

WHAT TO BRING TO SPECIAL CAMP

LINENS:

- Sleeping bag or 2 twin size sheets and 2 blankets
- 1 Pillow & pillowcase
- 2 Towels and 2 washcloths
- 1 beach towel for swimming

CASUAL CLOTHING:

- 7 changes of underwear (shorts, undershirts, panties, bra, socks)
- 7 changes of outer clothing (shorts, pants, shirts, t-shirts, blouses, dresses, etc)
- Long pants
- Sweater or jacket
- Sturdy walking shoes and tennis shoes
- Swim suit
- Personal items

TOILETRIES

- Soap, deodorant, shampoo
- Comb and/or brush
- Toothbrush, toothpaste, mouthwash
- Men who shave: razors and shaving cream
- Women: sanitary supplies

OTHER

- Rain coat or poncho
- Insect repellent
- Flashlight

MEDICATION

- Enough for 7 days, in original bottle/package (This will be given to nurse upon arrival)

DO NOT BRING:

- Spending money
- Stereos, radios
- Snack foods
- Jewelry
- Fancy Cameras