

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 - <i>to be used in the T-Shirt Factory activity</i>)	_____	_____
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	_____	_____
<i>Beds are cot sized mattresses 75" x 30" x 5" (Twin sheets work fine.)</i>		
2 pillowcases	_____	_____
1 pillow	_____	_____
3-5 bath towels and 2 beach towels	_____	_____
3 wash cloths	_____	_____
1 lg laundry bag & 1 small "sock bag" for face masks ..	_____	_____
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.

Packed Returned

FOOTWEAR

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

ATHLETICS

baseball glove or softball glove.....	_____	_____
fishing rod (optional)	_____	_____
tennis racquet (optional)	_____	_____
in-line skates (not supplied by camp)	_____	_____
athletic supporter	_____	_____
mouthguard	_____	_____
<i>Mouthguards are recommended when participating in contact sports.</i>		
Helmet, knee pads, elbow pads and wrist pads.....	_____	_____
<i>The above safety equipment must be brought by campers wishing to participate in skateboarding, in-line skating and the mountain boarding activities.</i>		
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

6 cloth face masks & 1 box of disposable face masks....	_____	_____
1 baseball cap or visor	_____	_____
camera (non-digital; see restrictions).....	_____	_____
clip-on fan (optional).....	_____	_____
insect repellent (for use on overnights).....	_____	_____
stationery/postcards/stamps.....	_____	_____
<i>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.</i>		
pens/pencils	_____	_____
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.