

WHAT TO BRING TO SPECIAL CAMP

Linens:

sleeping bag or two (2) twin size sheets and two (2) blankets
one (1) pillow
two (2) towels and two (2) washcloths
one (1) beach towel for swimming

Casual clothing:

seven (7) changes of underwear (shorts, undershirts, panties, bras, socks)
seven (7) changes of outer clothes (shorts, pants, shirts, t-shirts, blouses, dresses, etc.)
long pants
sweater or jacket
sturdy walking shoes and tennis shoes
swim suit
personal items

Toilette articles:

soap -- deodorant -- shampoo -- comb and/or brush
tooth brush & tooth paste -- mouth wash
men who shave: razors and shaving cream
women: sanitary supplies

Other:

rain wear (rain coat or poncho)
insect repellent
flashlight
medication: enough for seven (7) days (will be given to nurse)

DO NOT BRING:

spending money -- stereos -- records ----radios -- snack food -- jewelry --
fancy cameras