

## **SUGGESTED CLOTHING AND EQUIPMENT FOR Heart LITes**

\*\*Shorts (red or white will be required on occasion)  
\*Shirts (LITe shirts will be provided; you may want extras for time off)  
Long pants or jeans for horseback riding, camping, hiking  
Nice outfit for outings (dress or shorts)  
Undies, socks, etc.  
Jammies or nightshirt, robe for pj breakfasts  
Nicer clothes for nights off, dances, plays...  
Sandals or dress shoes  
Boots or hard sole shoes for horseback, hiking, scorpion stomping  
White tennis shoes and socks for Sunday (required)  
Regular tennis shoes for everyday use  
Rain poncho for rainy days and occasional monsoons  
Hat to prevent sunstroke and Rudolph-looking nose  
Sweat shirt/light jacket for cool evenings  
Swim suit (one piece suit for teaching)  
Shoes to wear to and from waterfront  
Bath towels & wash cloths, beach towel for swimming, sunbathing  
Twin size sheets, pillowcase, pillow (you may rent sheets from us)  
Sleeping bag for overnight campout  
Blanket or comforter and bedspread  
Laundry bag, laundry soap, quarters for the Laundromat  
Trunk or foot locker (to stuff it all in!)  
Water bottle  
Alarm clock

### OTHER ITEMS TO CONSIDER:

For camping out:  
    Pocket knife  
    Bandana  
    Bug spray and sun screen  
    Canteen or water bottle  
Flashlight (to find your bed after Taps)  
Musical instrument and sheet music  
Stationery, pens, pencil and stamps  
Clipboard (symbol of authority!)  
Reference books or material for teaching  
Bible and inspirational books to share, story book classics for reading aloud to kids  
Costumes or props for skits, silly hats, silly sunglasses  
Toiletries  
Favorite stuffed animal  
Personal sports equipment (tennis racquet, softball glove)  
Hard hat for riding (riding staff)  
Camera and lots of film

\*\*White shorts and red shorts will be required for certain occasions. At least two pair of each is recommended. Any other shorts which are red, white, blue or green are OK for everyday use.

\*You will be provided with some LITe shirts, which are white.