

- **7-10 Tshirts:** 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.
- **5-7 Bottoms:** Shorts and skirts must be of appropriate length. One pair of professional black or khaki shorts or pants (no athletic wear - yoga pants, gym shorts, etc.) to wear on Camper arrival day. Gym shorts are fine to wear Sunday - Wednesday if they are long enough. If you have to ask if they are appropriate they probably are not.
- **Socks and Underwear:** Pack plenty!
- **Appropriate pajamas**
- **Sweatshirt or light weight jacket**
- **1 Swimsuit:** Must be one-piece for females or tankini (as long as it covers midriff and is modest. Males need swim trunks. Speedos are not allowed.
- **Closed-toe Shoes:** Shoes are required in program areas (no crocs). Wear comfortable shoes as you will be doing a lot of walking! You can bring sandals or other shoes for pool time.
- **1 Raincoat**
- **Toiletries:** Shampoo, soap, toothbrush, hairdryer and any other personal hygiene products.
- **Towel and washcloth.** Sheets are provided.
- **Your own medications, bring in original bottles & this includes over the counter medications, They will be stored in our pharmacy and our medical staff will bring them to meals, instructions will be given out during orientation.**
- **Hat, Water bottle, watch, sunglasses, sunscreen, bug spray (non-aerosol). Shower shoes, book bag if desired.**

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 but they must be nut free and can not be given to campers or brought to fuel stop.