

## Summer Camp Packing List

Each cottage has its own washer/dryer. The quantities recommended here assume that you will do your laundry once around the middle of each ten-day session, that is, plan on packing at least enough clothes to last five or six days if not for the entire ten-day session.

<u>Item</u>	<u>Quantity</u>	<u>Item</u>	<u>Quantity</u>
<b><u>Clothing</u></b>		<b><u>Footwear</u></b>	
Jeans	2	Hiking Shoes	1
Shorts	3-4	Sneakers	1
T-Shirts or Tank Tops	5-6	Flip flops or sandals	1
Long-sleeve T-Shirts	2-3	<b><u>Linen &amp; Bath</u></b>	
Underclothes	5-6	A container for all your bath items	
Socks	5-6	Laundry Bag	1
Pajamas	2	Beach Towels	2
Lightweight Jacket	1	Shampoo/Conditioner	
Sweatshirt	2	Soap (bottled or with soap container)	
Bandanna/scarf	2	Comb or brush	
Gloves (light work gloves)	1	Nail clippers	
Bathing suit/trunks	1-2	Toothpaste	
Hat	1	Toothbrush and holder	
Rain gear	1	Q-Tips	
Daypack (small backpack)	1	Laundry soap	
Insulated Cooler Lunch Tote Bag	1	Deodorant	
<b><u>Personal Items</u></b>		<b><u>Optional Items</u></b> * highly recommended item	
Bug repellent		* Water shoes	
Lip Balm		* Snorkel/mask/goggles/fins for swimming	
Sunscreen: reef friendly only – <b>see below</b>		Inexpensive camera and spare batteries or recharger	
Sunglasses		Swim shirt with UV protection	
Glasses/contacts and cleaning solution		Bathrobe	
Feminine hygiene products		Sweatpants or warm-up pants	
Flashlight and spare batteries		Entertainment (books, frisbees, cards)	
Pen		Hand held hair dryer	
Prescription medications		Inexpensive musical instruments (old guitar, harmonica, ukulele, etc.)	
2 Reusable water bottles or canteens at least one liter each			

Yes, it can get cold in Hawaii! We are sometimes at higher elevations at night where it can be cold, so be prepared! (Think layers)

To avoid harming Hawai'i's coral reefs, check the label and make sure your sunscreen does not contain the following harmful substances: Oxybenzone, Octinoxate, Octocrylene, 4-methylbenzylidene camphor, PABA, Parabens, Triclosan, any nanoparticles or "nano-sized" zinc or titanium (if it doesn't explicitly say "micro-sized" or "non-nano" and it can rub in, it's probably nano-sized), and any form of microplastic, such as "exfoliating beads." Opt for non-nano mineral based sunscreens, instead.