

Dragonfly Heart Camp

Suggested Clothing and Equipment List

1 raincoat or poncho
1 sweatshirt or jacket
1 hat (sun or warmth)
2 pairs of comfortable shoes (sneakers, tevas...)
Optional: pair of water shoes/sandals (bottom of the bay is rocky)
5-7 shirts
1-3 pairs of jeans or long pants
4-6 pairs of shorts
7 sets of underwear
7 pairs of socks
1-3 pairs of pajamas
1-2 bathing suits
2-4 towels
sleeping bag or blankets/sheets
pillow
flashlight
toiletry articles
insect repellent
several plastic bags for wet clothes
sunscreen
water bottle

Optional items:

Prop or musical instrument to use for talent show

Do not bring the following: (this is a MUST, for safety reasons)

FOOD,CANDY, GUM	LIGHTERS OR MATCHES
KNIVES	CELLULAR PHONES
VIDEO GAMES, GAMING DEVICES	

Medical Supplies - Important

- Please bring all medications (pills and liquids) in their original bottles (not in pill organizers or drawn up in syringes). We will provide individual pill packets at camp to organize medications.
- Bring the most up-to-date medication list you have
- Oral syringes for the week, for those using liquid medication
- Extra dressing supplies for those who are on an infusion or sub-cutaneous medication