

### 3-5 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 \*\*

- \_\_\_\_\_ (5-10) underpants
- \_\_\_\_\_ (6 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

- \_\_\_\_\_ (6) T-shirts or shirts
- \_\_\_\_\_ (2) pairs of jeans
- \_\_\_\_\_ (1) 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) poncho or rain jacket
- \_\_\_\_\_ (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

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

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

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

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

\_\_\_\_\_ (2) bathing suits/tankini (no bikinis, two pieces 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.**