



CAMPER PACKING LIST

Please use good judgment and send clothing that you are okay with getting dirty or lost- camp is about having fun and this can be rough on clothing! **ALL BELONGINGS (INCLUDING SHOES & BOOTS) should be labeled/marked with your child's name.**

SUGGESTED ITEMS FOR ONE CHILD FOR ONE WEEK

NECESSARY ITEMS:	
<p>Clothing: 2 Sweatshirts or Warm Sweaters 2 Long-Sleeved Shirts 7 T-Shirts 3 Pairs of Shorts 2 Pairs of Long Pants 2 Pairs of Pajamas 7 Pairs of Socks 7 Pairs of Underwear 1 Bathing Suit 2 Pairs of sneakers or good walking/hiking shoes (one waterproof if possible)* 1 Pair of Shower Slippers 1 Hat or Scarf for hair 1 Raincoat/Rain Poncho *Please note: Clogs, sandals, and open toe shoes are not permitted for daily wear, as they increase the risk of injury and tick bites. Flip-flops may be worn in the shower and at the swimming area only.</p>	<p>Bedding/linens: 1 Sleeping Bag 1 Pillow 1 Sheet (optional) 2 Towels (one for swimming, one for showers) 1 Washcloth</p> <p>Toiletries: 1 Bar of Soap 1 Toothbrush & Toothpaste 1 Comb/Brush 1 Shampoo 1 Lotion (unscented if possible so it doesn't attract bugs) 1 Insect Lotion Only-No Sprays 1 Deodorant-no spray 1 Sunscreen 1 Talc/Baby Powder (as needed) Kleenex Sanitary Napkins/Tampons (as needed) Zip Lock Bags to carry Toiletries</p>
<p>Other: Flashlight & Extra Batteries 2 pens and 2 pencils Pre-Addressed and Stamped Envelopes or Postcards Reusable Water Bottle Books</p>	<p>NOT NECESSARY BUT YOUR CHILD MAY BRING: Ear Plugs Inexpensive Camera Bathing Cap</p>

NOT PERMITTED AT CAMP:

If you send these items, they will be held in the camp office for the duration of your child's camp stay. She will get them back at the end of camp:

- Money
- Electronic Games/ Equipment
- Walkman/ Radio
- Cell Phone

DO NOT SEND CANDY/FOOD IN CARE PACKAGES.

We do not permit food in sleeping cabins. Campers are given three meals a day plus snacks in the afternoon and evening. Extra food will be held and given to parents back in Philadelphia, except for special dietary needs discussed ahead of time with camp director.

MEDICATION: DO NOT PACK MEDICATION IN YOUR DAUGHTER'S SUITCASE.

All medication (prescription and non-prescription) must be checked-in at the bus site. Campers are not permitted to have medication in their sleeping cabin. When your child arrives at camp, her medication will be locked up in the nurse's office where she will take her medication under the supervision of our camp nurse. You must provide enough medication for the entire time your daughter is at camp. All medication must be clearly marked in the original bottle with the following: • Child's Name • Name of medication (whether prescription or non-prescription, i.e. Vitamin C) • Prescribed dosage and frequency • Condition for which it is taken *Your child's physician must approve all medication both prescribed and over-the-counter with specific instructions for our nursing staff. This should be indicated on your completed yellow health form.

REMINDER (one more time ☺): ALL BELONGINGS (INCLUDING SHOES & BOOTS) should be labeled/marked with your daughter's name. DO NOT SEND ANYTHING VALUABLE OR EXPENSIVE. Camp Sojourner, Girls' Leadership Camp is not responsible or liable for lost personal items.

Please remember to pack a flashlight and extra batteries. Pack stamps and stationary for your child to write to you. There are no phones for campers to receive or make calls, but you can send a fax to: 973-948-5131. You can also call the office up at the site during business hours, and we will get back to you in the evening: 800-624-7780 x3. In case of an emergency, you can call Alisha Berry's cell phone: 267-979-0993.