



# CAMP ALLEGHENY PACKING LIST

## TOILETRIES

- toothbrush/paste
- deodorant
- shampoo/conditioner
- hair products
- brush/comb
- soap
- glasses
- contacts/solution
- lotion
- hand sanitizer
- headbands/clips
- feminine hygiene
- sunscreen
- bug spray

## LINENS

- pillow
- blanket -or-
- sleeping bag
- flat & fitted sheet
- 2 towels
- wash clothe
- 2 beach towels

## CLOTHING

- 2 pair of sneakers
- water shoes
- flip-flops for shower
- 2 swimsuits
- 6 pairs of shorts
- 1 pair of pants
- 6 shirts
- 1 sweatshirt
- 2 pair of pajamas
- 6 pair of underwear
- rain gear
- 6 pair of socks
- laundry bag

\*Please clearly mark all items brought to camp with campers first and last name

## OPTIONAL

- sunglasses
- umbrella
- water bottle
- flashlight
- notebook/pen
- lip balm
- small backpack

## MEDICATION

- DO NOT PACK** - please give to Sender

If your child is on any physician prescribed medication, please be certain that they bring the medication to camp. It will be stored under lock and key in our health lodge. Each medication must be brought in the original prescription bottle/container. This includes the boxes that Asthma inhalers are packaged in. Be sure the physician's instructions are on the prescription bottle/container and that there is enough medication for the entire camp period. Be sure that detailed medication information is on the Physician Examination Form including name, dosage and times when the drug(s) is to be administered.