

## **CAMP SPIFIDA SUGGESTED PACKING CHECKLIST**

PLEASE NOTE: *Include a list of all items that you will be bringing to camp in your child's luggage to help the staff make sure that all items return home with their owners!! Also: LABEL ALL ITEMS clearly using permanent laundry marker or sew on labels. Remember to label bedding, sneakers, towels, wheelchair cushion covers, pillows and luggage, too. Sometimes, items do get mixed up, but we do our best to avoid errors.*

### **NECESSARY CLOTHING**

Five or Six pairs of shorts  
Two to Three pairs of pants  
Six to eight shirts, short and long-sleeved  
Six to eight pair of socks  
Six to eight pair of underwear  
Several sweatshirts, sweaters/jackets in case of cool weather  
Two pair of medium weight pajamas  
Two pair of play shoes (i.e., sneakers - no sandals or open-toe shoes)  
One rain poncho with a hood (If it is raining, a raincoat and umbrella do not keep campers dry as we move from shelter to shelter for activities)  
One swim suit and a swimming cover-up  
Pool shoes or sneakers to wear in the pool - **a must!**  
Beach towel  
Hat - to protect from the sun

### **NECESSARY BEDDING** *Bedding will not be provided! Please be prepared.*

Sleeping bag or several blankets  
Two sets of flat and fitted twin-sized sheets (mattresses are long and deep...XL twin)  
Pillow and pillow cases

### **TOILETRIES** (In non-breakable containers) *Be sure to label toiletries, too!*

Soap and shampoo                      Deodorant                      Toothbrush and toothpaste  
Comb and brush                      Towels and washcloth                      Feminine hygiene supplies  
Catheters and supplies for bowel program (bring **extra** cones)  
Diapers/pull-ups, etc. (Bring **extras** as your child may need to change more often at camp)

### **OTHER NECESSARY** *(Please put child's name on all items)*

Sunscreen (**a must!**)  
Adequate supply of medication in original containers  
Water bottle to be with child daily is **a must!**  
Bug repellent  
Charger for wheelchair/scooter  
Dirty clothes bag  
Backpack/fanny pack

### **NON-ESSENTIALS**

Camera (disposable)  
Musical instruments  
Reading materials  
Stationery, stamps, pen  
Sports equipment (fishing poles, baseball gloves, etc.)  
Flashlight and extra batteries  
Sunglasses  
Board games/rainy day games

**\*\*\*ALL MEDICINES MUST BE BROUGHT IN THEIR ORIGINAL CONTAINERS\*\*\***

**\*\*\*BRING ADEQUATE CATHETERS AND DIAPERS/PULL-UPS FOR SEVEN DAYS\*\*\***

**\*\*\*EACH CABIN HAS A CD PLAYER. CAMPERS ARE RESPONSIBLE FOR THEIR OWN CDS\*\*\***

**PLEASE LEAVE CELL PHONES, IPADS, COMPUTERS, ETC. AT HOME!**

**CAMPERS ARE NOT PERMITTED TO SEND OR RECEIVE EMAIL, TEXTS OR CALLS!**