



# SHEPHERD'S HILL ACADEMY

## GIRL'S PROGRAM NEEDS LIST:

### GENERAL

- Nalgene water bottle
- Sleeping bag (preferably 0 or 20 degrees) and extra blanket (Teton brand preferred; sleeping bag liner recommended)
- Flat-fitted sheet (for mattress)
- Pillow with pillowcase
- School supplies (3-ring binder, paper, pens, pencils, etc.)
- School backpack
- Scientific calculator (if needed for their level of math)
- Bible
- Phone card (300 minutes)
- Stamps and letter writing materials (envelopes, etc)
- Approved contact list (please only immediate and grandparents)
- Sunscreen/Bug Spray

### TOILETRIES

- Toothbrush/toothpaste (extra toothbrushes and holder)
- Brush/comb
- Shampoo/conditioner
- Deodorant (NO AEROSOL PRODUCTS WHATSOEVER)
- Razor/shaving cream
- 2 towels and 2 washcloths
- Feminine care items
- Body Wash
- \*\*No hair dryers/straighteners (they can earn them after a few months)

### CLOTHES

- 4 sets of off-campus clothes for trips and church (dress/skirt for church if they want)
- Shoes (for off-campus clothes)
- Rain jacket and rain boots
- 4 pants for work and play (jeans or cargo pants/pants should not be too tight)
- Sweatpants and hooded sweatshirt (light in color, please)
- 5 shirts for work and play (t-shirts)
- 3 tank tops (school dress requirement)
- 3 khaki pants and 5 collared shirts (school dress requirement)
- Belt (school dress requirement)



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## GIRL'S PROGRAM NEEDS LIST CONTINUED:

- 3 shorts for Summer (modest-fingertip to knee-length); basketball shorts
- Swimsuit (modest one-piece)
- Flips Flops for shower
- Slides- flip flops that allow socks
- 7 pairs underwear (no thongs) and 7 pairs socks
- 1 pair athletic shoes (sturdy for work and play)
- Winter Gear: 2 coats (1 good for weekend/church; 1 for work/play), gloves (ski type), hat (winter stocking cap)
- Safety goggles
- Work gloves
- YOGA MAT

### PLEASE NOTE

- 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 phones, 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.
- Students are not permitted to wear dark pants and dark jackets at the same time. We recommend jackets and sweatpants being light in color.