

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!