

## **Recommended Packing List:**

(Day student items are italicized)

bath towels and washcloths beach towel books and magazines deodorant digital camera flashlight insect repellant laundry bag long pants long sleeve T-shirt pajamas (modest) pillow and pillow case rain gear (jacket or poncho) shorts sleeping bag or sheets and blanket for a twin-size bed sneakers or tennis shoes socks soap and shampoo sport-specific gear (cleats, shin guards, helmets, sticks, etc.) sunscreen (SPF 30 or higher) sweatshirt swimsuit (suits for girls must be one piece or a modest tankini) T-shirts toothbrush and toothpaste underwear water shirt water shoes (a necessity for rafting/tubing) waterproof bag for wet swimsuits and towels

> Soccer items to pack: soccer ball water bottle training clothes cleats (and flat-soled shoes for futsal) shin guards