

## What to bring

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### Luggage

- Duffel bag or suitcase
- Daypack/book bag

### Outerwear

- Waterproof rain jacket or poncho
- Sweatshirt or light jacket

### Footwear

- Tennis shoes (required for activities)
- Extra pair of shoes in case of rain
- Water shoes with heel strap (no flip flops)
- Heeled boots (only if attending horse program)

### Clothing

- 6 sets of comfortable camp clothes (shorts and t shirts are the norm)
- 1 pair of pants/ blue jeans (required if attending horse camp)
- 6-7 pairs of underwear
- 4-5 pairs of socks
- Swimsuit (one-piece)
- Sun hat and/or bandana

### Sleeping

- Sleeping bag or sheets & bed cover for single bed
- Pillow
- Pajamas

## What NOT to bring

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Cell Phone  
Radio  
CD/MP3/DVD Player  
Tobacco  
Alcohol

Drugs  
Fireworks  
Cell phones  
Firearms  
Pets

Video games  
Water guns  
Skate board  
Skates  
Unicycles

Expensive clothing  
Expensive shoes  
Any other valuable personal item

### Camping Gear

- Leak proof water bottle
- Flashlight or headlamp
- Insect repellent
- Sun block and lip balm
- Toiletries (soap, shampoo, toothbrush/toothpaste)
- Towels
- Washcloths

### Optional Items

- Camera
- Musical instrument
- Sunglasses
- Shower shoes
- Attire or props for talent show

### Medication

- Prescription medications (if applicable)  
*Please follow directions on medication form. Do not bring over-the-counter medications.*
- Medical bracelet or necklace that identifies seizures, allergies, and other medical information

*Note: Label all clothes and personal items before you come to camp*