

## SUGGESTED PACKING LIST (This list is suitable for any length of stay. Laundry is done weekly)

Send a copy of this list to camp in your camper's luggage. This gives her a checklist when she is packing to go home.

**Label every individual item coming to camp—including outside of luggage!**

### UNIFORM REQUIREMENTS:

\*Blue monogrammed polo uniform shirt will be provided for you at camp

\_\_\_ **Uniform Bathing Suits** – 2 royal blue, one-piece, swim-team type suits. Blue swim shirt/swim shorts are also acceptable

\_\_\_ **Uniform Shorts** – 2 pair tan colored shorts. May be purchased anywhere. No distressed or short shorts

\_\_\_ **Water Shoes**- 1 pair for use at the waterfront. Must have for SAFETY

\_\_\_ **Proper Riding Boots/Shoes and Riding Helmets (bearing SEI safety seal)**, if applicable

### CLOTHING (in addition to required uniform):

#### \_\_\_ Footwear

Rain Boots—rubber rain boots

2-3 pair, sturdy outdoor shoes for hiking, sports, etc.

1 pair flip flops/Crocs for shower

\_\_\_ **Hat, Sunglasses, Beanie**, --don't forget that it gets cold up here in the North Country, even in the summer

\_\_\_ **Jeans, Long Pants, Sweats**--4 pairs

\_\_\_ **Shorts**—5-7 pairs, mid-length. No short shorts permitted

\_\_\_ **T-shirts**--10, variety of short and long sleeve. No spaghetti strap tank-tops permitted

\_\_\_ **Warm Tops**--3, sweatshirts, sweaters, fleece pullover or jacket (It can get cold. Please pack accordingly)

\_\_\_ **Rain Jacket with Hood**--an absolute MUST HAVE!

\_\_\_ **Sleepwear**--2 pairs. 1 warm weather pair, 1 cool weather pair. Robe and onesies optional but popular

\_\_\_ **Socks**--10 pairs

\_\_\_ **Underwear**--10 pairs underpants and 6 bras/camis, including sports bras

\*Be advised that we can have some cold night at camp. Please send your daughter with ample cool weather clothing, especially for sleeping.

### BEDDING PROVIDED (Sheets, pillow, pillow case, and 2 blankets will be provided- **DO NOT BRING WITH YOU**)

Optional to bring:

\_\_\_ **1 Personal Pillow Case**

\_\_\_ **1 Small Stuffed Animal**

\_\_\_ **1 Blanket**-- NOT an overstuffed comforter (we provide an additional blanket for campers traveling by plane, if desired)

NOT PERMITTED: LAMPS, OVERSTUFFED BLANKETS, MULTIPLE/LARGE STUFFED ANIMALS, SIDE TABLES- STICK TO THE OPTIONAL LIST

### PERSONAL ITEMS:

\_\_\_ **Laundry bag** -- Send 2, with camper's name in large lettering on the outside

\_\_\_ **Towels**—2 Bath Towels, 1 Beach Towels, 2 Washcloths

\_\_\_ **Toiletries**--soap, toothpaste, toothbrush, deodorant, sanitary items, lip balm, lotion, brush, shampoo, conditioner, etc.

\_\_\_ **Bug Repellent and Sunblock**

\_\_\_ **Personal Medication** in large zip-lock bag with name outside and instructions inside. Must be in original package/bottle.

Vitamins will only be administered if prescribed by a doctor with written documentation.

\_\_\_ **SHEILDS**, for returning campers

\_\_\_ **Flashlight and Extra Batteries**

\_\_\_ **Backpack/String Bag**

\_\_\_ **2 Labeled, Reusable Water Bottles**

### OPTIONAL ITEMS:

\_\_\_ Journal, pens, books, magazines, pictures, strand of lights, mp3 player of music only device.

\_\_\_ Camera—inexpensive. No kindle, iPod, smart watches, phones, e-readers allowed-- We are a NO TECH zone!

**SPECIAL PERSONAL ITEMS:** tennis racquet, musical instruments, dance shoes, costumes, games, blue and white paint/clothing, poetry, sheet music, stamps and stationary