

Exceptional Adult Campers should bring:

- Bedding for a twin bed (no sleeping bags)
- Towel & washcloth
- Sunscreen and/or hat
- Swimsuit and swim towel
- Water shoes (optional)
- Clothes for 5 days (plan for warm and cool weather) with extra sets including extra undergarments
- Pajamas
- Jacket/sweatshirt
- Rain gear
- Dirty laundry bag
- Sturdy walking shoes (2 pairs is ideal)
- Personal hygiene items (electric razor, sanitary pads, soap, shampoo, denture cup)
- Any hobbies (crossword book, knitting, etc.)
- Any calming/comfort items
- Medication in original packaging and clearly labeled
- Fan for room (if desired)