

# Camp Packing List – 2024

It is recommended that you mark all belongings with your name!

## BRING TO CAMP:

- Reusable Water Bottle
- Toiletries (deodorant, toothbrush/toothpaste, bar soap, etc.)
- Mosquito Repellant
- Sunscreen (most of the camp is spent outdoors) & hat/sunglasses
- Towel & Washcloth
- Swimsuit
- Jacket/Sweater/Rain Poncho
- Medications as prescribed
- Casual Clothes
- Pajamas
- Tennis Shoes (good for hiking!) & extra socks
- Shoes that can get wet/muddy during the water fight
- Bible
- Rosary
- Flashlight
- Journal/small notebook
- Sleeping Bag
- Pillow
- Sleeping Mat (if you have one, but it's not totally necessary)

## DO NOT BRING TO ANY PART OF TOTUS TUUS:

- Cell Phones (calls can be made and received at XXX)
- Smart Watches
- iPod, iPad, TV, Radio
- Video Games
- Walkie Talkies
- Other Electronic devices
- Playing Cards of any kind
- Fireworks of any kind
- Cigarettes or cigars

# MODESTY POLICY

Diocese of Rapid City - Totus Tuus Camp 2024

*“PURITY REQUIRES MODESTY, AN INTEGRAL PART OF TEMPERANCE. MODESTY PROTECTS THE INTIMATE CENTER OF THE PERSON. IT MEANS REFUSING TO UNVEIL WHAT SHOULD REMAIN HIDDEN. IT IS ORDERED TO CHASTITY TO WHOSE SENSITIVITY IT BEARS WITNESS. IT GUIDES HOW ONE LOOKS AT OTHERS AND BEHAVES TOWARD THEM IN CONFORMITY WITH THE DIGNITY OF PERSONS AND THEIR SOLIDARITY” (Catechism of the Catholic Church 2521).*

While we want girls to be comfortable at camp, we also want them to be aware of the following things: We will be spending time in the chapel in prayer, possibly interacting with the public (lake day), interacting with priests and religious sisters, and taking pictures for our promotional use. We do not want them to be distracting themselves or others throughout the week by their dress. If we have a concern with something being worn, we will ask the camper to change. If you are a high-school leadership camper, we hope that you will set an example for the middle-school girls in part by the clothes you wear!

## GIRLS CAMP MODESTY GUIDELINES

- No see-through material
- Tights/leggings are considered undergarments and must be covered with a skirt or shorts
- Neck lines should not reveal cleavage or undergarments
- No tank tops, spaghetti straps, halter tops, strapless tops, strappy or missing backs as your main top
- No bare midriffs – entire torso must be completely covered at all times, including when sitting or moving around
- Shorts must not be too short – when your arms are straight at your sides, bottom of shorts must go below your longest finger and be no more than six inches above the knee
- Swimwear: one-piece, or with a darker t-shirt (no bare midriffs and not see-through when wet)

- Skirts and dresses must reach at least to the knee
- Tattoos and body piercings must not be visible