

PACKING LIST YOUTH PROGRAM OVERNIGHT

Important: All clothing and possessions should be clearly labeled with camper's first and last name.

Toiletries	Packed	Other Items	Packed
1x Toothbrush		1x Labelled Suitcase or Sports/ duffel bag	
1x Toothpaste		1x Fitted Sheet	
1x Small Mouthwash		1x Flat sheet or Sleeping Bag or Blanket	
1x Body Soap		1x Pillow	
.1x Shampoo & Conditioner		1x Pillow case	
1x Deodorant		1x Laundry Bag	
1x Comb/Brush		1x Sunglasses	
1x Sunscreen SPF 30+		1x Sun Hat	
1x Bug Spray		1x Night Light	
1x Beach Towel		1x Flashlight	
1x Bath Towel		1x Fan for cabin	
		Glasses, retainers and any adaptive devices required	
		Other (sensory aids, coloring books, confort items, etc) Describe items here:	

Daily use	Packed
5x Shorts/Pants	
8x Shirts	
2x Pajamas Set	
1x Jacket/Rain Coat or Poncho	
2x Bathing suits (one-piece for girls)	
6x Pairs of Socks	
Underwear (enough for each day)	
Socks (enough for each day)	
2x Sweatshirt/hoodies	
1x Flip Flops or Sliders	
2x Shoes (closed toe)	

REMEMBER

- All medications must be packed by the pharmacist in a multi-dose blister pack sorted by administration hour. Pill bottles will not be accepted. **Do not pack medications in luggage, hand to nurse at check in.** For more information about our med policies please visit grotonwood.org/medications or call the office for more information.
- We recommend bring between \$25 and \$50 pocket money for the country store.

WHAT NOT TO PACK

- Mobile phones and electronic devices. Communication aids and adaptive devices are very much welcome.
- Food, snacks or non-water beverages. (Except as pre-approved for special diets)