

# LANCASTER COUNTY CAMP CADET

## (Bring/Don't Bring)

### ITEMS:

- \_\_\_ Clothing for physical training (shorts, t-shirts)(6 days' worth) - No Tank Tops or Sleeveless Shirts
- Sweatshirt and sweatpants
- Jacket or sweater
- Sleeping attire (pajamas or extra t-shirt and shorts)
- Sneakers (at least one pair) (recommend two pairs) - No open toe or open back sandals
- Rain gear (raincoat or poncho)
- Underwear (enough for seven days)
- Socks – white or black (enough for seven days) (recommend extra pairs)
- Toiletries:
  - Soap
  - Shampoo
  - Toothbrush/toothpaste
  - Comb/brush
  - Deodorant
- Two bathing suits:
  - Girls - one piece only - NO bikinis**
  - Boys - boxer style only - NO Speedo bikini type**
- 3 or more bath towels and washcloths
- 1 beach towel for swimming
- Sandals / flip flops / Crocs (to and from swimming pool) (shower shoes)
- Laundry bag or large plastic bag
- Pillow w/ pillowcase
- Sleeping bag or two (2) sets of sheets and a blanket (sleeping bag recommended)

### SUGGESTED ITEMS:

- Insect repellent
- Sunscreen
- Gold Bond Medicated Powder

### ITEMS NOT PERMITTED:

- Comic Books or Magazines
- Electronics (televisions, radios, i-pods, video games, cell phones)
- Drugs or Alcohol
- Tobacco products
- Weapons (guns, knives of any type)
- Fireworks or firecrackers
- Candy and gum (exception only for medical reasons)
- Money
- Jewelry (including watches, earrings, necklaces, rings)
- Personal appliances (hair dryers, curling irons, clothes irons)
- Make-up
- Board games and playing cards
- Sunglasses
- Tank tops or sleeveless shirts