

## Suggested packing list

- Sleeping bag (mummy style is preferable) with pillow
- Sunscreen
- Lip balm with sun protection (SPF)
- Reusable water bottle with secure lid
- Bath and wash towels
- Flip flops for shower
- Small flashlight
- Toiletry items
- Prescription medications (if you take any). Please give to advisor who will administer as required.
- Prescription eyeglasses (if you have them)
- Sunglasses

### Optional Accessories:

Camera

Binoculars

Small Games

### Items Not to Bring:

- Drugs
- Cigarettes
- Alcohol
- Weapons of any kind
- Expensive watches and jewelry

**Weather is highly variable and evenings can be cold. Please be prepared for both warm and cold weather.**