



## For camp

1.  Bedding (sheets and blankets or a sleeping bag, and a pillow)
2.  Towels – both for washing and swimming
3.  Toiletries (soap, shampoo, toothbrush, toothpaste, etc.)
4.  Sunscreen and Sun Hats
5.  Bug spray
6. Enough weather appropriate clothes for the length of time
  - A.  T-shirts
  - B.  Long-sleeve t-shirts
  - C.  Shorts
  - D.  Sweatshirts
  - E.  Long pants
  - F.  Underwear and socks
  - G.  Bathing suit
  - H.  Jacket (it might get chilly at nighttime campfires!)
7.  Pajamas (this is what I forget most often!)
8.  Rain gear (hopefully you won't need it!)
9.  Good outdoor shoes and sandals and maybe water shoes
10.  Flashlight (with fresh batteries!)
11.  Water bottle
12.  Hand sanitizer and face masks
13.  Tote bag for daily use

## For volleyball

1.  Court shoes
2.  Fitted shirt
3.  Shorts/spandex
4.  Socks
5.  Sports bra
6.  Knee pads
7.  Ankle braces