

## What to bring

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### Luggage

- Large duffel bag or trunk
- Daypack or book bag (for water bottle, rain jacket)

### Outerwear

- Waterproof rain jacket or poncho
- Sweatshirt or light jacket

### Footwear

- Tennis shoes (2 in case a pair gets wet)
- Water shoes with heel strap (no flip flops)

### Camp 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: Labeling/initialing clothes is highly recommended*

### Personal Items

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

## What NOT to bring

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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

### Camping Gear

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

### Sleeping

- Sleeping bag (must have for camp out)
- Pillow
- Bed sheets (for twin bed)

### Optional Items

- Additional sun protection (sunglasses, lip balm)
- Shower shoes
- Disposable camera
- Stationery, stamps
- Small fan and extension cord
- 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](http://glisson.org/arrival-departure)*