

## **CLOTHING SUGGESTIONS**

short sleeve t-shirts
long sleeve t-shirts
hoodie or light jacket
jeans/pants/yoga pants
shorts
undergarments
socks
PJs
bathing suits
raincoat or poncho (just in case)
hat or cap
sandals/flip flops
sneakers

## **TOILETRIES**

toothbrush and holder
toothpaste
shampoo and conditioner
contact lens solution/lens holder
hairbrush/comb
personal care items
hair dryer (optional)
deodorant
sunscreen
insect repellant

## **MISCELLANEOUS**

musical instrument
sunglasses
yoga mat
bedding, if you prefer your own
pillow, if you prefer your own
bath towels, if you prefer your own
beach towels
flashlight
camera
personal items (medications, etc.)
stuffed animals
a notebook and a pen
stationary, stamps

## **SPECIAL DIETARY NEEDS**

We work to provide yummy meals and snacks fit for a grown-up summer camp experience. We happily accommodate dietary restrictions at meals. If you have your own preferred food & beverage items, branded favourites, or just enjoy making food to share, we encourage you to bring those with you.

