**WHAT TO BRING TO CAMP**

**TIPS ON HOW TO PACK:**

**Do**

* Medications must be **blister packs.** If your camper only has one medication or PRN medications then those can be packed in theiroriginal containers and properly labeled. These must be checked in with nurse/medical team member at registration.
* Pack comfortable, active wear clothes and shoes that are ok to get a little dirty.
* Please **label** all clothing and personal items with your family name.
* The weather in Water Valley can be unpredictable, so be prepared for the possibility of very cold and very warm weather. Most of the campers’ time is spent outdoors.
* Please give equipment which is normally used in daily routines to the nurses/medical team members at registration, such as special utensils, braces, meal supplements, sanitary supplies, etc.

**Do Not**

* Please do not pack medications or medical supplies in camper’s suitcases.
* Inappropriate clothing will not be accepted. This includes items with profane slogans. Please use your discretion when packing.
* Food: We will feed you well, so please don’t bring any additional food. There is no food allowed in the dorms.
* Nuts: Camp Kindle is nut-free, so absolutely no nuts!
* Valuables: iPods, cell phones, and jewelry are all nice things, but don’t necessarily belong at camp. If you don’t want to lose it, don’t bring it. There is no cell service, so best to keep these electronics at home.
* The Obvious: Cigarettes, lighters, alcohol, non-prescribed drugs, weapons, etc.

***Thursday Banquet Dinner & Dance***

There will be a special banquet dinner and dance!

Please send one “nice” outfit for this night ☺

**PACKING LIST FOR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- |
| **ITEM** | **CHECKLIST** | **DESCRIPTION** |
| **Packed for camp** | **Packed for home** |  |
| **CLOTHING** |  |  |  |
| 6 pairs of underwear |  |  |  |
| 6 pairs of socks (2-3 warm/wool) |  |  |  |
| 1-2 pairs of pajamas |  |  |  |
|  |  |  |
| 1 rain and/or wind jacket |  |  |  |
| 2-3 pairs of shorts |  |  |  |
|  |  |  |
|  |  |  |
| 2-3 pairs of long pants |  |  |  |
|  |  |  |
|  |  |  |
| 3-4 short sleeve shirts |  |  |  |
|  |  |  |
|  |  |  |
| 2-3 long sleeve shirts |  |  |  |
|  |  |  |
| Dress clothes for banquet |  |  |  |
| Swimsuit or swim shorts |  |  |  |
| **FOOTWEAR** |  |  |  |
| 1 pair of running shoes |  |  |  |
| Waterproof boots |  |  |  |
| Flip-flops for showers |  |  |  |
| **BEDDING** |  |  |  |
| Sheets & Sleeping bag or blanket |  |  |  |
| Pillow |  |  |  |
| **TOILETRIES** |  |  |  |
| Shampoo/Conditioner/Soap |  |  |  |
| Toothpaste and toothbrush |  |  |  |
| Comb/brush |  |  |  |
| Sunscreen |  |  |  |
| Other needed toiletries |  |  |  |
| **ADDITIONAL ITEMS** |  |  |  |
| Hat, cap |  |  |  |
| Towel |  |  |  |
| Water bottle |  |  |  |
| Sunscreen |  |  |  |
| Other additional items |  |  |  |
| **OPTIONAL ITEMS** |  |  |  |
| Books & quiet games |  |  |  |
| Flashlight and camera |  |  |  |
| Stuffed animals |  |  |  |