

What to bring

Luggage

- Duffel bag or suitcase
- Daypack or book bag (for water bottle, rain jacket)

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)

Clothing

- Shorts (6)
- Pants (1, blue jeans work well)
- T-shirts (6)
- Socks (8 pairs)
- Underwear (8)
- Pajamas
- Swimsuit (trunks/one-piece/"tankini")
- Hat and/or bandana

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

Personal Items

- Toiletries (soap, shampoo, toothbrush, tooth paste, etc.)
- Bath towels (2) (washcloth, beach towel)
- Laundry bag for wet/dirty clothes
- Bible, journal, pen

What NOT to bring

Food with 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

Sleeping

- Sleeping bag or sheets & bed cover for twin bed
- Pillow

Camping Gear

- Leakproof water bottle
- Flashlight or headlamp (extra batteries recommended)
- Insect repellent (deet-free)
- Sunscreen

Optional Items

- Disposable camera
- Musical instrument
- Additional sun protection (sunglasses, lip balm)
- Shower shoes
- Stationery, stamps
- Small fan and extension cord
- Attire or props for talent show

Medication (if applicable)

- Medical bracelet or necklace that identifies seizures, allergies, and other medical information
- 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 epi pens 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*