



WHAT TO BRING LIST

Clothing:

Underwear
Comfortable Bras
Socks
Pajamas
T-Shirts
Long sleeve T-/Shirts
Sweatshirt
Raincoat/Jacket
Shorts
Pants or Sweat pants
Bathing Suit
Good outfit for Dance
Sturdy Tennis Shoes
Flip flops

Bedding Towels:

Sleeping Bag or 1-2 Blankets
Fitted Twin Sheet (2)
Pillow & Case
Bath Towels
Wash Cloths
Beach Towel

Toiletries etc.:

Tooth Brush & Paste
Shampoo & Conditioner
Soap or Bodywash
Deodorant
Bug Spray
Sun Block
Hair dryer
Brush/Comb
Lotion
Feminine Products
Glasses/Contact Lens Supplies

Other:

Sunglasses
Hat/Baseball Cap
Water Bottle

*****ALL PERSONAL CARE ITEMS MUST BE PROVIDED. WE WILL NOT HAVE EXTRA.******

- We recommend only bringing clothing that can become dirty/ruined.
- Label all items.
- Please refrain from bringing expensive items to camp as the Spina Bifida Association can not be responsible for lost items.
- This list is not meant to be all inclusive .
- Mark down how many of each item you bring . Pack this form with you so that we will do our best to ensure all items are returned.