



Camp Silver Moon Camper Packing List

IHI is not responsible for items lost/left behind at camp.

****Please label all items with your camper's name.**

Unclaimed items will be held until the Monday after camp, then donated or put in the trash.

Medications:

- If your camper takes any medicine(s) regularly (prescription or over the counter), send enough to last the whole week.
- All medications should be in the original bottle.
- **Pain medication** (both ibuprofen and your child's prescribed opioid medication)
- **Inhalers – please send with a spacer.** If you want your camper to carry an inhaler on them, please send 2 (in case camper loses the first one)
- If your camper uses a specific medication as needed for seasonal allergies, outdoor allergies, constipation, or to help them go to sleep – please send that specific medication to camp so it is available for your camper if needed.

Clothing – enough clothing for one week (6 days), including:

Mornings and evenings are cool at camp and we want campers to be prepared and stay warm. Please check the weather for expected temperature during camp week. Campers should plan their clothing knowing they will spend most of their day outside.

- T-shirts (no “crop tops” or bare midriff)
Theme days, these are not mandatory, but campers are encouraged to wear the following colors if they wish: **Monday – RED**, **Tuesday – BLUE**, **Wednesday – YELLOW**, **Thursday – GREEN**
- Shorts (shorts should not be too short)
- Underwear (send extra), Sports bras
- Socks (send extra)
- Tennis shoes or Closed-toed Shoes
- Flip-flops
- **Sweatshirt (2), Jacket or “hoodie”**
- **Pants (2)**
- Swimsuit (girls - modest one piece or tankini)
- Pajamas
- Sleeping Bag or Sheets and Blanket for a twin bed
- Pillow
- Special sleeping item (teddy bear, etc.)
- Sunglasses or baseball hat
- Raincoat
- Toiletries
 - Toothbrush & toothpaste
 - Soap & Shampoo, hair bonnet
 - Deodorant
 - Hairbrush
- Towel for after showering
- Towel for after swimming
- Insect repellent
- Sunscreen
- **Water Bottle**
- Plaque from previous Camp Silver Moon

Tip: Pack your camper for each day in a separate Ziploc baggie (gallon size usually works) labeled for each day can be helpful in planning and keeping young campers organized.

Example: Underwear, shorts, T-shirt, socks in baggie labelled Monday.

Do not bring:

- **Valuable items, weapons of any kind (including camp knives), electronic devices (including cell phones, smartwatches, gaming devices, etc.), food or drinks.**