

## 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 this form with an empty 7-day pillbox and the camper's medications in their original pharmacy bottles in a zip-loc bag. Clearly label the medication form, the pillbox, and bag 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)\*\*\*

### Underwear \*\*

\_\_\_\_\_ (10-12) underpants

\_\_\_\_\_ (12 pairs) socks

\_\_\_\_\_ (2) pajamas

\_\_\_\_\_ (2-3) bras

### Sports and games (optional)

\_\_\_\_\_ cards or small games

\_\_\_\_\_ soccer shoes/shin guards

\_\_\_\_\_ fishing rod

\_\_\_\_\_ baseball glove

\_\_\_\_\_ disposable camera

### 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: outfit for the camp dance*

\_\_\_\_\_ (1) *Optional: hiking boots*

\_\_\_\_\_ (1) *Optional: fanny pack/small backpack to carry belongings*

\_\_\_\_\_ (1) *Optional: If your child wears glasses, send a second pair*

### Bed and Bath (suggested items)

\_\_\_\_\_ (1) sleeping bag/blanket comforter

\_\_\_\_\_ (1-2) top and fitted bottom sheets

\_\_\_\_\_ (1-2) pillowcases

\_\_\_\_\_ (1) standard pillow\*\*

\_\_\_\_\_ (1) bathrobe

\_\_\_\_\_ (2) bath towels & (1) beach towel\*\*

\_\_\_\_\_ (1) washcloth or loofah\*\*

\_\_\_\_\_ (1) toothbrush and toothpaste\*\*

\_\_\_\_\_ (1) hairbrush and comb\*\*

\_\_\_\_\_ (1) soap and container\*\*

\_\_\_\_\_ (1) shampoo and conditioner\*\*

\_\_\_\_\_ (1) deodorant\*\*

\_\_\_\_\_ (1) laundry bag

\_\_\_\_\_ (1 box) tampons/sanitary napkins

\_\_\_\_\_ (1) caddy

**Waterfront: protective creams and repellents\*\***

\_\_\_\_\_ (2) bathing suits/tankinis (no bikinis, two piece or little Speedos)

\_\_\_\_\_ (1) sunscreen (preferably SPF 30)\*\*

\_\_\_\_\_ (1) bug or insect repellent

\_\_\_\_\_ (1) pair of sunglasses

**Optional items/Parent suggestions**

\_\_\_\_\_ (1) stationary and some stamps

\_\_\_\_\_ (2) pen and pencils

\_\_\_\_\_ (1) book

\_\_\_\_\_ (1) mattress topper

\_\_\_\_\_ (1) white T-shirt for tie-dye

\_\_\_\_\_ (1) extra red/blue/yellow/green t-shirt  
for Olympics

**\*\* = 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.**