

PACKING CHECKLIST

Camp Packing Checklist

- Clothing for 6 days or 12 days depending on the number of weeks attending camp (Please make sure to include at least one sweatshirt or jacket for cooler evenings. At least one pair of pants would also be appropriate. Please pack extra undergarments if continence is a concern. You may want to pack at least one "dressy" outfit for a dance. This may include dress pants and shirt for the gentleman and dress pants or skirt for the ladies.)
- Comfortable shoes
- T-shirt to Tie Dye (white shirt)
- Flip flops or shower shoes
- 4-5 towels and washcloths
- Toiletries including:
 - Shampoo/Conditioner
 - Soap
 - Toothpaste
 - Toothbrush
 - Shaving cream if needed
 - Razor if needed
 - Deodorant
 - Lotion
 - Feminine hygiene products if needed
 - Hair care products (brush, comb, gel, etc...)
- Sun block
- Bug spray
- Flashlight
- Bathing Suit
- Pillow
- Blanket (we will provide sheets and pillowcases)
- Poncho/rain jacket/umbrella
- Any adaptive equipment that may be needed at camp
- Depends/protective undergarments if needed (we will supply wipes)
- All prescribed medications for duration of stay at camp.
- Any medical equipment that is used on a daily basis (i.e. glucometer, lancets, etc...)