

## **CHECK LIST -NECESSARY ITEMS**

- Medical records
- Medications; for the nurse with directions
- Pillow and 2 pillow cases
- Blankets and 2 sheets **or** sleeping bag with one sheet
- Mesh laundry bag
- 3 Bath towels
- Flashlight with extra batteries\*
- Stamped postcards\*
- Toiletries\*
- Insect repellent\*
- Suntan lotion and chapstick\*
- Pencil and/or pen
- Water bottle\*
- Belt
- Flip flops
- 2 Pairs of sneakers
- 2 Pairs of pajamas
- 2 Bathing suits
- 7 Pair of cotton socks
- 1 Pair heavy wool socks
- 7 Pair underwear
- 7 Pairs of shorts\*
- 7 Cotton t-shirts\*
- 3 Pairs of long pants (one not denim)
- Sweatshirt and sweatpants
- Wool or polar fleece outerwear
- Waterproof raingear or poncho\*
- Lined jacket
- Hat\*
- Day pack

(2010)

## **TRIP GEAR NEEDED FOR MIDDLELS AND SENIORS**

- Wool or polar fleece sweater
- Waterproof raingear including pants
- String
- Cap with visor
- Hiking boots (broken in)
- 2 pair heavy socks (one wool)
- Lightweight long sleeved shirt\*
- Non-denim long pants
- Plastic bowl, cup and spoon
- Sleeping bag with stuff sack
- Backpack (optional)
- Plastic, screw top water bottle\*

## **OPTIONAL ITEMS FOR ALL CAMPERS**

- Musical instrument
- Camera & film\*
- Baseball glove and bat
- Tennis racquet
- Fishing gear
- Lacrosse stick
- Street hockey stick
- Running shoes
- Walkman recorder/radio
- Snorkeling gear
- Books & Notebook/Journal

**PLEASE PLACE NAMES ON ALL ITEMS**

*\* items sold in camp store*