

## **SUMMA Packing List**

### **Linens**

- Pillow
- Sleeping bag or sheets for a long Twin bed (twin XL)
- Blanket (if you get cold)
- 2 bath towels and washcloths

### **Toiletries**

- Soap/ Body wash
- Toothbrush & toothpaste
- Lotion
- Shampoo/Conditioner
- Deodorant
- Sunscreen
- Bug Spray
- Travel pack of tissues
- Feminine hygiene products, if needed
- A Toiletry Bag/shower caddy to carry things to and from the bathroom
- Shower Shoes/Flip Flops

### **Clothing**

- Casual Shorts/Pants/Jeans
- Casual Shirts
- Professional Dress (for debates)
  - Dress Pants, Coat & Tie
  - Suit
  - Dress
  - Skirt and blouse
  - Appropriate shoes for dress
- Pajamas (remember you are in a shared sleeping area, so these must be appropriate
  - Underwear
  - Bathing suit (see pool guidelines not sure if you will need, but better to have it). For females an active/sporty style suit is best
  - Rain jacket/poncho and/or umbrella
  - Sweatshirt or jacket
  - Shoes for afternoon and evening activities (chacos, tennis shoes - something you can walk around in)
  - Sturdy shoes if you plan to hike
  - Socks if needed for other shoes

## **Seminar Items**

- Writing Materials (notebook, paper, pen, pencils, etc)
- Laptop/Tablet with keyboard (strongly recommended, but optional)
- Bible (New Revised Standard Version preferred, but not required)

## **Other Items**

- Flashlight with extra batteries
- Phone charger (you may want to bring a longer cable)
- Refillable water bottle that closes
- Sunglasses
- Small backpack
- Laundry supplies, if needed
- Laundry bag for dirty or soiled clothes

## **Optional Items**

- Musical instrument or other props for Camp Talent Show ("SUMMA's Got Talent")
- Spending Money
- Laundry detergent (*Note: You will have access to the dormitory laundry facilities free of charge*)

## **Medication**

A separate medication form will be sent to participants.

## **Do Not Bring**

- Bicycles, skateboards, skates, scooters, or rollerblades
- Extension cords
- Televisions
- Flammable items (such as candles, popcorn poppers, hot plates, etc.)
- Alcohol, illegal drugs, or tobacco products of any kind
- Firearms, knives, or weapons of any kind
- Pets of any kind