

Summer Camp Item Checklist

By Laura Cooper Peterson

- Day Camp
 - Sunscreen that has an SPF of 15 or higher
 - Bathing suit.
 - Towel.
 - Plastic bag for wet items.
 - Insect repellent.
 - Two water bottles (one frozen).
 - Hat for sun protection.
 - Comfortable running shoes or sport sandals.
 - Water shoes or flip-flops for the pool/beach.
 - Medication with a note about how to administer.
 - Sack lunch.
 - Backpack to store all items.
- Overnight Camp
 - Sunscreen that has an SPF of 15 or higher (several tubes).
 - Soap and shampoo.
 - 2-3 Bathing suits.
 - Towels For both swimming/beach and showering.
 - Insect ;repellent ;(2-3 bottles).
 - Reusable water bottle/canteen.
 - Hat for sun protection.
 - Two pairs of comfortable shoes.
 - Sport sandals.
 - Water shoes and flip-flops.
 - Hiking boots (if applicable).
 - Rain coat or reusable rain poncho.
 - Medication with note on how to administer This should be given to the counselor or supervisor on the first day.
 - Several days-worth of socks and underwear (depends on how long the session is, but it's always best to pack extra!)
 - Several T-shirts, sweatshirts, shorts, one or two pairs of long pants.

- A few pairs of Pajamas.
- One warm jacket (fleece or heavy sweater).
- Sleeping bag.
- Extra blanket.
- Sheet sleeping bag (two sheets sewn together).
- Travel pillow.
- Sheets and pillowcase for twin bed.
- Small battery-powered hand fan.
- Flashlight with batteries.
- Government-approved lifejacket.
- Camera and film.
- Letter-writing items (stationary and pens with pre-stamped envelopes as well as addresses)
- Travel first aid kit.
- Books or magazines for rainy days.
- Hockey or duffel bag.