

## Packing List

- Sunscreen
- Sunglasses
- Hat or Visor
- Appropriate clothing for one week: dress is casual, but you want to be aware of the weather for the week of your session (ex- shorts for warm weather, coat for rain, etc.)
  - o Light Jacket or Sweater
  - o Comfortable Footwear (There will be lots of walking)
  - o Pajamas and Personal Garments
- Shower Gear
  - o Shower Shoes (Flip Flops, etc.)
  - o Towel
  - o Personal Toiletries and Shower Supplies
    - Toothbrush and Toothpaste
    - Shampoo and Conditioner
    - Body Wash/ Body Soap
    - Deodorant
    - Hairbrush/Comb
    - Hand Sanitizer
    - Feminine Hygiene Products (If Applicable)
- Bedding
  - o Sheets
  - o Pillow
  - o Sleeping bag or Comforter
- School Supplies
  - o Notebook
  - o Pens & Pencils
  - o Backpack or alternative bag to keep school supplies in

### Optional:

- Laptop
- Your Favorite Snacks
- Spending Money
- Glasses, Contacts, and Contact Solution (If Applicable)
- Any needed prescriptions (In prescription bottles)