Antiochian Orthodox Christian Archdiocese of North America

Department of Camping Ministry

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# [antiochian.org/dashboard?name=Camping](https://www.antiochian.org/dashboard?name=Camping)

**Guidelines for What to Pack for Camp***Updated April 2022*

Enjoying everything camp has to offer begins with packing the proper attire. Our program contains a variety of experiences, and we want you to be ready for them all!  **We will often be sitting on the floor, walking long distances, and participating in athletic activities**. This packing list should provide the details you need to prepare for an incredible time at camp!

**Bottoms**

* Shorts
	+ Camp is meant for running, jumping, climbing, etc, so be sure your shorts fit those activities
	+ Be mindful of the length and fit
	+ Spandex/biker shorts are not permissible
* Pants
	+ The mornings and evenings tend to be cool, so some long pants are ideal
	+ Sagging and see-through pants are not permissible
	+ Long pants are required on the Rock Climbing Course and Overnight Campouts
		- *Ticks are more prevalent in the woods and may be carriers of Lyme Disease, for this reason, long pants are necessary*

**Shirts *(enough for at least 7 days- maybe more… we tend to sweat a lot)***

* Shirts should meet your waistline and cover your chest. Your midriff should be covered while arms are raised, allowing you to participate in athletic activities.
* Active wear and tank tops with thicker straps are great for afternoon program
* Low cut arm holes and spaghetti strap tanks are not permissible
* We recommend long sleeve shirts and pants during sunset hours when mosquitoes are most active and when in the woods where ticks are most present

**Daily Services *(2 services daily: Orthros, Vespers, and Supplication Services)***

* Be sure to have shirts or sweaters to cover your shoulders during church services every morning and evening
* Long Pants
	+ Pants such as sweatpants, jeans, leggings, etc. are permitted for daily services.
	+ Shorts are not to be worn for church services.

**Divine Liturgy *(Celebrated 1 time each session)***

* Nicer attire is expected for Liturgy
	+ Guys: Collared shirt, slacks, and preferably a tie.
		- Jeans are not permitted for Divine Liturgy.
	+ Gals: Dress, skirt, or dress pants with a blouse
		- Skirts and dresses should be near the knee or lower
* We sit on the floor for homilies so please be mindful of length and ensure your outfit will allow you to remain covered in the front and the back.
* We cover our shoulders for all church services
* Don’t forget your closed-toed church shoes

**Shoes**

* Closed-toed shoes with backs are a must
	+ *Sticks, dirt, rocks, and hills make closed-toed shoes necessary to keep our feet safe*
* Flip Flops/open toed shoes are great but only for the shower and swimming pool
	+ *Be sure to bring shower shoes!*
* Athletic shoes must be worn during the Afternoon program
* Heels are not safe on camp terrain and should not be packed and worn at camp

**Pool Attire**

* Guys: Swim trunks that fit well at the waist (be mindful of length and fit)
	+ Speedos are not permissible
* Gals: One-piece swimsuits, tankinis, or swim shorts that cover the midriff
	+ Bikinis and front cutouts are not permissible
* Flipflops may be worn at the pool
* Be sure to bring goggles and a towel!

**Piercings/Tattoos**

* Reminder, we are very active during camp: studs may be more practical than dangly earrings
	+ Body and facial piercings are not permissible
	+ Earrings on guys are not permissible
* Tattoos should remain covered