

Aaronic Priesthood Experience

Packing List

What to Bring

Required

- Paper Scriptures
- Several changes of clothes: shirts, pants, socks, undergarments (knee length shorts are allowed, but be aware that there is poison oak in some areas)
- Swimming clothes
- Sweatshirt or jacket
- Shoes good for athletic activities
- Toiletries
- Towel
- Sleeping bag or blankets & pillow
- PJs
- Any necessary medications, inhalers, etc.

Optional

- Flashlight
- Bug repellent
- Fans for chalet
- Swim shorts
- Sun Screen
- Water Bottle
- Hat & Sunglasses
- Journal & pen

What Not to Bring

- Cell phones or personal electronic devices
- Candy
- Pocket knives, firearms or explosives
- Fireworks
- Clothing with holes or inappropriate slogans/symbols

Participants at APEX are expected to:

- Use clean language
- Respect others
- Be honest
- Observe standards for youth outlined in For the Strength of Youth materials

If you have any questions about APEX please don't hesitate to contact your ward Young Men's leaders or a member of the Stake Young Men's Presidency.

Permission and Medical Release Form

Complete this form separately for each event or activity involving special considerations (see *Handbook 2: Administering the Church*, 13.6.20, ChurchofJesusChrist.org), an overnight stay, travel outside the local area, or an activity with higher than ordinary risks.

Event Details (to be filled out by event planner)		
Event	Date(s) of event	
Describe event and activities (please be specific)		
Ward	Stake	
Event or activity leader	Event or activity leader's phone number	Event or activity leader's email

Participant Information		
Participant	Date of birth	Age
Primary telephone number <input type="checkbox"/> Home <input type="checkbox"/> Cell <input type="checkbox"/> Work	Secondary telephone number <input type="checkbox"/> Home <input type="checkbox"/> Cell <input type="checkbox"/> Work	
Address	City	State or province
Emergency contact (parent or guardian)	Primary telephone number <input type="checkbox"/> Home <input type="checkbox"/> Cell <input type="checkbox"/> Work	Secondary telephone number <input type="checkbox"/> Home <input type="checkbox"/> Cell <input type="checkbox"/> Work

Medical Information		
Does the participant require a special diet? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, please explain the dietary restrictions	
Does the participant have any allergies? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, please list the allergies	
Is the participant taking any medication or over-the-counter (OTC) drugs? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, can the participant self-administer his or her medication? <input type="checkbox"/> Yes <input type="checkbox"/> No If no, please contact the event or activity leader directly.	
List all prescription or over-the-counter (OTC) medications the participant is taking		

Physical Conditions That Limit Activity	
Does the participant have a chronic or recurring illness? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, please explain
Has the participant had surgery or a serious illness in the past year? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, please explain
Identify any other limits, restrictions, or disabilities that could prevent the participant from fully participating in the event or activity (attach additional pages if needed)	

Other Accommodations or Special Needs
Identify any other needs or considerations the participant has that the event or activity planner should be aware of (attach additional pages if needed)

Permission	
<p>I give permission for my child or youth to participate in the event and activities listed above (unless noted) and authorize the adult leaders supervising this event to administer emergency treatment to the abovenamed participant for any accident or illness and to act in my stead in approving necessary medical care. This authorization shall cover this event and travel to and from this event.</p>	<p>The participant is responsible for his or her own conduct and is aware of and agrees to abide by Church standards, camp or event safety rules, and other pertinent instructions. Participants' conduct and interactions should abide by Church standards and exemplify Christlike behavior. Parents and participants should understand that participation in an activity is not a right but a privilege that can be revoked if they behave inappropriately or if they pose a risk to themselves or others.</p>

Participant's signature	Date
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