



## PACKING LIST ADULT PROGRAM OVERNIGHT

**Important: All clothing and possessions should be clearly labeled with first and last names.**

Toiletries	✓ Packed
1x Toothbrush	
1x Toothpaste	
1x Body Soap	
1x Shampoo & Conditioner	
1x Deodorant	
1x Comb/Brush	
1x Sunscreen SPF 30+	
1x Bug Spray	
1x Hand Sanitizer	
1x Electric Razor + Supplies	
1x Beach Towel	
1x Bath Towel	
3x Wash Cloth	

Clothes & Shoes	✓ Packed
6x Pants/Shorts/Jeans	
6x Shirts	
2x Pajamas Set	
1x Jacket/Rain Coat or Poncho	
2x Swimsuit	
6x Pairs of Socks	
6x Underwear	
6x Bras	
2x Sweatshirt/Jumpers	
1x Smart Outfit for the Dance	
1x Flip Flops or Sliders	
1x Sneakers/ Hiking boots	
1x Belt	

Other Items	✓ Packed
1x Labelled Snug-Fitting Face Mask for each day	
1x Labelled Suitcase/Sports Bag	
1x Fitted Sheet	
1x Flat sheet/Sleeping Bag	
1x Pillow	
1x Pillow case	
1x Laundry Bag	
1x Sunglasses	
1x Sun Hat	
1x Night Kight	
1x Flashlight	
1x Bible	
Camp store allowance (\$25-\$50)	
Labelled Medication (keep it handy for check-in)	
Attends/Depends (pack enough)	
Hearing Aids/Glasses	
Adaptive equipment: Spoons, bibs, walker, cane, wheelchair.	
Other (sensory aids, coloring books, etc)	

### WHAT NOT TO PACK

- Mobile phones and electronic devices. Communication aids and adaptive devices are excluded and 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.
- Water bottle: not recommended as they are classed as a high contact surface. Camp provides igloos filled with fresh cool water and disposable cups.