

# DEEP FREEZE PACKING LIST

## **Bedding**

Sleeping bag  
Pillow  
Fitted sheet for twin-sized bed (optional)  
Towels

## **Clothes**

Warm, comfortable layers for inside and out\*  
Warm weatherproof coat  
Gloves  
Scarf  
Hat  
Several pair of warm socks  
Underwear  
Clothes for travel home PJs

## **Bath**

Shower shoes  
Shampoo  
Soap  
Deodorant  
Toothbrush & toothpaste

## **Other Gear**

Flashlight  
Bible  
Notebook/journal & pen  
Cabin shoes, ex: slippers, crocs, etc (optional)  
Shoes/boots for snow tubing  
Sneakers for gym  
Shoes spikes/clamps for icy walkways (optional)  
\$\$ for paintball on Saturday, vending machine, Berea outfitters, snack shop (optional)

## **Please do NOT bring the following\*\*:**

iPod/iPad  
Phone  
Other electronics  
Soda or energy drinks (Monster, Red Bull, Five Hour Energy, etc.)  
Messy food (please bring ziplock bags for any snacks!)

**\*\* Note: if we see you with anything on this list, it will be taken by a leader for the weekend and returned to your parents upon return**

\*Your clothes will likely get wet from playing outside, so please plan ahead!