

PACKING LIST ADULT PROGRAM OVERNIGHT

Important: All clothing and possessions should be clearly labeled with camper's first and last name.

Toiletries	Packed	Other Items	Packed
1x Toothbrush		1x Labelled Suitcase or Sports/ duffel bag	
1x Toothpaste		1x Fitted Sheet	
1x Small Mouthwash		1x Flat sheet or Sleeping Bag or Blanket	
1x Body Soap		1x Pillow	
1x Shampoo & Conditioner		1x Pillow case	
1x Deodorant		1x Laundry Bag	
1x Comb/Brush		1x Sunglasses	
1x Sunscreen SPF 30+		1x Sun Hat	
1x Bug Spray		1x Night Light	
1x Electric Razor + Supplies		1x Flashlight	
1x Beach Towel		Disposable Bed Pads for incontinence (if applicable)	
1x Bath Towel		Attends/Depends/ Adult briefs (pack enough for each day of camp plus a few spares)	
6x Wash Cloths		Adaptive equipment :Spoons, bibs, walker, cane, wheelchair, bed rails, prosthetic or orthotic devices.	

Daily use	Packed
6x Pants/Shorts/Jean	
6x Shirts	
2x Pajamas Set	
1x Jacket/Rain Coat or Poncho	
2x Swimsuit	
6x Pairs of Socks	
6x Underwear	
6x Bras	
2x Sweatshirt/hoodies	
1x Smart Outfit for the Dance or costume	
1x Flip Flops or Sliders	
2x Shoes (closed toe)	
1x Belt	
Hearing Aids (if applicable)	
Glasses	

Other (sensory aids, coloring books, confort items, etc)
Describe items here:

WHAT NOT TO PACK

- Mobile phones and electronic devices. Communication aids and adaptive devices are very much welcome.
- Food, snacks or non-water beverages. (Except as pre-approved for special diets)
- Valuable, cherished, or irreplaceable items. If necessary, campers may request that valuable items be stored in the camp office.

REMEMBER

- All medications must be packed by the pharmacist in a multi-dose blister pack sorted by administration hour. Pill bottles will not be accepted. **Do not pack medications in luggage, hand to nurse at check in.** For more information about our med policies please visit grotonwood.org/medications
- We recommend bring between \$25 and \$50 pocket money for the country store.