



SUGGESTED ITEMS TO BRING TO CAMP

Clothing:

- 1 sweatshirt or jacket
- 1-2 changes of clothes, including shorts & long pants
- 1-2 pairs of socks
- tennis shoes
- flip flops or crocs for water activities, swimming, etc.
- sun visor or hat
- 1-2 bathing suits (one-piece girls)
(Some do not like to put wet suits back on if we swim later in the day)
- plastic bag for dirty laundry

Personal Hygiene:

- chap stick
- sunscreen
- bug spray

- Medication if taking at camp

Other Items:

- 1 beach towel
- Comfort items such as favorite blanket, stuffed animals, etc.

DO NOT BRING:

- radios/other music players
- electronic games
- cameras
- phones
- money

- **Make sure all luggage and belongings are clearly marked with your child's name.**
- **DO NOT pack medication in your child's luggage.** Medication will be checked in with the camp nurse upon arrival. Medication MUST be in the original container with instructions clearly indicated.