

## CELIAC CAMP AT CAMP ARROYO PACKING LIST

We need your help to remain pest free. Please do the following.

- Wash and dry on high heat all bedding and clothing before packing. Once packed, place items directly into the car.
- Use appropriate bags to pack in, such as mesh, soft-laundry-style or duffle bags. **The hard, traditional-style luggage is not permitted and will not be allowed in cabins.**
- Upon returning home, take your clothing, duffle bag and bedding directly from your vehicle to the washer and dryer.

### **CLOTHING**

Underwear—4 pairs

Socks--4 pairs

Pajamas Shorts--2 pairs (it can be hot)

Pants/jeans--2 pairs (it gets cool at night)

Shirts—3 short sleeved/tank tops; 1 or 2 long-sleeved for evenings

Shoes-1 pair tennis/sports shoes (must have closed toe shoes for challenge course); optional flip flops for pool area

Swim suit—1 or 2 PLUS rash guard, if desired (no bikinis per YMCA rules)

Jacket—1 for evenings (it can get chilly when the sun goes down)

Hat/visor

### **BEDDING**

Sleeping bag OR 2 sheets and a blanket

Pillow with pillowcase

### **PERSONAL SUPPLIES**

Towels—2 (one for pool and one for shower)

Washcloth Laundrybag/extra pillowcase for dirty laundry

Flashlight

Soap, shampoo, comb, toothpaste, toothbrush,  
sunscreen

Chapstick

Sun glasses (inexpensive)

### **DON'T NEED/PLEASE DON'T BRING**

Money, Pocket knives, Electronic games and devices, such as ipods

Cell phone (if your camper needs to call home he/she can use the director's phone; similarly, we will provide a telephone number if you need to reach Camp).