

# 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

- |  |   |
|--|---|
| <input type="checkbox"/> Socks   | <input type="checkbox"/> Swimsuits/trunks |
| <input type="checkbox"/> Shorts  | <input type="checkbox"/> T-shirts         |
| <input type="checkbox"/> Hoodie and/or sweatshirt                        | <input type="checkbox"/> Warm hat         |
| <input type="checkbox"/> Baseball cap                                    | <input type="checkbox"/> Sunglasses       |
| <input type="checkbox"/> Long pants                                      | <input type="checkbox"/> Jeans            |
| <input type="checkbox"/> Jacket  | <input type="checkbox"/> Raincoat         |
| <input type="checkbox"/> Dress clothes for a dance or candlelight dinner | <input type="checkbox"/> Underwear        |
| <input type="checkbox"/> Warm pajamas                                    | <input type="checkbox"/> Tennis shoes     |
| <input type="checkbox"/> Hiking shoes                                    | <input type="checkbox"/> Slip-on shoes    |
| <input type="checkbox"/> Sandals   | <input type="checkbox"/> Dress shoes      |

## Toiletries

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Toothbrush |
|-------------------------------------|-------------------------------------|

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

## Cabin Gear

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

## What Not to Bring

- |  |   |
|--|---|
| <input type="checkbox"/> Anything that you wouldn't want to get dirty, lost, stolen, or damaged. | <input type="checkbox"/> Open-toed shoes    |
|  | <input type="checkbox"/> Perfume or cologne |
| <input type="checkbox"/> A cell phone, tablet, handheld gaming system, or computer               | <input type="checkbox"/> Food items         |
| <input type="checkbox"/> Nonprescription medications   |   |

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