

# 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.