

# Kairos

Christian Youth Camp

New to Kairos, or never been camping before? Well never fear, we've done all the leg work for you and come up with a handy list of Kairos Camp essentials.

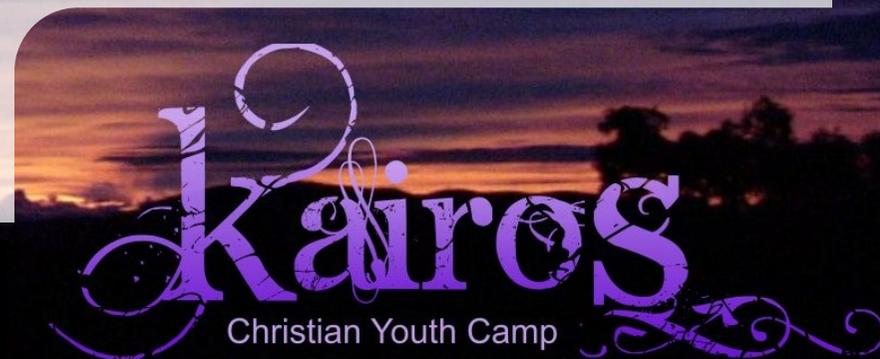
## To think about:

phones, straighteners, electronics ect — while there are electric points at Kairos to plug in straighteners or re-charge your phone, please think carefully about what electronics you bring as you will be responsible for these throughout the weekend

**Please don't bring:** iPads/ tablets, hand held games consoles etc. — not only are these harder to look after and keep safe (and dry in a wet field) but you really won't need them as there'll be so much going on at Kairos.

## The essentials

- a tent**—because you don't want to sleep in a field without one, that would just be awkward. Remember, all tent sharing arrangements should be single sex unless you're married.
- sensible shoes**—maybe bring a spare pair in case they get wet, or better yet crack out the wellies and embrace the festival vibes!
- warm clothes**—camping can be chilly especially at night so throw in an extra hoodie and some spare socks
- bedding**—something to keep you warm and something soft to sleep on like a sleeping bag, blankets, pillows, camping mat/ air bed
- consent forms**—these should be given to your youth/ group leader well in advance of camp
- medication**—if you need to take any medication through the weekend please speak to your group leader about who should look after this
- a bible, pen and notebook**—there'll be tons to learn at Kairos this year and you won't want to forget any of it!
- fancy dress!!** - if you really want to get in the after hours spirit why not bring a costume for one of our theme nights.
- a towel**
- soap and toiletries**
- toothbrush and toothpaste**
- spare underwear and socks**
- a sun hat/ sun cream**
- a torch**
- a waterproof coat**
- a bit of spending money for the tuck shop**
- plenty of spare clothes for the weekend**
- a plastic bag**—it'll come in handy, trust me!



KIT LIST

Fri 25 - Mon 28 Aug 2017