## What you need for a Key Leader weekend!

### Shoes
- Closed-toe shoes such as sneakers or tennis shoes.
- Flip flops are okay, but only for the shower.
- No slip-on shoes are allowed on the ropes course.
  (Example: TOMs shoes, etc).

### Clothing
- Comfortable clothes - jeans or shorts, T-shirts (long sleeved T-shirts), hoodies or a light jacket.
- Appropriate sleep wear.
- Raingear - rain slicker or umbrella
  - Check the weather forecast before packing.

### Bedding
- Sleeping bag
- Pillow
- Blanket
- Bring whatever works best for you.

### Linens
- Towel and wash cloth
  (An old towel or beach towel is best.)

### Toiletries
- Toothbrush
- Toothpaste
- Shampoo
- Soap
- Deodorant

### Food and beverages
- Most camps do not allow food or beverages in the cabins. Do not bring food or drinks with you.
  - We will provide plenty of great meals and snacks throughout the weekend. If you require special meals/snacks, do not hesitate to let us know so that we can see to your needs.

### Electronics
- Do not bring expensive items with you to Key Leader, such as iPod, iPad, Kindle, Nook, smart phones or cash.

### Other needed items
- Water bottle
- Flashlight – if you have one.
- Small self portrait photo for your Key Leader mailbox.
- All forms sent to you by email, signed by a parent.
- All medications needed for the weekend.

### Medication
- We will not collect medications; you are responsible for taking your own medicine.
- Be sure to list all medications on your medical form.

### Forms
- Bring forms sent to you by email prior to the weekend. A medical form and community values form is required. Both forms need a parent/guardian signature. If the camp you are attending requires a specific release form, it will be sent to you the week of the scheduled weekend. You can also find these forms on our website at [www.key-leader.org](http://www.key-leader.org).