



## **List of Things to Bring to Camp Joyful Hearts**

The following is a checklist for your convenience. Remember that the campers will be outside most of the time. They will need clothing suitable for warm days and (hopefully) cool evenings. We suggest that you bring enough clothes for a complete change every day. While packing, please keep in mind that any clothing or shoes sent may likely get wet, and dirty. Do not send anything valuable. If your child needs medication, special equipment or supplies, you are responsible for supplying enough to last every day of camp. Do not send any electronic equipment with your camper (cell phones, i-pods, mp3 players, hand held video games, etc.). **Please be sure that your camper's name is on everything you bring.**

- **All medications camper is currently taking in original, labeled containers**
- **Any special equipment or supplies camper may need**
- **Sleeping bag or twin sheet set with a pillow**
- **At least one towel and washcloth set**
- **Soap, deodorant, toothbrush, toothpaste**
- **For female campers- personal feminine items**
- **Laundry bag**
- **Pajamas**
- **Clothes, socks and underwear for 4 days**
- **Raincoat, poncho, or umbrella**
- **Shoes- at least 2 pair. Campers will be rafting on The Little Miami River, so please send an extra old pair of shoes that can get wet.**
- **Swimsuit (modest, 1 piece preferred), beach towel, sunscreen, swim goggles**
- **Flashlight**
- **Bug repellent**
- **A book to read or game to play during cabin time (no electronic games!)**
- **Camera (optional)**
- **Fan (optional)**

We will be having a talent show at some point during camp week if your camper has a special talent they would like to share.

If you have any questions about this list, call Betsy at 513-636-7257 or e-mail [betsy.adler@cchmc.org](mailto:betsy.adler@cchmc.org).