

Bedding

- _____ Sleeping bag or bedding for a twin size bed
- _____ Pillow
- _____ Fitted sheet for twin mattress

Clothing (please be aware items may get dirty or stained)

- _____ Tennis shoes
- _____ Sandals
- _____ Jacket, sweater or sweatshirt
- _____ 2 short sleeved shirts
- _____ 1 long sleeved shirt
- _____ 2 pairs of shorts
- _____ 1 pair of jeans or long pants
- _____ 3 pairs of socks
- _____ 3 changes of undergarments
- _____ Pajamas or sweats (cabins are not air conditioned)
- _____ Rain gear
- _____ Swimsuit (please only one piece swimsuits for the girls)

Toiletries

- _____ Toothbrush and toothpaste
- _____ Deodorant
- _____ Soap and shampoo
- _____ Bath towel and wash cloth
- _____ Insect repellent
- _____ Sunscreen

Other Items

- _____ Picture of your loved one (suggested 4x6)
- _____ Flashlight
- _____ Beach towel
- _____ Quiet activity or book
- _____ Sunglasses
- _____ Hat
- _____ Backpack

If bringing medication, please bring it in the original marked pill bottle.
 Medication will be given to the camp doctor.

What not to bring

Please do not bring iPods, cell phones, portable video games, or DVD players. Snack food should be left at home; we do not want to attract critters to our cabins.