



Sound View Camp And Retreat Center

Suggested Summer Camp Packing List

Things to Bring

- Camper's medications in **original containers** (to be administered by camp first aid staff)

<ul style="list-style-type: none"><input type="checkbox"/> Sleeping bag (down or synthetic insulation recommended)<input type="checkbox"/> Pillow and pillow case<input type="checkbox"/> Toothbrush<input type="checkbox"/> Tooth paste<input type="checkbox"/> Comb/brush<input type="checkbox"/> Shampoo<input type="checkbox"/> Soap	<ul style="list-style-type: none"><input type="checkbox"/> Feminine hygiene products (if necessary)<input type="checkbox"/> Towel (for shower)<input type="checkbox"/> Towel (for beach)<input type="checkbox"/> Sunscreen<input type="checkbox"/> Flashlight or headlamp<input type="checkbox"/> Extra set of batteries for flashlight or headlamp
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Optional Things to Bring

<ul style="list-style-type: none"><input type="checkbox"/> Insect repellent<input type="checkbox"/> Bible with Old and New Testament (preferably in an easy to read translation)<input type="checkbox"/> Pen or pencil<input type="checkbox"/> Journal or notebook<input type="checkbox"/> Envelopes (pre-addressed and pre-stamped)	<ul style="list-style-type: none"><input type="checkbox"/> Plastic garbage bags (for keeping things dry and separate, also great for bringing home wet bathing suits and towels)<input type="checkbox"/> Camera (preferably a cheap or disposable one).<input type="checkbox"/> Musical instrument
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Clothing to Bring

Note - With all clothing items remember to think about camp activities and the environment! Old, durable clothes that are easy to move and relax in are best. New and fancy clothes will probably not be new or fancy when/if they get home!

<ul style="list-style-type: none"><input type="checkbox"/> T-Shirts or Tank Tops<input type="checkbox"/> Shorts (preferably not lightweight cotton)<input type="checkbox"/> Long pants (some camp activities require long pants)<input type="checkbox"/> Underclothes<input type="checkbox"/> Socks<input type="checkbox"/> Extra Heavy Shirt, sweater, sweatshirt or insulated jacket	<ul style="list-style-type: none"><input type="checkbox"/> Rainy Day outfit<input type="checkbox"/> Swimsuit (practical and functional for boating, swimming, and other waterfront activities)<input type="checkbox"/> Warm Pajamas<input type="checkbox"/> Sneakers or hiking shoes<input type="checkbox"/> Extra pair of sneakers, hiking shoes, or sturdy sandals<input type="checkbox"/> Shower Sandals
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Things NOT to Bring

- New, nice, or fragile clothes
- Fireworks or weapons of any kind
- Personal sports equipment
- Pets or any other animal
- Valuables, jewelry, etc.
- Money (all food, snacks, and t-shirts are included in the cost of camp)
- Cell phones, electronics, music players, video game systems, etc.
- Alcohol or drugs (other than prescription)

Packing Tips

1. Make sure the camper is involved in the packing process, so they know what they have for the week and where it is packed!
2. Write the camper's name name on everything.

Camper Vehicles

Any camper vehicles on-site during the camp session (other than check-in or check-out) will be parked in a designated location away from the main camp area. Car keys will be stored in the camp office for safe keeping.