

CAMP SEBAGO

Packing Checklist



Toiletries

- Toothbrush/paste
- Deodorant
- Shampoo/conditioner
- Hair products
- Brush/comb
- Soap
- Glasses
- Contacts/solution
- Lotion
- Hand sanitizer
- Headbands/clips
- Feminine hygiene
- Sunscreen
- Bug spray



Linens

- Pillow
- Blanket -or-
- Sleeping bag
- Flat & fitted sheets
- 2 Towels
- Wash cloths
- 2 Beach towels



Clothing

- 2 Pair of sneakers
- Water shoes
- Flip-flops for shower
- 2 Swimsuits
- 6 Pairs of shorts
- 1 Pair of pants
- 6 Shirts
- 1 Sweatshirt
- 2 Pair of Pajamas
- 6 Pair of underwear
- Rain gear
- 6 Pairs of socks
- Laundry bag



Optional

- Sunglasses
- Umbrella
- Water bottle
- Flashlight
- Notebook/pen
- Lip balm
- Small backpack

Please clearly mark all items brought to camp with campers first & last name.

Medication

DO NOT PACK - please give to Sender

If your child is on any physician prescribed medication, please be certain they bring the medication to camp. It will be stored under lock and key in our health lodge. Each medication must be brought in the original prescription bottle/container. This includes the boxes that Asthma inhalers are packaged in. Be sure to physician's instructions are on the prescription bottle/container and that there is enough medication for the entire camp period. Be sure that detailed medication information is on the Physician Examination Form including name, dosage and times when the drug(s) is/are to be administered.