



SUMMER CAMP SUGGESTED PACKING LIST

- | | |
|---|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> Bedding for twin bed (sheets/pillow & pillow case/blanket or sleeping bag) <input type="checkbox"/> 2 or 3 towels & washcloth (will need towels for showering & for swimming activities) <input type="checkbox"/> Toiletries: toothbrush, toothpaste, soap, shampoo, deodorant, etc. <input type="checkbox"/> 2 modest swimsuits (girls – one piece swimsuits only) <input type="checkbox"/> 1 pair of water shoes or flip-flops <input type="checkbox"/> 1 pair of indoor/outdoor athletic shoes (sneakers) <input type="checkbox"/> 5 or 6 pairs of shorts <input type="checkbox"/> 1 or 2 pairs of pants <input type="checkbox"/> 7 or 8 t-shirts <input type="checkbox"/> 7 – 8 pairs of underwear <input type="checkbox"/> 2 – 3 pairs of pajamas | <ul style="list-style-type: none"> <input type="checkbox"/> 7 – 8 pairs of socks <input type="checkbox"/> Flashlight <input type="checkbox"/> Cap or hat to protect from sun exposure <input type="checkbox"/> Bug Spray <input type="checkbox"/> Sunscreen (SPF 30 recommended) <input type="checkbox"/> Water Bottle <input type="checkbox"/> Theme costumes (optional – see theme events) <input type="checkbox"/> Bible <input type="checkbox"/> Paper/notebook paper and pen <input type="checkbox"/> Self-addressed stamped envelopes <input type="checkbox"/> Plastic bag for wet & dirty clothes <input type="checkbox"/> Raincoat/light jacket or sweater as weather dictates <input type="checkbox"/> Any prescribed medication (please note CPV's medication policy) |
|---|--|

LABEL EVERYTHING!! It is much easier to locate the owner with everything either labeled or tagged with your camper's name. Doing this would be greatly appreciated and will help assist your child with coming back home with everything they brought. *Please note: Camp Paradise Valley will not be responsible for lost items!!* Please note: This is only a suggested list – you are the final authority. Please pack in one suitcase or bag. The camp DOES NOT launder clothing. Pack enough for the length of your child's stay and possible "weather change" conditions, e.g., rainy days.

Modesty Standards

Camp Paradise Valley strives to teach modesty in dress, therefore the following dress standards are followed:

- No two-piece swimsuits are allowed
- No clothing which allows underwear or undergarments to be exposed
- No clothing which leaves the midriff exposed

Medication Requirements

All medication of any kind must follow our medication policy. Any medication brought to camp that does not follow our guidelines will not be accepted. You are accountable to know and follow these guidelines.

Things to Leave at Home

The following items are not allowed at CPV:

- Cell phones, PSP, tablets/ipads, ipods, laptops, jewelry, magazines, drugs, alcohol, tobacco, weapons, fireworks, lighters and personal sports equipment.
- Do not bring cash to camp – there are no additional charges while at camp.
- Do not bring common meds like Aspirin & Tylenol, unless prescribed (and then it must follow our medication guideline) – we have some we'll share.

Please note: any of the above items found at check in or during camp will be taken up, stored in the camp safe, and all items will be returned at departure time.