

## What to bring

---

### 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.)
- Towels (2, bath and beach)
- Washcloth
- 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

### 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/bedding (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

**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](https://glisson.org/meds)