

# WHAT TO PACK FOR INTRO TO OVERNIGHT



PLEASE CLEARLY MARK ITEMS WITH YUR CAMPER'S NAME. THIS WILL HELP WITH LOST ITEMS.

- **Shorts** – Nylon pants are not suitable for the ropes elements.
- **T-shirts**
- **Underwear/Socks**
- **Bathing Suit-1 PIECE ONLY and 1 beach towel**
- **Sleepwear**
- **Shoes**- one pair of closed toe shoes and one pair of flip flops.
- **Warm Jacket/Sweatshirt** – dress for both warm weather and cold you know how Cincinnati is!
- **Long pants** – for cooler times, especially at night.
- **Toiletries**-including toothbrush and toothpaste
- **Bedding**- Twin size fitted sheet, blanket and/or sleeping bag, and pillow with a pillowcase.
- **Sunscreen and Bug Repellent**
- **Medication**-Bring the medication in the original, labeled container from the pharmacy. All medications are given to the nurse. Inhalers can be carried by campers or counselors.
- **Suggested items: flashlight, water bottle.**

**Prohibited Items:**  
Cell Phone(s)  
Hand-Held Video Games  
Digital Camera  
iPods, eReaders, iPads  
Cash  
Pocket Knives  
Matches/Lighters  
Fireworks  
Expensive Items  
(clothing, shoes, jewelry, etc.)  
Extension Cords

**Please let us know if you have any questions!**

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