

## Cabin Leader 'WHAT TO BRING' CHECKLIST

Cabin Leaders: Items may be added or subtracted from this list. Camp Seymour's classes go on outside...**Rain or Shine**...please pack accordingly!

### BEDDING:

- \_\_\_\_\_ Sleeping Bag
- \_\_\_\_\_ Pillow
- \_\_\_\_\_ Sheet (for small twin-size mattress)

### CLOTHING:

- \_\_\_\_\_ Waterproof Rain-coat with hood or hat and Rain-pants
- \_\_\_\_\_ 2 pair of shoes (including Waterproof Boots or old pair of shoes that can get wet)
- \_\_\_\_\_ Pajamas
- \_\_\_\_\_ Daily change of socks and underwear
- \_\_\_\_\_ Heavy and light shirts
- \_\_\_\_\_ Warm jacket and sweater
- \_\_\_\_\_ 2-3 pairs of long pants (add shorts in warm weather)
- \_\_\_\_\_ Gloves (nice for canoeing) and hat
- \_\_\_\_\_ Plastic bag for dirty clothes

### TOILETRIES:

- \_\_\_\_\_ Toothbrush and toothpaste
- \_\_\_\_\_ Soap and shampoo
- \_\_\_\_\_ Brush or comb
- \_\_\_\_\_ Washcloth and towel
- \_\_\_\_\_ Flip-flops for showering
- \_\_\_\_\_ Bath Mat or extra towel (cabins do not have bath mats)

### EQUIPMENT:

- \_\_\_\_\_ Backpack (or book bag)
- \_\_\_\_\_ Water bottle and hot beverage travel mug
- \_\_\_\_\_ Alarm Clock / watch
- \_\_\_\_\_ Flashlight with extra batteries

### RECOMMENDED:

- \_\_\_\_\_ Lip salve, sunscreen
- \_\_\_\_\_ Phone
- \_\_\_\_\_ Book / story to read to kids at night
- \_\_\_\_\_ Guitar-if you can play calm mellow music at night for your kids!
- \_\_\_\_\_ Garbage bags
- \_\_\_\_\_ Personal Reading Material
- \_\_\_\_\_ Games you can play with your cabin group
- \_\_\_\_\_ A few "special" stuffed animals to help with homesick kids.

**DO NOT BRING:**

Alcohol or Drugs

Matches or fireworks

Food (including soda, chewing gum, and candy) (except sack lunch for the first day)

Valuables

Electronics (video games / movie players)

Pets

Weapons (knives, guns, etc.)