

# Suggested Packing List for Camp:

Be sure to label all items with your camper's name!

## Health Elements

- Medications (see medication packing instructions)
- Medical equipment (wheel/power chair and battery, braces/AFOs, pumps, tubes, blenders, thickening agents, etc.)
- Changing supplies (briefs/diapers, wipes, pads, creams, etc.)

## Clothing & Shoes

- T-shirts/tank tops
- Shorts/pants/jeans
- Sweatshirt
- Pajamas
- Rain coat or poncho
- Formalwear for camp dance
- Swimming suit/swimming briefs
- Undergarments
- Socks
- Closed toe/closed heel shoes (ie. sneakers, tennis shoes)
- Sandals

## Bedding & Towels

- Bedding (sleeping bag or sheets/comforter to fit twin XL beds)
- Pillow/pillow case
- 2 Large towels, 2 wash cloths

## Toiletries

- Toothbrush/toothpaste
- Soap
- Shampoo/conditioner
- Hair brush/comb
- Deodorant

## Other Essential Items

- Laundry bag
- Water bottle
- Hat
- Sunglasses
- Sunscreen SPF 30+
- Bug repellent
- Camera (not on a phone)
- Flashlight
- Comfort items
- Notepad/journal

### Notes:

\* Electronics such as phones, mp3s, and tablets are **NOT** recommended.

\* Snacks are allowed, but because not all campers have good impulse control and may have food allergies, all snacks **MUST** be turned in to their counselor.

\* We are not responsible for lost, stolen, or broken items.