



Camp PossAbility Packing List

- **Camera**, optional (mark well with your name)
- Flashlight or headlamp
- **Hat**
- **Sunglasses**
- Backpack or bag for wheelchair—to carry change of clothes or swimsuit, water, sunscreen, cath supplies, etc.
 - *(you can also buy a gym sac at camp for \$10 that should work)*
- **Water bottle (2 preferred in case you lose one), label this well!**
- **Coffee thermos** *(or buy one at Camp for \$10)*
- Shorts—Not super short or super tight. No shorts or pants with words across the seat are to be worn at any time.
- **T-shirts—NO spaghetti straps or tight-fitting shirts. They must completely cover the belly**
- Swim suit
 - **FOR GIRLS:** Swimsuit and rashguard
 - **FOR GUYS:** Swimming trunks (no Speedos!) and rashguard
- Tennis shoes or other closed toed shoes
- **Pool shoes (to prevent foot injuries) **REQUIRED**
- Socks (2 pairs/day)
- **Sleepwear (1-2 sets)**
- Underwear (2 pairs/day)
- Flexible Inspection Mirror (like this: <http://a.co/4bKqgLa>)
- **1 Bottle Tinactin Powder spray/1 bottle of Tinactin powder (or Nystatin) **REQUIRED**
- **1 bottle of shaving cream **REQUIRED (helps keep away “camp odor”)**
- **Electric razor (for GUYS—so you can keep neatly trimmed at camp)**
- Rain jacket or poncho
- **5 Large heavy duty black trash bags (if you have a power wheelchair)**
- **Jacket or sweatshirt (for evenings)**
- Ear plugs and/or sleep mask (optional)
- **Toiletries: toothpaste, toothbrush, shampoo, soap, deodorant, hairbrush/comb**
 - **FOR GIRLS:** Bring sufficient feminine products “just in case”
- Bedding: Sleeping bag and/or twin sheets with a blanket and pillow ****REQUIRED**
- **Towels and washcloths (at least two of each)**
- Formal dress clothes (for dance, optional)
- **Small amount of cash (for camp memorabilia, etc.)**
- **Wipes**
- Hand sanitizer
- **Sunscreen**
- Bug Spray
- Protein snacks (for yourself or to share but must be in airtight plastic container), **OPTIONAL**
- **Medications and medical equipment/supplies – ALL MEDICATIONS MUST BE IN PHARMACY LABELED BOTTLES. THIS INCLUDES HERBS & VITAMINS. THEY MUST BE IN THE ORIGINAL CONTAINERS (Please refer to the medication form)**
- PLEASE make sure you bring enough medical supplies for the week (catheters, lube, gloves, suppositories, chux pads, feeding tube supplies, diabetic supplies, inhalers, epi pens, etc. depending on your needs). If you use catheters, please bring one catheter per use to eliminate contamination while at camp.

**There is a 2 bag limit due to space being limited (this does not include medical supplies).
Please mark all items with your name!**

**You may also want to bring a copy of this list in your suitcase so that you can review it when
REPACKING your items at camp. Camp PossAbility is NOT responsible for any lost items, so please
try to keep track of what you bring!**

What **NOT** to bring to camp:

Video cameras, expensive jewelry, large sums of money, and/or gum. If brought to camp, these items will be taken and returned at the end of the week. Alcohol, marijuana, cigarettes, tobacco and other nicotine products (other than patches), and any products containing peanuts are **NOT** permitted on the campus whatsoever and will **NOT** be returned. We are asking everyone (including volunteers) to be unplugged during the week of camp in order to promote healthy relationships, so if you choose to bring a phone to camp, you will need to turn it to "airplane mode." There are to be NO pictures or videos taken in cabins due to privacy needs.

Want to bring something you can donate to camp??

Check out our Amazon WishList: <http://amzn.com/w/T7QHNAF3KLJX>