargo; or oth	ner work-type trousers) for camp wear
	1 pr. Boots (or shoes) for outdoor activities [additional footgear is optional]	
	6 pr. Socks	
	4 Underclothing	
	Sleeping gear (Pajamas or other)	
	1 pr. Sandals [shower shoes] [optional]	
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	Sleeping bag	☐ Toiletry kit & mirror (Ziplock bag)
	Water Bottle, Canteen or other water container	☐ Toothbrush & toothpaste
	Sharp pocket Knife or multi-Tool (w/sheath)	☐ Soap & shampoo (body wash)☐ Deodorant
_	FCF Workbook for the experience you're	
_	working towards (www.NationalFCF.org)	☐ Towels (washcloth) Travel-size ☐ Sunscreen or Sunblock Toiletries
	Pencil and Pens (2 ea.)	□ Insect repellent
	Small Bible	insect reperient
	NO Tant is needed, all	saltan will be amovided
		nelter will be provided. ics or food items allowed.
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	FIONAL ITEMS Sling bag to carry small items	☐ Personal First-aid kit (band-aids)
	Sleeping foam pad/cot	☐ Personal First-aid kit (band-aids)☐ Compact Sewing kit (optional)
	Pillow	☐ Lip Balm (Chapstick) (optional)
_	Bag for dirty clothes	
	Dag for unity cromes	□ Fingernail Clipper (optional)
	PEMC (ONLY IE VOLUMANE THERE	
	TEMS (ONLY IF YOU HAVE THEM)  Knife	☐ Traditional Frontier Calico Shirt
	Moccasins	I eather items (pants shirt & pauches)