

Packing list

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

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

Optional

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| <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 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, change of clothes, etc.) | <input type="checkbox"/> swim goggles |
| <input type="checkbox"/> period swimwear (https://www.amazon.com/s?k=period+swimwear+for+girls+ages+11-14&crd=2UA54CWIJPRNV&sprefix=period+swimwear%2Caps%2C295&ref=nb_sb_ss_ts-doa-p_2_15) | <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**