



ANCESTRAL KNOWLEDGE



PASSING ON ANCIENT LIFE WAYS

PO Box 6 • Brentwood, MD 20722 • Phone: (240) 832-5435 • www.AncestralKnowledge.org

What to Bring to Overnight Camps

Please bring the following to the first days check in:

- Completed medical and field forms for each child attending
- Completed liability waiver

What to bring to camp

- clothes for the weather (*expect cool nights*)
- small backpack
- tooth brush
- toiletries
- sleeping bag
- tent with ground tarp (*If your child is wants to share space please let us know*)
- Notebook/journal
- Pens/pencils
- Water bottle (*24oz full and refillable*)
- Knife **non-folding** (*We have knives available for \$15-\$20*)
- Blind fold (*large bandanna*)
- sleeping pad (*If you don't have this, please send extra blankets*)
- pjs (*or whatever they sleep in*)
- toothbrush, toothpaste
- headlamp/flashlight
- rain gear
- bathing suit
- towel
- 2 pairs of sturdy close toed shoes
- water shoes
- plate, bowl, knife, fork, spoon
- blindfold (*extra tee shirt works or a large bandana*)
- musical instrument (*optional*)
- Anything else you think they might need. An open mind toward learning. (*empty your cup*)
- **No video games, IPODs, cell phones, or watches are allowed. We will hold these items until the end of camp if they are brought.**