

6-7 DAY PACKING LIST

(Please mark your child's name on all items with a permanent marking pen.)

****Medications:** Please complete the Camp Medication Form in your "Forms and Documents" file and place with the camper's medications in a zip lock bag. Place your child's medication in 7-day pillbox with sections for morning, noon, evening and bedtime. Include the original pharmacy bottles with a few extra pills. Clearly label the bag, the pillbox, and the medication list with your child's full name.

ESSENTIALS:

- _____ Water bottle with child's name clearly labeled**
- _____ Medications**
- _____ Medical Equipment (i.e. heat packs for pain, braces, CPAP, BIPAP, nebulizer, ear plugs, etc)**
- _____ (2 - 3) Cloth Face Masks**

Underwear **

- _____ (10-12) underpants
- _____ (12 pairs) socks
- _____ (2) pajamas
- _____ (2-3) bras

Clothing and shoes

- _____ (8) T-shirts or shirts
- _____ (2) pairs of jeans
- _____ (2) sweatshirts
- _____ (6) shorts
- _____ **(2) sneakers or closed-toed shoes****
- _____ (1) flip-flops or water shoes (to be worn at the pool only)
- _____ (1) hat or sun visor**
- _____ (1) *Optional: If you child wear glasses, send a second pair*
- _____ (1) Poncho or Rain Jacket
- _____ (1) *Optional: Hiking Boots*
- _____ (1) Fanny pack/Backpack

Bed and Bath (suggested items)

- | | |
|--|--|
| _____ (1) sleeping bag/blanket comforter | _____ (1) hairbrush and comb** |
| _____ (1-2) top, fitted bottom, & pillowcase | _____ (1) soap and container** |
| _____ (1) standard pillow** | _____ (1) shampoo and conditioner** |
| _____ (1) bathrobe | _____ (1) deodorant** |
| _____ (2) bath towels & (1) beach towel** | _____ (1) laundry bag |
| _____ (1) washcloth or loofah** | _____ (1 box) tampons/sanitary napkins |
| _____ (1) toothbrush and toothpaste** | _____ (1) caddy |

Waterfront: protective creams and repellents**

- _____ (2) bathing suits/Tankini (no bikinis, two piece or little Speedos)
- _____ (1) sunscreen (preferably SPF 30)**
- _____ (1) bug or insect repellent
- _____ (1) sunglasses

****Must haves**

We are not responsible for cell phones and/or electronic games brought to camp. No drugs or weapons, including knives, are allowed on the campsite.