

CAMP CELIAC

2026 PACKING LIST



Please clearly label all items with first and last name. 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
- Bath Towels
- Toiletries (shampoo, soap, deodorant, comb, brush, toothbrush/toothpaste, feminine products, etc.) and something with which to carry their toiletries and a change of clothes/towel to the bathrooms.
- Shower shoes
- Laundry Bag (to take home dirty clothes)
- Sunscreen and **Bug spray**
- Rain Coat (poncho), rain boots, umbrella
- Long pants (Jeans)
- Sneakers that tie (suggest two pairs in case one gets wet)
- Swimsuit and Towel for the lake
- Plastic pants hanger with clips (for wet towels in case it is raining)
- Pre-addressed, stamped envelopes and stationery to write home, books, magazines, or other quiet activities for Feet on Bunk rest period each day.
- Sweatshirt(s)
- Flashlight, batteries
- Medication authorized by a doctor in prescription-labeled bottles only
- Camera and film (waterproof cameras are old-school fun!)
- We do have a special Camp Dance this year with a WINTER theme! (think skiing & snowballs!)

New this year:

- **WATER BOTTLE!** (Camp will not be providing water bottles; bring the one you already love!)
- Camp chair, folding type (Each cabin has a fire pit & porch!)

Do Not Bring the Following:

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

IMPORTANT

- Ticks are a serious concern while at camp. The CDC and EPA recommend using bug spray with 20-30% DEET or Picaridin.

Updated: May 2025