

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

Sleeping

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

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

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)

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

Key Update For 2024: As shared during registration, to streamline our process and minimize the potential for medication errors, we're introducing a new medication administration system using an industry standard practice called "blister packing". If you haven't yet, please review our new [Medications](#) page.

What's The Same: 1) All prescription and over-the-counter medications, supplements, and vitamins must be checked in with our Healthcare Team during drop-off. 2) Do not send basic over-the-counter meds unless taken routinely. 3) We cannot dispense medications that are not professionally labeled/packaged.

What's New: All daily/scheduled prescription and over-the-counter oral medications, vitamins, and supplements in pill or chewable form must be blister-packed by a licensed pharmacist. Exceptions include as-needed medications, inhalers/epipens, liquids/creams, and medications already blister-packed as a part of original packaging. For more, please visit: glisson.org/meds