

Southampton Fresh Air Home

Three Week Stay at Camp: Packing List

www.sfah.org

- 12 changes of underwear
- 12 t-shirts
- 1 sweatshirt
- 2-3 pairs of long pants
- 4-5 pairs of shorts
- 1 pair of sneakers and/or one pair of comfortable summer shoes
- 1 sun hat/baseball cap
- 1 dressy outfit (for the prom)
- 1 pair of non-latex swimming goggles. (If you do not have non-latex goggles the camp can supply these)
- 3 pairs of pajamas/sleepwear.
- 14 pairs of socks
- 1-2 bathing suits
- 1 toothbrush, hair brush, bar of soap
- 1 small bottle of shampoo
- 1 small tube of toothpaste
- 1 pair of sunglasses (if necessary)
- Sanitary napkins (if necessary)
- Electric Shaver (if necessary)
- Diapers (if necessary)

Note: Do not send any money with your child. They will not require any money during their stay at camp.