WHAT TO BRING

**Personal Gear:**
- [ ] Sleeping Bag
- [ ] Pillow
- [ ] Shower Towel
- [ ] Pool Towel
- [ ] Wash Cloth
- [ ] Laundry Bag
- [ ] Backpack
- [ ] Notebook to journal
- [ ] Pens or Pencils
- [ ] Flashlight
- [ ] Sunglasses
- [ ] Water bottle

**Clothes:**
- [ ] T-shirts
  (must cover stomach, no deep V-shirts or inappropriate graphic T-shirts)
- [ ] Shorts
  (should come to your fingertips when your arm is by your side)
- [ ] Jeans
  (not to be worn hanging off hips or with undergarments showing)
- [ ] Sweatshirt or sweater
- [ ] Bathing Suit
  (girls—once piece only)
- [ ] Pajamas
- [ ] Wind breaker or light jacket
- [ ] Undergarments and socks
- [ ] Tennis shoes or hiking books
  (must be closed toed)
- [ ] Flip-flops
  (for the pool and shower only)
- [ ] Hat

**Toiletries:**
- [ ] Sunscreen
- [ ] Chapstick with sunscreen
- [ ] Bug spray
- [ ] Soap
- [ ] Toothpaste
- [ ] Toothbrush and floss
- [ ] Deodorant
- [ ] Shampoo and conditioner
- [ ] Comb or brush
- [ ] Feminine hygiene products

**Medication:**
All medication must be packed in a plastic bag and in the original labeled container with clear instructions.

*Please make sure the name on the bottle matches the name on your instructions*

**Do Not Bring:**
- Any Electronic Gear: Camera, CD Players, iPods, MP3s, Radios, Cell Phones, or Handheld Games
- Toys (a stuffed animal is okay for cabin time)
- Snacks, candy, gum or drinks
- Money

Please clearly label all items with your child's name.