

## CLOTHING LIST GUIDE

The following clothing list is intended to guide you in packing for camp. The quantity specified is based upon the laundry being done once a week and taking two days to return. It makes no difference how long the camper is scheduled to attend camp. Feel free to modify the list as your child's specific needs require.

### CLOTHING

	Packed	Returned
12 pairs of underwear .....	_____	_____
16 pairs of socks .....	_____	_____
9/10 T-shirts .....	_____	_____
3 white t-shirts (optional - to be used for in the T-Shirt Factory activity) .....	_____	_____
7 pairs of shorts .....	_____	_____
4 pairs of jeans .....	_____	_____
4 sweatshirts or sweaters .....	_____	_____
2 pairs of pajamas/night wear .....	_____	_____
1 bathrobe .....	_____	_____
1 belt .....	_____	_____
4 swim suits .....	_____	_____
Optional dress clothing for use at the prom and banquet held on July 22nd and August 17th.....	_____	_____

### BED AND BATH

1 comforter or 2 blankets .....	_____	_____
4 sheets; 2 flat, 2 fitted .....	_____	_____
Beds are cot sized mattresses 75" x 30" x 5" .....	_____	_____
2 pillowcases .....	_____	_____
1 pillow .....	_____	_____
3- 5 bath towels and 2 beach towels .....	_____	_____
3 wash cloths .....	_____	_____
1 large laundry bag .....	_____	_____
2 bars of soap, soap dish, storage container .....	_____	_____
shampoo .....	_____	_____
1 toothbrush/toothpaste/container .....	_____	_____
sunscreen _____ tissues .....	_____	_____
Make-up is not recommended.	_____	_____

**CAMP LOHIKAN SUPPLIES:** Riding helmets, tennis racquets, backpacks, life vests, fishing poles, and all other program equipment except for baseball/softball gloves, sleeping bags, guitars, inline skates, scooters, and bmx bikes. Campers occasionally bring their own tennis racquet, skateboard, etc to camp even though these items are supplied by Lohikan. In these cases we advise that all equipment be indelibly marked with the camper's name. Engrave it when possible.

**Appropriate Dress:** Extremely brief or sheer garments are not appropriate dress, e.g., short shorts, see-through clothing. While bikinis are permitted, tankinis and sports bikinis are preferred. Bikinis found to be too revealing will be prohibited. Underwear must always be completely covered with outer clothing. Garment graphics must not be offensive.

### FOOTWEAR

2 pairs of sneakers .....	_____	_____
Because of our uneven terrain, sandals, flip-flops and clogs are discouraged. They have caused sprained ankles.	_____	_____
1 pair of rubber boots/rain gear .....	_____	_____
1 pair of aqua shoes (optional).....	_____	_____
1 pair of shoes or boots with a heel .....	_____	_____
Footwear with a heel is required to go horseback riding.	_____	_____

### ATHLETICS

baseball glove or softball glove.....	_____	_____
fishing rod (optional) .....	_____	_____
tennis racquet (optional) .....	_____	_____
in-line skates (not supplied by camp) .....	_____	_____
athletic supporter .....	_____	_____
mouthinguard .....	_____	_____
Mouthinguards are recommended when participating in contact sports.	_____	_____

Helmet, knee pads, elbow pads and wrist pads.....	_____	_____
The above safety equipment must be brought by campers wishing to participate in skateboarding, in-line skating and the mountain boarding activities.	_____	_____
riding helmet SEI & ASTM certified (optional) .....	_____	_____
roller hockey stick and other hockey equipment (optional) .....	_____	_____

### HIKING and OUTERWEAR

1 sleeping bag .....	_____	_____
1 backpack/knapsack/tote bag/carryall .....	_____	_____
1 flashlight with batteries .....	_____	_____
1 sports bottle/canteen/drink bottle.....	_____	_____
1 poncho with hood or raincoat and rain hat .....	_____	_____
1 lightweight jacket or windbreaker .....	_____	_____

### PERSONAL ITEMS

1 baseball cap or visor .....	_____	_____
camera (see restrictions).....	_____	_____
Clip-On Fan (optional).....	_____	_____
insect repellent (for use on overnights).....	_____	_____
stationery/postcards/stamps.....	_____	_____
Letter writing is the standard means of communication during camp. Campers are asked to write 2 letters home a week. It's important that your child is supplied with enough stationery, envelopes and stamps. Juniors should be supplied with self-addressed, stamped envelopes.	_____	_____
pens/pencils .....	_____	_____
calling card (Please confirm that the card is works in PA.) .....	_____	_____
books, quiet games .....	_____	_____

All cabins are equipped with electrical outlets. While hair dryers are permitted in camp, curling/straightening irons are not. Chewing gum is not permitted in camp.

Packed

Returned