**What to Bring:**  
- Clean Clothes for Thursday, Friday, Saturday and Sunday:  
 **AT LEAST** Four pairs of shorts and shirts (polos or tees)  
 **AT LEAST** Two Pairs of Athletic shorts and two athletic tee shirt  
 **AT LEAST** Sneakers  
 Sleepwear  
 For Saturday Afternoon: Nice looking shorts, or slacks and a polo  
 Appropriate undergarments and socks (please plan on extra socks!)  
 We will **NOT** have access to laundry.   
  
- Face covering or mask. While we have them to supply, you may prefer your own.   
  
- Though August, the Adirondacks can get cool at night so a sweatshirt and sweatpants are recommended  
  
- Sports bottle that you can re-fill for water  
  
- Modest swim wear for lake front and slips/flip flops/sandals   
  
- Deodorant, shampoo, soap, toothbrush, toothpaste, and other toiletry items  
  
- Sleeping bag, or sheets and a blanket  
  
- A pillow  
  
- Sunscreen (SPF 30 or higher)  
  
- Rain gear like an umbrella and a poncho  
  
- DeMolay Ritual Book  
  
- Two towels, one for showering and one for the waterfront   
  
- Sunglasses  
  
- Alarm Clock  
  
- Mosquito or Bug spray  
  
- Hat or other head covering  
  
- Some have found that having a sheet to go over the door adds privacy   
  
- Some small spending money, no more than $20.  
  
- A power cord or a power strip may be appropriate.   
  
- Upbeat and can do attitude!   
  
  
What **NOT** to bring  
- Please leave video game systems, TVs and like electronics home.  
  
- Food: We will have snacks and food available for you. Foods and drinks create problems for the local wildlife.  
  
- Anything prohibited including but not limited to alcohol, drugs, tobacco, vaping, etc.  
  
- Negative attitudes