

## Suggested Camp Survival List

### Clothing

- 1 Pair walking shoes suitable for light hiking
- 1 Pair "Tennis" or sports activity shoes
- 1 Pair Shower or beach footwear
- 1 Bathing suit **(String Bikini's/Thongs are not acceptable)**
- 1 Beach towel **(obtained from Host Family)**
- 1 or 2 pairs of casual shorts
- 2 Pair Jeans or long trousers
- 1 Long Sleeve Pull Over "Hoodie" or light jacket
- Rain gear
- Cap or bonnet
- Suitable dance attire for "DISCO NIGHT"
- A Camp T-Shirt is provided and required to be worn on the bus trip.
- **Note: there is a small 2 washer/dryer laundry facility at camp for \$2 per load.**

### Medicine and Toiletries

- Prescription Medicine with copy of prescription
- Toothbrush and toothpaste
- Soap and shampoo
- Comb and brush
- Hair dryer (with power adapters)
- Sunscreen, moisturizers, cosmetics etc.
- Deodorant
- Sanitary napkins and feminine hygiene items
- Shaving items
- Eyeglasses, contact lenses & cleaning solutions
- Prescription for glasses or contact lenses
- Sun Glasses

## Miscellaneous

- Insurance card
- Camera
- Small Flashlight and batteries and chargers
- Adapters & Voltage Converters (**USA uses 120Volts, 60Hz AC**)
- Blanket or Sleeping Bag  
(Usually obtained from Host Family. Other bed linens are provided.)
- Towels and washcloths (Obtain from Host family)
- Pillow (Obtain from Host family)
- Water bottle (Obtain from Host family)
- Money for one meal, snacks, etc. (This is during our road trip to Madison.)
- Country Presentation Materials (ethnic items/food/clothing, maps, souvenirs)
  
- **No internet is available at camp. Laptop/projector will be available to present digital media.**

NOTE: All valuables can be registered and secured in the camp "Lock-up". The camp nurse will dispense all Medicines!