

# Camp Pecometh Master Packing List Summer Respite for Adults with Disabilities



**What to bring...** This is camp – please bring old clothes! Be sure to label everything and check your camper’s belongings when you pick them up. All forgotten items are given to charity each week. Please bring your belongings in a duffel bag, if possible. The floor space is limited and duffel bags fit nicely under a bunk bed.

Health History Form	Towels / Washcloth	Toothbrush / Toothpaste
Sheets (2 sets), Blanket, Pillow	Flip Flops	Bandana / Hat
2 one piece swimsuits	Water shoes	Shampoo / Soap
Socks / Underwear	Athletic shoes	Hairbrush / Comb
Jeans / Pants	Shorts	Sweatshirts / Light Jacket
T-Shirts	Rain Coat / Sturdy Poncho	Flashlight
Sunscreen (at least SPF 15)	Laundry bag	Pencil / Paper
Insect Repellent (non-aerosol)	Camera (optional)	

All campers need at least 6 sets of clothing! Please be sure to pack extra clothing, linens, and Depends for bedwetters or campers prone to accidents. Sleeping bags are not suggested due to limited laundry facilities. Also, be sure all women come prepared with sanitary products and extra clothing / linens, just in case!

**Please do not bring...** cell phones; aerosol spray cans, weapons, food, gum, pets, illegal substances, or valuables.

**Please do bring...** a smile and willingness to have fun! We’ll see you soon!