

## Packing list

### THE BASICS (YOU WILL NEED ALL OF THESE...PLEASE USE CHECKLIST!)

- |  |  |
|--|--|
| <input type="checkbox"/> brush/comb  | <input type="checkbox"/> 2 swimsuits (one for mud sports)  |
| <input type="checkbox"/> toothbrush/paste  | <input type="checkbox"/> 5-7 face coverings (masks, gaiters, etc)  |
| <input type="checkbox"/> Personal hand sanitizer   | <input type="checkbox"/> Lotion  |
| <input type="checkbox"/> 2 pajamas/robes   | <input type="checkbox"/> Any necessary hair care products  |
| <input type="checkbox"/> soap/soapbox/shampoo<br>(2 in 1 shampoo/conditioner is a good idea) | <input type="checkbox"/> names and addresses of 5 friends (to send free camp postcards)                              |
| <input type="checkbox"/> hat or visor  | <input type="checkbox"/> stamped, pre-addressed envelopes  |
| <input type="checkbox"/> sunscreen/lip balm  | <input type="checkbox"/> jacket/windbreaker  |
| <input type="checkbox"/> insect repellent  | <input type="checkbox"/> rain gear/poncho  |
| <input type="checkbox"/> 2 pr tennis shoes (in case one gets wet)                            | <input type="checkbox"/> sunglasses  |
| <input type="checkbox"/> 1 pr Teva type sandals/Aqua sox                                     | <input type="checkbox"/> flashlight & extra batteries  |
| <input type="checkbox"/> stationery/stamps/pen/pencil  | <input type="checkbox"/> water bottle  |
| <input type="checkbox"/> sleeping bag  | <input type="checkbox"/> culturally representative item (i.e. flag, clothing, etc.)                                  |
| <input type="checkbox"/> 10 short sleeved t-shirts   | <input type="checkbox"/> 2 long sleeve cotton shirts   |
| <input type="checkbox"/> 2 sweatshirts/sweaters  | <input type="checkbox"/> laundry bag   |
| <input type="checkbox"/> 4 pr jeans/pants/sweatpants   | <input type="checkbox"/> 2 bath towels (optional: incl. beach towel)   |
| <input type="checkbox"/> 7 pr. shorts they can move in                                       | <input type="checkbox"/> Kupugani T-Shirt (for picture day...new campers get one at check in)                        |
| <input type="checkbox"/> 1 blanket   | <input type="checkbox"/> 2 fitted sheets and 2 flat sheets (singles)   |
| <input type="checkbox"/> socks (enough for one week)   | <input type="checkbox"/> 1 pillow and 2 cases  |
| <input type="checkbox"/> 10 pr underwear   | <input type="checkbox"/> index cards with your name and contact info (to share with new friends before leaving camp) |
| <input type="checkbox"/> period or menstrual products if needed<br>(incl. tampons or pads)   | <input type="checkbox"/> packing list of items you packed  |
| <input type="checkbox"/> large garbage bag labeled with your name<br>(for wet/dirty clothes) | <input type="checkbox"/> 1 red and 1 blue t-shirt for Kupu-Olympics!   |
| <input type="checkbox"/> rapid antigen COVID test (to give to nurse)                         |  |

### Optional

- |   |  |
|---|--|
| <input type="checkbox"/> riding helmet (if doing riding)                                | <input type="checkbox"/> colored pencils or drawing materials              |
| <input type="checkbox"/> toiletries case/basket   | <input type="checkbox"/> small (battery-operated) fan                      |
| <input type="checkbox"/> musical instrument   | <input type="checkbox"/> disposable camera or other non-digital camera     |
| <input type="checkbox"/> reading material/books   | <input type="checkbox"/> one nice, casual outfit                           |
| <input type="checkbox"/> fanny pack for carrying inhaler<br>or Epi-Pen, if necessary    | <input type="checkbox"/> soccer shin guards                                |
| <input type="checkbox"/> items to be tie-dyed (or backwards tie-dyed)                   | <input type="checkbox"/> Croc-type sandals or flip flops (for shower only) |
| <input type="checkbox"/> Small backpack (for water bottles,<br>change of clothes, etc.) | <input type="checkbox"/> swim goggles                                      |
|   | <input type="checkbox"/> Teddy bear or blankie                             |
|   | <input type="checkbox"/> Tennis racket                                     |

**When packing your items for camp, please remember: Anything you wear during camp may get stained, torn, and sometimes completely ruined! Camp is fun and can get messy!**

**When leaving camp, please check that you have everything; we can keep lost items for only a week.**

**NOT to Bring!** (*We will confiscate the following and can't guarantee their return, so PLEASE do not bring them!*)

- **Food, candy, or gum. We will provide plenty of healthy food. Food brought by campers will be confiscated; food in the cabins is an invitation for critters to visit.**
- **Knives or other weapons**
- **Matches or lighters**
- **Hair dryers, curling irons or hair straighteners (fire hazard)**
- **Any electric fans or box fans (if necessary, those will be supplied by camp for the cabin). Each cabin has a ceiling fan located in the center of the room.**
- **Make-up or perfume**
- **Electronics (incl. electronic games, cell phones, MP3 players or personal music player or radios)**
- **Watches/clocks** (Constantly looking ahead to something that seems overdue can take the mind out of the present and restrict current enjoyment. Kupugani fosters a mindful culture where young people can focus on living in the present.)
- **Money**
- **ANYTHING VALUABLE**