



DRESS CODE

Out of respect for the sacred nature of Inspire, which is not a typical summer camp, we have a specific dress code. We cover our bodies because we are women of inherent dignity and worth, not because our bodies are something to be ashamed of. In fact, dressing modestly demonstrates that we know our bodies are beautiful, good, and worthy of respect. When we choose clothes, we should ask ourselves: does this outfit reflect that I am a woman of dignity and self-respect?

Shopping for more modest and respectable clothing may prove challenging, but being a disciple often calls us to live in a countercultural way. Please make sure you have appropriate clothing for camp, especially for Mass. You may have to look at the boys' section for longer shorts (which means there is something wrong with our culture, not with your daughter's body).

- Shorts must be closer to your knees than your hips (mid-thigh or longer). Bike shorts are no longer permitted as we have had problems in the past. If you wear leggings, your shirt must cover your behind.
- Shoulders and knees must be covered for Mass. You can either wear pants or bring a midi-skirt to throw on over your shorts for the duration of Mass.
- Tank tops are allowed, but the straps cannot be spaghetti straps. If you wear a tank top during the day, make sure you have a sleeved shirt to wear on top for Mass.
- All sisters and ladies must wear a one-piece swimsuit — no exceptions (i.e. board shorts and a tank top).



Holy women are an incarnation of the feminine ideal; they are also a model for all Christians. -St. Pope John Paul 2

Packing List

PAPERWORK

Ocoee Ridge Camp waiver
Adventures Unlimited waiver

LINENS

Beach towel
Bath towel(s)
Sleeping bag and/or bedding
Pillow

TOILETRIES

Everyday toiletries
Shower caddy/bucket
Sunscreen
Bug spray
Medication (if applicable)

MISCELLANEOUS

Watch (no phones allowed)
Cash (\$20-50)*
Flash light
Rosary
Bible

MISCELLANEOUS CONT.

Journal
Reusable water bottle
Snacks → One dozen **individually wrapped snacks.**

CLOTHES

You'll need outfits for the following:
Sunday Mass (1)
Outdoor activities & Sessions (7)
Whitewater rafting (1)
Pajamas
Extra t-shirt (2)
Extra shorts/bottoms (2)
[Midi-skirt for Mass \(1\)](#)
Sweatshirt (1-2)
Sweatpants (1)
One-piece swimsuit (1)
Tennis shoes (1)
Extra/old tennis shoes* (1)
Flip-flops (1)

Notes on the Packing List

*Close-toed shoes are required for whitewater rafting. These will get soaked and stay wet for the rest of the camp. Consider bringing a plastic bag to put them in when you pack to go home!

*Fidelis merchandise will be available for purchase in our Inspire Boutique. Girls can also purchase items from the Camp gift shop.

*Please make sure your/your daughter's name is on everything. There will be close to 300 women gathered for Inspire, and you will need to keep track of your personal items.

*This list is not inclusive, but it should help you in your packing. Prepare for a range of weather conditions as you will be outside all day most days. Closed-toed shoes must be worn at all times except during waterfront activities. Make sure everything is clearly labeled with the camper's first and last name (not just initials).

*Fidelis and the camp are not responsible for items that become damaged, lost, or stolen. You are bringing these things at your own risk!