



Camp Good Grief 2010 Packing List

This is a guide for packing. Please do not feel obligated to go out and buy every item on the list, use your own judgment and make substitutions. Please be mindful that your camper will be very active, and camp is rough on clothes. For this reason, we recommend that campers do not bring expensive clothing to camp. All clothes are subject to water, sand, mud spills, grass stains, and paint.

We will do our best in returning any lost items we find. However, your camper is ultimately responsible for his/her belongings. To help, please counsel your child to keep close track of all items. Also, please label everything your camper brings to camp. The chances of items making their way home are much greater if they have your camper's name on them.

Bedding: Sleeping bag & Pillow or Blanket & Sheets

Clothing: 1 pair of old shoes (**shoes that can get muddy**)
 3 pairs of socks
 changes of underwear
 1 pair of pajamas
 2 comfortable, casual shirts, at least one long sleeved
 2 pairs of pants or jeans
 1 jacket and sweatshirt
 1 raincoat or poncho, umbrella

Toiletries:

- Toothbrush and toothpaste
- Soap (in a plastic bag or plastic container)
- Shampoo
- Deodorant
- Comb and/or Brush
- Wash cloth (in zip lock bag)
- Bath towel

Other Items: Water Bottle
 Sunscreen
 Flashlight
 Insect Repellent (non-aerosol)
 Prescribed Medication

Optional: Disposable Camera
 Sandals for beach or shower

* If siblings are attending, please send toiletries for each child as they may be assigned to different groups.

* Please **DO NOT** bring any of the following: iPods, radios, mp3 players, video games, pocket knives, cellular phones, beepers, laptops computers, or large amounts of money. Campers found with these items will have them confiscated by camping staff and returned at check-out. Tobacco products, alcohol, and drugs are grounds for immediate dismissal from camp.