



## Foundation for Dreams Weekend Camper Overnight Packing List

**Label all items brought to Camp with last name & first initial.**

### **Clothing**

- 1 pair of jeans
- 4-5 changes of clothes (shorts, shirt, underwear, socks)
- Cap or hat
- Raincoat/poncho
- Comfortable closed toe walking shoes
- 1-2 pairs of pajamas

### **Bedding**

- 1 set of twin sheets
- Blanket or sleeping bag
- Pillow with pillow case

### **Personal Care Items**

- Insect repellent
- Sun screen
- Sunglasses if needed
- Diaper/pull ups if needed
- Toothpaste/toothbrush
- Towel/washcloth/ pool towel
- Wet wipes
- Soap/shampoo/shower gel
- Deodorant
- Hair brush/comb
- Sanitary napkins/tampons if needed

### **Medications**

1. Bring in **original container**
2. Put all containers in lg. zip lock bag
3. Campers name written outside
4. Changes in prescriptions must be written and signed by the physician, on a prescription pad, and given to camp nurse.  
OR, Print Medical Form B. take it to your physician for signature.

### **Miscellaneous**

- Camera
- Flashlight
- Laundry bag

### **Adaptive Equipment (if needed)**

- Braces/AFO's - Catheters
- Walkers/wheelchairs (charging equipment)/crutches
- Communication devices
- Personalized adaptive equipment
- Wheelchair battery chargers