

	PACKING LIST
	Health cards and medications
	One flashlight per family
	A pillow and sleeping bag (or sheets and blankets)
	Pajamas
	Undergarments (enough for 6 days)
	1-2 bathing suits
	1-2 sweaters or sweatshirts
	2 pairs of shorts
	2 long pants
	4 pairs of socks
	1 pair of closed toed, sturdy shoes (i.e. running shoes)
	1 pair of sandals
	1 rain jacket or umbrella
	1 hat
	2 towels (1 for the beach, 1 for the shower)
	Soap and shampoo
	Toothbrush and toothpaste
	Hair brush
	Feminine hygiene products (where appropriate)
	Bug repellent
	Sunscreen (30 SPF or greater)
	Water bottle
	Backpack