



## Camp Sunrise Packing Checklist

### Personal items:

- Clothes for the 7-day session (older clothing is better)
- Swimwear
- Long sleeved shirts and pants (it can get cool at night)
- 1 or 2 sweatshirts (a jacket or coat will do)
- Boots/old tennis shoes/sandals (2 or more pairs, no flip flops)
- Personal toiletries such as a towel, toothbrush, toothpaste, soap, shampoo, etc.
- Prescription medications and inhalers you need for the week (in their original containers)

### Bring if you have:

- Raincoat or poncho (we can also provide these)
- Insect repellent
- Flashlight and extra batteries
- Fishing pole and tackle (if you like to fish)
- Camera
- Pillow
- Sleeping bag or blanket (we have enough for all campers)

### Do NOT bring:

- X Tobacco products
- X Non-prescription drugs or alcohol
- X Knives
- X Cell phones, mp3 players, iPods, video games, or other electronics
- X Hair dryer, curling iron, anything electrical
- X Anything expensive (jewelry, shoes, sports equipment, etc.)
- X Cash
- X Personal identification (school or state identification, social security cards, etc.)