

What to bring

Luggage

- Duffel bag or sealable storage bin
- Day pack or book bag

Outerwear

- Rain jacket (waterproof and breathable)
- Sweatshirt or light jacket

Footwear

- Closed-toed shoes (ex: tennis shoes)
- Sandals with heel strap or water shoes (no flip flops)

Camp Clothing

- Shorts (3)
- Pants/blue jeans (1)
- T-shirts (3)
- Long sleeve shirt (1)
- Socks (3-4 pairs)
- Underwear (4)
- Swimsuit (one-piece)
- Hat or bandanna
- Pajamas

Note: Labeling/initialing clothes is highly recommended.

Sleeping

- Sleeping bag
- Packable sleeping pad (no air mattresses)
- Pillow

Camping Gear

- Leakproof water bottles 20oz or larger (2)
- Headlamp or flashlight and extra batteries
- Sunglasses
- Sun protection (sunscreen, lip balm, etc.)
- Toiletries (soap, shampoo, toothbrush/paste, etc.)
- Towel and washcloth
- Insect repellent (deet-free)

Other Gear

- Bible, journal, pen
- Dirty clothes bag

Optional Items

- Hammock and straps
- Disposable camera
- Musical instrument

Medication (if applicable)

- Prescription and/or necessary routine medications
- Medication Administration Form

Any prescription or over-the-counter medications, vitamins, or supplements must be **a) in the original container** and **b) turned in to our Healthcare Team** for dispensing. These items **cannot** be kept in luggage or with the camper. The only exceptions are epipens and rescue inhalers, which must be cleared by our Healthcare Team and checked in with the counselor at dropoff. Do not send over-the-counter medications unless taken routinely. Find more info online: glisson.org/arrival-departure

What NOT to bring

Food w/ peanuts/tree nuts
Cell phone
Music/video player
Tablets/computers
Video games

Tobacco/e-cigs/vapes
Alcohol
Drugs
Fireworks
Firearms/weapons

Pets
Water guns
Skateboard/skates
Bicycles/unicycles
Expensive clothing

Expensive shoes
Any other valuable
personal items