

# KEY LEADER®

## 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

Pillow

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.

**Key Leader is not responsible for any loss or damage to personal property.**

### 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).