

Fall Respite Packing List



Please be sure to have completed all forms, including the camper health history form, prior to arrival. Campers will not be permitted to stay without a completed health form and, if needed, [medication addendum](#).

In addition to including these details on the health form, **please contact our office directly to discuss severe food allergies, special diets (e.g. gluten free), and other dietary and behavioral accommodations.** By letting us know a few weeks in advance (at minimum), we can help to make sure your camper has a safe and welcoming experience at camp! Call **410-556-6900** to speak with either Registrar Julie or Megan Sweeney.

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 and unclaimed items are donated to charity. Please bring your belongings in a duffel bag, if possible. The floor space is limited and duffel bags fit nicely under a bunk bed! It's also helpful to pack toiletries in a Ziploc or toiletries bag.

Bedding:

- Twin Sheets/Blanket or Sleeping Bag
- Pillow

Clothing:

- 3 comfortable, weather-appropriate outfits - Saturday, Sunday, and a spare!
- Plenty of socks & underwear
- 1 or 2 sets of Pajamas
- Sweatshirt/Coat – we will be going outside!
- Shoes for walking outside

Toiletries/Personal Care:

- Toothbrush & Toothpaste
- Shampoo/Soap
- Hairbrush/Comb
- Towel & Washcloth
- Laundry Bag
- Depends (if regularly used at home)

Check the forecast! You may want sunglasses, a raincoat or sturdy poncho, warm hat and/or gloves...

Optional Items:

- Bible
- Quiet time items (book, journal, craft, puzzle)
- Slippers
- Flashlight

Please do not bring... electronics such as iPods, e-readers, smart phones/watches, cell phones, radios, TVs, or video games; aerosol spray cans, weapons, pocket knives, pets, illegal substances, personal sports equipment or valuables. Such items may interfere with the program and are subject to confiscation.

Food is not permitted in camper sleeping areas due to the potential risk of insect/animal problems and allergy concerns. Please do not pack candy, gum, or other foodstuffs. Snacks and meals are provided.