

**PACKING LIST**

- Sleeping bag OR blanket, sheet and pillow
- 1 pair pajamas
- 6 changes of underwear
- 4-5 T-shirts
- 2 pair jeans or pants
- 2-4 pair shorts
- 2 sweatshirts, sweaters or jackets
- 2 pairs of sturdy shoes
- Raincoat or poncho
- Baseball cap or hat
- Splints and other equipment if recommended
- Bath towel(s) and washcloth
- Soap / shampoo / deodorant
- Toothpaste / toothbrush
- Plastic bag for laundry and wet clothes
- Swimsuit
- Water shoes (such as Aqua-Sox or Crocs) for rafting trip
- Insect repellent / sunscreen
- Medications (in original pharmacy containers)
- White item to tie-dye
- Exercise instructions

**OPTIONAL ITEMS**

- Envelope / paper / stamps / pencil or pen
- Sandals (flip-flops for pool ONLY)
- Camera / film
- Clothes for the dance on Thursday night
- NONBREAKABLE item for talent show
- Radio / CD player to share

**DO NOT BRING**

- Money (there is no gift shop)
- Jewelry / expensive clothes
- Aerosol spray cans
- Cellphones / beepers / video games / iPads / laptops / MP3 players
- Knives / matches / lighters / fireworks
- Food / over-the-counter medication
- Hair spray / perfume / hair dryers / electric curlers / curling iron

**CAMPERS, BRING THIS LIST WITH YOU SO YOU  
CAN CHECK OFF ITEMS ON THE WAY HOME**