

Camp Celiac

Suggested Packing List

Please clearly label all items with first and last name with a laundry marker. Help prevent them from being lost or left at camp by making a complete list of articles and taping it inside the camper's suitcase and include your camper in the actual packing process so he/she will know where things can be found.

- Sleeping bag or twin size sheets, pillow, and a light blanket (sometimes it gets cold at night!)
- Bath Towels
- Toiletries (shampoo, soap, deodorant, comb, brush, toothbrush/toothpaste, feminine products, etc.) and something with which to carry their toiletries and change of clothes/towel to the bathhouse.
- Shower shoes
- Laundry Bag (to take home dirty clothes)
- Sunscreen and Bug spray
- Rain Coat (poncho), rain boots
- Long pants (ie. Jeans)
- Sneakers that tie (suggest two pairs in case one gets wet)
- Swimsuit and Towel for lake
- Plastic pants hanger with clips (for wet towels in case it is raining on the outside clothesline)
- Pre-addressed, stamped envelopes and stationery to write home, books, magazine, or other quiet activities for Feet on Bunk rest period each day.
- Sweatshirt
- Flashlight, batteries
- Medication in prescription labeled bottles only
- Camera and film
- We do have a dance one night, so if you choose to, you can pack one nice short/shirt outfit for that, keeping in mind this is a camp dance, so make sure it is not expensive or inappropriate.

Do Not Bring The Following:

- Food, gum, candy, snacks of any kind...it attracts mice and chipmunks!
- Cell phone, Ipod, radio, handheld game, CD player, DVD player, Video games or any electronic devices; bikes, skateboards, hoverboards, etc.
- Pets
- Anything valuable that you would not want to lose.
- Money