

Short list of “What do I bring”

All Stars 2023

This is not a complete list, but it will give you an idea of what you should and should not bring. We will provide a tent, and your food for the week.

Plan on a review of your equipment and gear at check-in to make sure you have what you will need.

Things you might bring or consider:

- A comfortable backpack
- Pencil and paper
- Swimsuit
- Personal first aid kit
- Work gloves
- Sleeping bag (warm and light)
- *Your required medications
- Sleeping pad or ground cloth
- Warm jacket or sweatshirt
- Sunscreen
- Canteen, water bottle, or camel pack
- Poncho or rain gear
- Toilet paper (in baggy)
- Sneakers or light shoes for around camp
- Small flashlight
- Extra set of clothing
- Toothbrush, paste, comb, etc.
- Spare socks, underwear
- Insect repellent, (mostly few mosquitoes)
- Compass
- Broken in hiking boots or shoes
- Towel
- Trading Blanket items
- Small bottle of biodegradable soap
- Camera (please, no cell phone cameras)
- Watch

* If you have any medications or other special needs, please make sure you tell the registration personnel at check-in. (Prescription drugs must be in prescription bottles).

Items not to bring:

Please do not bring, soft drinks, personal electronics, phones, etc., fireworks, sheath knives, firearms, ammunition, wrist rockets, pornography, alcoholic beverages, tobacco, illegal drugs. Please leave your sports equipment, pets, cell phones, reading books, (scriptures are welcome) and other distractions at home.

I am excited about this All Stars course and look forward to your arrival. Many hours of preparation have gone into making this an enjoyable and fun experience for all that attend. If you or your parents have any questions, feel free to text, call or email. I look forward to seeing you!

Cordially,
Brett Garrett
Course Director
385-539-9170 email: brettdeegarrett@gmail.com

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