Every Single Item Your Kids Need to Bring to Summer Camp

I have spent 12 summers of my life at Summer camp as a camper, volunteer, or counselor. I can tell you firsthand that attending camp can help children learn new skills, make lifelong friendships, and grow as people. All that fun and growth requires a lot of preparation — before they can hop in the lake or learn how to ride a horse, you've got to pack their bags.



Clothing

- [ ] Socks
- [ ] Swimsuits/trunks
- [ ] Shorts
- [ ] T-shirts
- [ ] Hoodie and/or sweatshirt
- [ ] Warm hat
- [ ] Baseball cap
- [ ] Sunglasses
- [ ] Long pants
- [ ] Jeans
- [ ] Jacket
- [ ] Raincoat
- [ ] Dress clothes for a dance or candlelight dinner
- [ ] Underwear
- [ ] Warm pajamas
- [ ] Tennis shoes
- [ ] Hiking shoes
- [ ] Slip-on shoes
- [ ] Sandals
- [ ] Dress shoes

Toiletries

- [ ] Toothpaste
- [ ] Toothbrush

- [ ] Shampoo
- [ ] Conditioner
- [ ] Body wash/bar soap
- [ ] Bath towel
- [ ] Beach towel
- [ ] Waterproof sunblock
- [ ] Bug spray or wipes
- [ ] Brush
- [ ] Hair ties, if needed
- [ ] Deodorant
- [ ] Shaving products
- [ ] Feminine products
- [ ] Band-Aids
- [ ] Lip balm
- [ ] Any medications your child needs
- [ ] Laundry detergent, if a washer is available

Cabin Gear

- [ ] Sleeping bag
- [ ] Sheets
- [ ] Blanket
- [ ] Pillow
- [ ] Books to read
- [ ] Stationary
- [ ] Flashlight
- [ ] Water bottle
- [ ] Deck of cards
- [ ] Clip-on fan
- [ ] Disposable or digital camera, if phones are not permitted
- [ ] Any special equipment they may need to participate in activities
- [ ] Money for the store, unless your camp wants you to make payments directly

What Not to Bring

- [ ] Anything that you wouldn't want to get dirty, lost, stolen, or damaged.
- [ ] Open-toed shoes
- [ ] Perfume or cologne
- [ ] A cell phone, tablet, handheld gaming system, or computer
- [ ] Food items
- [ ] Nonprescription medications

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