

## SHEPHERD'S HILL ACADEMY

### Girls' Needs List

- Water bottle
- Sleeping Bag (preferably 0 or 20 degrees) and extra blanket
- Flat-fitted sheet (for mattress)
- Pillow with case
- School supplies (trapper keeper, 3 ring binder, paper, pens, pencils, etc.)
- School back pack
- Scientific calculator
- Bible
- Phone card (150 minutes)
- Stamps and letter writing materials (envelopes , etc.)
- Approved contact list (please only immediate and grandparents)

#### TOILETRIES

- Toothbrush/toothpaste (extra toothbrushes) and holder
- Brush/comb
- Shampoo/conditioner
- Deodorant (**NO AEROSOL PRODUCTS WHAT SO EVER**)
- Razor/shaving cream
- 3 towels and 3 washcloths
- Feminine care items
- Bar soap with soap case
- \* **No hair dryers/or straighteners (they can earn them after a few months)**

#### CLOTHES

- 4 sets of off-campus clothes - trips and church (one for church-dress/skirt if they want)
- Shoes (for off-campus clothes), rain boots
- 4 pants for work and play (jeans or cargo pants/pants should not be too tight)
- Sweatpants
- 5 shirts for work and play (tee shirts-not belly type /or tank tops)
- **5 khaki pants 5 collared shirts (school dress requirement)**
- Hooded sweatshirt
- 2 shorts for Summer (modest - no short-shorts/above knee); basketball shorts for Summer
- 2-3 pajamas (for Summer/cool and Winter/warm)
- Swimsuit (modest one-piece)
- Shower shoes or flip flops
- 7 pairs underwear (no thongs)
- 7 pairs socks (summer & winter type)
- 1 pair athletic shoes (sturdy for work and play)
- 2 Winter coats (1 good for weekend; one for work and play)
- Sets of gloves (ski type)
- Hat (winter stocking cap)
- \* You need not purchase winter wear if in summer months or summer wear in winter)
- Please remember to bring your daughter's prescription meds and any prescriptions.
- Please **DO NOT** bring expensive name-brand or designer clothes. It is our experience that these items are not wilderness friendly, and we take no responsibility for the wear and tear of such clothing. (Nicer weekend clothes are kept up on main campus in closet area). No spaghetti straps. No low-rise jeans.
- **Please DO NOT bring any of the following:**
- CD player, tape player, CDs, video tapes or games, DVDs, personal game systems, alarm clocks, flashlights, magazines, computer or computer games, cellular phone, radios or anything electronic not covered here. If any of these items are brought to camp, they will be sent home.

**Please do not bring or send candy. Sugar has an extreme effect on many kids.**