

# Summer Camp Packing List — Residential or Overnight Camp

The following is a suggested list of items to help you and your child pack for summer camp. We suggest that you label all of your child's clothing and belongings. If you don't you might be amazed at what your child brings home (or leaves behind).

## CLOTHING

- 7 T-shirts
- 7 pairs of underwear and socks
- 2-3 long sleeved tops
- 1 or 2 sweaters or sweatshirts
- 1 jacket or windbreaker
- 1 rain jacket with hood and pants
- 4 pairs shorts
- 3 pairs of slacks, jeans or sweatpants
- 1 sun hat
- 2-3 bathing suits
- 1 pair pajamas
- bandana or handkerchief

\*Dressy outfit for closing banquet

## FOOTWEAR

- 1 pair of sturdy shoes or hiking boots
- 1 pair of running shoes
- 1 pair of sturdy sandals with straps ("tevas")
- 1 pair of rubber boots or rain boots

\*specialized footwear for riding, soccer or other specialty camps

## GENERAL

- 1 sleeping bag (synthetic fill, lightweight)
- 2 sheets (optional)
- 1 blanket (optional)
- 1 pillow, 2 pillow cases
- 3 towels including a beach towel
- 2 wash cloths
- Toiletries (soap, toothpaste and toothbrush, shampoo, comb or brush etc.)
- Water bottle
- Flashlight and extra batteries
- Insect repellent and sunscreen
- Small daypack or knapsack to carry towels, and personal belongs
- Laundry bag

## OPTIONAL

- Musical instruments
- Personal sport equipment such as tennis racquet
- PFD life jacket
- Camera
- Stationary, pre-addressed envelopes, postage stamps, pens, books, diary or notepad

## DO NOT BRING

- Valuable items such as jewelry that will devastate your child if lost or broken
- Electronic games and personal listening devices
- Cellphones
- Too much money (a modest amount for tuck shop is all that is needed if any)
- Cosmetics, makeup, curling irons or hair dryers

## IMPORTANT NOTES

Does your child take medication?

If so, make sure it is given to a counselor immediately. At most camps, all medication - *even vitamins* - must be stored in the camp's health lodge where it is available and administered safely.

Does your child wear eye-glasses? If this is the case, please pack a second pair just in case.

Does your child wear an orthodontic retainer?

Please talk to him/her now about caring for it as part of the camp routine and not losing it.



### Don't forget to pack

Summer camp means lots of outdoor fun—but with that comes triggers for allergic reactions. Keep **Benadryl** on your packing list for your kids' summer adventures. Learn more.