



**Here is your packing guide for campers.
PLEASE LABEL ALL ITEMS**

CABIN ITEMS

- Sleeping Bag
- Pillow
- Security blanket or stuffed animal (if applicable)
- Laundry Bag or Extra Pillow Case for laundry

CLOTHES

- 4 pairs of underwear
- 4 pairs of socks
- 3 pairs of long pants
- 3 pairs of shorts
- 4 shirts
- 1 pair for long underwear
- Sweatshirt
- Rain Coat/Poncho
- Sweat Pants
- Hat
- Sunglasses
- Water Shoes
- Tennis Shoes
- Swimsuit- swim suits need to be conservative, or a covering should be provided
- Pajamas

- Shower Shoes/flip flops
- Toothbrush and Toothpaste
- Soap
- Shampoo
- **Towel** and Washcloth
- **Beach Towel**
- Comb/Brush (hair accessories)
- Pull-ups/Depends if necessary
- Chap-stick/ bug-spray/ sunscreen
- Any other necessary personal items

THEME NIGHTS Bring dress up gear, we will have some dress up gear available if you are unable.

- Hawaiian Night
- Glow Night
- Oscar Night (dress up in fancy dresses and ties)

Do not bring:

- X Portable electronics
- X Valuables
- X Open Toe Shoes
- X **Food**
- X **Cell Phones**

PERSONAL CARE ITEMS

MEDIATIONS/SUPPLEMENTS

- Medication sent to camp needs to be in original container with the camper name, medication name, and dosing instructions.
- Send enough medication to cover the duration of the camp.
- No daily or weekly pill holders.
- Send medical appliances used at home (IV pumps, tube feeding supplies, CPAPS/BiPaps etc.)