

Suggested Packing List

Bedding

- Pillow
- Heavy sleeping bag (with extra blanket if desired)
- Fitted sheet for a single bed (to cover plastic mattress)
- ** Please ensure outside holder of sleeping bag is **CLEARLY MARKED** with the owner's name!

Clothing

- pajamas
- 2-3 pairs of shorts
- 2 pairs long pants
- 1 bathing suit
- 4-5 light shirts
- 1 heavy sweater
- 1 heavy shirt
- raincoat
- socks
- underwear (one pair for each day)
- hat with brim
- 1 pair running shoes and/or comfortable footwear
- sandals or lightweight shoes (flip-flops for the showers are also handy)

Personal

- 1-2 swimming towels
- towel for the shower, washcloths
- soap/body wash
- comb or brush
- chapstick
- shampoo/conditioner
- shaving kit
- toothpaste and toothbrush
- feminine supplies

Optional

- CDs (radio version songs, appropriate for dancing!)
- Camera and batteries
- ** **always a good idea to mark name clearly** (Masking tape label on camera if desired)

Miscellaneous

- completed detailed health form!
- sun glasses
- travel alarm clock
- flashlight
- mosquito repellent/sunscreen
- water bottle

Note:

- Mark all equipment with owner's name
- Leave valuables at home (this would include iPods, mP3 players, cell phones, game boys.. anything electronic and expensive). **Cell phones are not allowed at camp, please leave them at home.**
- Only pack necessities. Use one suitcase or bag (sleeping bag may be extra)
- If you have an allergy that requires an epi-pen, please bring 2-3