Packing List For Summer Camp at TRO 2026

- BIBLE, a journal, and pens to write with!!! (No tablets or phones allowed!!!!)
- Causal shirts (NO spaghetti straps, backless shirts, crop tops, or razorback shirts! Sleeveless shirts ONLY!)
- Casual shorts/jeans/capris (**appropriate shorts need to be at your fingertips when your arms are down by your side**)
- Sneakers/Tennis shoes / closed toe (close toe is REQUIRED for the ropes course as well as most of the recreation activities at TRO!!!! BRING SNEAKERS!!!!!)
- Swim trunks and modest bathing suit (NO bikinis!!!!! IF students wear a tankini, it MUST cover completely!!!! NO CROP TOP style tankinis will be allowed. IF IN DOUBT, PLEASE ask one of our adult leaders before packing!!!!!)
- Cover up/shirt for when you wear your swimsuit/swim trunks! (TRO Staff wants this to be worn as you walk to and from the lake from your cabin)

******If you wear biker shorts to help with the policy regarding shorts length, you HAVE to wear running/athletic shorts over them!!! If you wear leggings, your shirt MUST completely cover your bottom when you bend down and your shirt will need to be mid-thigh length when standing. IF you wear an oversized shirt that covers your shorts completely when standing, you will need to tuck in the front part of your shirt. TRO staff wants to be able to see that you ARE wearing shorts at all times ☺******

- Pillow, sleeping bag, or sheets (sheets need to be at least Twin XL)
- Sleep wear (please keep this appropriate!!! Guys wear a shirt! You will need to walk outside to use the restroom at the bathhouse near our cabins..... And it is lit up ☺)
- **Toiletries (tooth brush, tooth paste, shampoo, conditioner, soap, DEODERANT, towels, washcloths, towel for going out to the lake, etc.)**
- Any personal medication (Tylenol, allergy meds, any prescriptions (please let our leaders know about this so we can make our camp nurse aware of this as well!)
- SUNSCREEN and BUGSPRAY!!!! (we are up in the mountains so there are bugs!)
- Reusable Water Bottle
- **Spending money for the Snack Shake, drinks, and all the merch!**
- Your own snacks for the week!!!

There will be NO PHONES or TABLETS, or any GAME CONSOLES at TRO! We will be taking phones up once we arrive and have disposable cameras for everyone. Leaders will also be taking pics all week! There is VERY limited cell phone reception at TRO and lots of activities where phones can get damaged! Leaders will check in with parents as we are able during the week. Internet availability is very limited at TRO 😊