



mountain harmony camp

Region 12 Sweet Adelines International

- Prescription glasses / contacts
- Medications in original containers – Prescription drugs with proper labels to turn in to Camp Nurse
- Medication Authorization Forms – one for each medication – signed by parent
- Jacket – waterproof, or rain poncho to wear on top
- Sweatshirt / sweater – 1 or 2
- Jeans – 2 pair (our costume for Sunday's show is jeans, tennis shoes, and camp T-shirt we give you.)
- T-shirts – include one long sleeve for campfire
- Tennis shoes / Boots if the weather will be rainy
- Flip flops for showering – the bathroom floors get wet
- Socks – 3 pair
- Bras & Underwear
- Warm pajamas
- Sleeping bag
- Pillow with pillow case
- Hand towel
- Bath towel
- Toiletry Kit
 - Deodorant – no aerosols please
 - Toothbrush / paste
 - Comb or brush
 - Hair supplies ex: clips, pony tail bands, headbands
 - Feminine hygiene products- pads/tampons
 - Insect repellent for campfire – no aerosols
 - Lip balm
 - Shampoo
 - Bar soap in a soap box
 - Tissues
- Flashlight
- Travel alarm (battery operated)
- Camera – labeled with your name
- Water bottle – refillable – labeled with your name
- Small amount of spending money. There is a gift shop in the Lodge that also sells personal supplies and snacks, as well as a pay phone (no cell phone coverage in Occidental)
- A big smile and great attitude!

What **NOT** to bring;

- Electronics; handheld video games, portable stereos, laptops, i pad, tablets, e-book readers, dvd players, i-pods, mp3 players, cellular phones, and any other “gadgets”. You will be too busy to find time to use any of these items! There is no cell phone service on the camp grounds. There are pay phones in the Office/Lounge.
- Food – no food allowed in the cabins. Food is a welcome sign for ants, mice, and other critters we're sure you don't want to sleep with! The camp dining room is awesome, with plenty of good food and lots of choices – and we'll provide snacks for you.
- Over the Counter (OTC) Drugs (without a Medication Authorization Form) Drugs available without a prescription, such as cough syrup, aspirin, and other pain relievers are still drugs, and drugs are not allowed at camp. Ask your parent to fill out the appropriate forms and turn all medicine over to the Camp Nurse at check in. If you think your medical situation necessitates you carrying any meds around camp (ex: inhalers), please discuss it with the Camp Director before camp starts.
- Weapons / Flammables / Explosives. We have a zero tolerance policy for any knives, guns, matches, lighters, box cutters, fireworks, or any other weapons that may harm you or another camper. You will be expelled for storing, holding, or using any item we deem dangerous.