Medical Team Packing List

- **6-7 T-shirts:** Tank tops, halter tops, under shirts, and low cut tops are not permitted. Shirts must be worn at all times and must cover midriff. Clothing with alcohol, tobacco or drug logos or inappropriate adult themes are not permitted.

- **4-5 Shorts:** Shorts and skirts must extend on the thigh past level of fingertips. Gym shorts are fine if they are long enough.

- **Socks and Underwear:** Pack plenty!

- **1 Swimsuit:** Must be one-piece for females. Males need swim trunks. Speedos are not allowed.

- **Closed-toe Shoes:** Shoes are required at most program areas. Wear comfortable shoes as you will be doing a lot of walking! Can bring sandals or other shoes for pool or downtime.

- **1 Raincoat**

- **Toiletries:** Shampoo, soap, toothbrush, and any other personal hygiene products.

- **Towel and washcloth:** Sheets are provided.

- **Your own medications (can stay with you in Medical Housing).**

- **Water bottle, watch, sunglasses, sunscreen. Shower shoes, bookbag if desired.**

- **Include a unit color shirt (red, blue, green or yellow, you will find out prior to camp),**

- **a wacky tacky outfit (the wackier the better),**

- **and a themed outfit based on the week. Bring any fun costumes or silly accessories!**

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**Please note**

- Cell service is limited. We ask that you do not use cell phones around campers. Keeping in your room is fine.

- Blankets, pillows and sheets will be provided.

- Leave valuables and pets at home.

- You can bring snacks to keep in Medical Housing, but please do not bring out onto main camp. Please note we are a peanut free facility.