

## **Camp Quality Camper Suggested Packing List**

### **The following items should be brought to camp:**

- Changes of clothing for 5 days T-shirts, shorts, underwear, socks, light rain cover, etc. (Remember cool nights and hot days)
- 2 Bathing suits.
- Bedding for a single bunk bed. The mattress is supplied. Please bring bed linen/light blanket/pillow or sleeping bag.. A sleeping bag is preferred
- 2 pairs of comfortable sneakers/camping footwear
- 2 towels and toiletries, toothbrush, toothpaste, etc.
- Flashlight
- Sunscreen, Minimum 35 SPF, Ideally 45 SPF, Non-PABA if susceptible to allergies.
- Insect repellent. No more than 30% DEET, preferably natural insect repellent
- Talent show props (if needed) Campers will be asked to participate in a talent show. No talent needed..... just a willingness to have fun. Also, if you would like to decorate your room, please bring a few inexpensive decorations. Remember, you will be sharing the cabin with other campers.
- Medical equipment (wheelchair, crutches, breathing apparatus, etc.)  
Final Medication/Examination Record – signed by your doctor
- Medicines (in their original prescription bottles) ALL MEDICINES will be turned over to our medical team at check-in and returned on the day of departure.

**Please note:** Cell Phones are not to be used at camp!

### **Please label all clothes and luggage**

In case of an emergency and parents need to contact the camp, the phone number is 908-362-7949.  
If you have any questions before camp, please call Frank Dalotto at 732-780-1409.