



## Resident Camp Packing List

**\*\*Please label all belongings with your camper's name\*\***

- Twin or Twin XL sheet set with light blanket or sleeping bag (Stuff sacks make packing these easier – it's a bag that you stuff the bedding in and cinch closed)
- Blanket for cool weather
- Pillow
- Clothing (T-shirts, shorts, leggings, pants, underwear, extra shoes and socks, PJ's, sweater, or jacket, rain gear). Long sleeved shirts, jeans, for cool weather or night protection from bugs. Place all clothes in plastic bags for protection from the weather. **Please ensure all shirts cover your shoulders and socks cover ankles.** They will need enough outfits for each day of their session along with 2-3 extra just in case)
- **Two (2)** pairs of closed-toed shoes, i.e. sneakers or hiking boots/shoes (Crocs and sandals are not acceptable footwear)
- 1 pair flipflops for showering (only to be worn inside the shower)
- Water shoes/old sneakers that can get wet during water activities like canoeing
- Personal Hygiene items (toothbrush, toothpaste, wash cloth, soap, shampoo, etc.)
- Mesh or plastic shower caddy/bag (to carry things from cabin/tent to showers)
- Flashlight (extra batteries)
- Dirty Clothes Bag – preferably mesh with a solid bottom
- Two (2) towels (for showering and pool)
- Two (2) swimsuits
- Small backpack for daily use
- Bug repellent
- Sunscreen
- Hat and/or Bandana
- Refillable water bottle
- Personal fan – battery-operated preferred.
- Mess Kit with dunk bag (This is a mesh bag and reusable dishes that can be washed for in-unit meals)
- Prescribed medications in original packaging (To be given to the Healthcare Manager at arrival)

Comfort items: journal, pens, small stuffed animal, photos of family, a book to read, addressed envelopes with stamps and stationery to write home

You are able to leave pre-written letters to be delivered to your camper during their session. Please bring these letters in sealed envelopes with the camper's name and unit name to Check In. You can also use our [CWResidentCamp@gssef.org](mailto:CWResidentCamp@gssef.org) email to send a message to your camper.

If you have any questions or concerns, please do not hesitate to contact Kate Goosey by phone at (561) 815-1807 or contact by email at [kgoosey@gssef.org](mailto:kgoosey@gssef.org)

## Helpful Packing Tips

- Include your camper in the packing process. Point out to them what you are packing, where in their bag it is as well as allowing them to choose what they bring (especially comfort items.)
- Send clothing and shoes that you do not mind your camper getting really dirty. We will be playing, crafting and exploring at camp! Also, label ALL of your camper's belongings. This helps us return lost items as well as make sure each camper can be responsible for their belongings.
- Talk up their time at camp while you are packing together. For example, how proud you are of them going to sleepaway camp, how they are going to have fun with their camp buddy or the new friends they will make, or how you can't wait to hear all the amazing stories from their adventure.
- Bedwetting happens to a lot of children and even more often in new environments. Let your camper know that their counselor can help them and will do so quietly so the other campers don't know. We have a washer and dryer available at camp and will launder the bedding while the unit is out at activities. If your camper uses pull-ups, that's ok too, talk to them about going to the bathroom in the morning and changing out of the pull-up. Send plastic grocery bags with your camper so they can bag up the garbage and throw it away on their own.
- Try not to pack too much beyond the packing list. This can be a hard balance, but it is important to remember your camper will be responsible for their things while at camp.
- Pack the stationery; even though writing letters by hand seems a little old school, your camper will appreciate you packing this for them to write home. Make sure to provide **pre-addressed and stamped** envelopes for them to send off their letters to home.
- Test out different bug repellents with your camper. Last summer, we tested out various bug sprays and found that bug sprays containing Picaridin (Ranger Ready, Sawyer Insect Repellent, etc.) provide the best protection from No-See-Ums. Citronella and mint scents also repel bugs. Please no Thermacells that have butane for the safety of the campers.
- We will allow one plug-in fan for each cabin or tent to help with the heat and bugs. If we receive more than one fan for a cabin/tent, we will share with others that do not have or use in the unit house.