

If you are attending any overnight camps – during the summer, use the following lists as a packing guide.

Clothing

- Underwear (enough for each day plus at least one extra)
- Socks (enough for each day plus at least one extra)
- T-shirts or tops (one for each day)
- Two sweatshirts or warm tops
- Shorts
- Long pants (yoga, sweats, jeans)
- Raincoat or poncho
- Swimsuit
- Pajamas (one pair)
- Sturdy walking shoes that are closed-toed and have support (plus 1 extra pair)

Equipment

- Backpack(book bag) for carrying items around camp
- Sleeping bag or twin-sized sheets and blankets
- Pillow and pillowcase
- Water bottle
- Mess kit (can be a plastic plate, bowl, and silverware)

Toiletries and Key Items

- Deodorant
- Insect repellent
- Sanitary napkins or tampons
- Lip balm or chap stick
- Shampoo and conditioner
- Towels (for swimming and showers)
- Washcloth and hand towel
- Toothpaste and toothbrush
- Comb or brush
- Sunscreen (SPF 15 or higher)
- Bandana or hat

- Flashlight with extra batteries
- Shower shoes or flip-flops

Optional Items

- Books to read
- Camera
- Facial Tissue
- Notebook/journal and pencil or pen
- Other toiletries as necessary (contact solution, glasses, etc.)
- Stationary or postcards and stamps
- Stuffed animal or another comfort item
- Sunglasses
- Something to tie-dye (bring something from home like socks, bandanas, or t-shirts)