

CLOTHING & SLEEP

For clothing, laundry goes out once a week so we recommend enough sets of clothing to get them through the week (6-7 sets)

Sheets and blankets (or sleeping bag)

Pillow case

Flashlight

Bathing suits (2)

Pajamas

6-7 t-shirts

2-3 pair shorts

2-3 pair athletic shorts

Socks & underwear

Bath towel

Swim towel

2 Sweatshirts or pullovers

Rain jacket

Athletic shoes

Flipflops

Hiking boots

Hat

Sunglasses

Water bottle

HYGIENE

Shampoo

Body wash / soap

Deodorant

Toothpaste

Toothbrush

Hairbrush or comb

SPF (Sunblock)

OPTIONAL

(Some of these items are specified for trips)

Camera

Sports Equipment

Hiking pack

Sleeping bag

Sleeping pad

PROHIBITED

(Please leave these items at home.)

Knives

Matches/lighters

Food

Cell Phones

Computers

