



# Suggested Packing List

A suggested packing list is included to help students prepare for Camp Central. Please review carefully to ensure your student is ready for both program activities and their overnight stay.



## *Clothing and Essentials*

- Comfortable clothing and undergarments for 3–4 days
  - No cropped shirts
  - No excessively short shorts
  - No explicit language on graphics on any clothing
  - No open toe shoes during walking activities
- Comfortable walking shoes
- Sleepwear
- Light jacket, sweatshirt, or sweater



## *Toiletries and Personal Care*

- Toiletries and personal hygiene products
- Washcloth and towel
- Shower shoes (recommended)



## *Swim and Activity Gear*

- Swimsuit
  - Ladies: One-piece swimsuits only
  - Gentlemen: Swim trunks (no basketball shorts)
- Basketball & other sports
  - Gym shoes and athletic gear



## *Bedding*

- All bedding, including sheets and pillowcase, will be provided in the residence halls



## *Medications*

- Any required medications (must be turned in at check-in per camp policy)

## *Important Reminders*

- Label personal items when possible
- Bring only what is necessary
- Students are responsible for their personal belongings.