

SPRING VACATION RETREAT PACKING LIST

BEDDING	#
1x Fitted sheet	
1x Blanket or Sleeping bag	
1x Pillow	
1x Pillow case	

CLOTHES, SHOES & ACCESSORIES	#
1x Smart outfit for the dance (we'll be giving prizes for best dressed!)	
Underwear (enough for each day)	
Socks (enough for each day)	
3x Pants	
3x Shirts	
Jacket/Rain Coat or Poncho	
1x Sweater/Sweatshirt	
1x Pajama set	
1x Flip Flops or Sliders	
1x Sneakers	
1x Sun hat	

OTHER ITEMS	#
4x Labelled and snug-fitting cloth face masks, one for each day	
1x Toothbrush	
1x Toohpaste	
1x Shampoo	
1x Conditioner	
1x Body soap	
1x Comb/Hairbrush and hair ties	
1x Deodorant	
1x Labelled laundry bag	
1x Flashlight/ disposable camera	
1x Towel	
1x Sunscreen SPF 30+ (Aerosol spray is best)	
1x Bug Spray	
Attends/Depends/Bed pads (if applicable)	
Adaptive equipment: hearing aids, glasses, spoons, etc.	
Other (Sensory aids, coloring books, etc), please specify:	

All items (including bedding) should fit in to no more than 1 secure, well-labeled luggage. We recommend one (1) suitcase, trunk or duffel bag and one (1) backpack for personal and comfort items. To ensure the safe return of your camper's belongings, please ensure all their stuff is **labeled**. There are lots of great iron on options available online, or you can just use a sharpie.

MEDICATIONS: For this event we are requesting that all prescription and required non-prescription pills (example, seasonal allergy meds) vitamins, and supplements come to camp in **Multidose Packaging**. To learn all about this policy please visit <https://grotonwood.org/medications>.

WHAT NOT TO PACK:
Food, snacks or non-water beverages. (Except as pre-approved for special diets).
Valuable, cherished, or irreplaceable items. If necessary, campers may request that valuable items be stored in the camp office.
Water bottle: Camp provides igloos filled with fresh cool water and disposable cups at each location.