### 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

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

### 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**