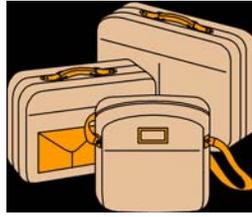


Suggested Packing List for Camp



BED LINENS:

- College twin bed linens must be provided by each camper (sheets, pillowcases, pillow(s), blanket)
- Neither venue provides air-conditioning in living quarters. Campers may bring their own small, portable fans. Window fans are not permitted. For those campers who are flying, Camp Rinse Ceol will gladly provide a personal fan for a refundable deposit of \$5.00.

CLOTHING:

- Shorts
- T-shirts/Tanks
- Sweatshirts
- Track Pants/Sweat Pants
- Jeans
- Bathing Suit/Pool Towel
- Socks (Including Practice/Poodle Socks)
- Underwear
- Sports Bras
- Pajamas
- Raincoat/Poncho
- Umbrella
- Windbreaker/Jacket
- Shoes: Sneakers, Flip-Flops (Important! You'll need them for showers and the poolside)

TOILETRIES:

- Toothbrush
- Toothpaste/Mouthwash
- Brush/Comb
- Soap/Body Wash
- Shampoo/Conditioner
- Hair Accessories/Elastics
- Deodorant
- Razor/Shaving Lotion
- Hand Lotion
- Tissues
- Feminine Products
- Sunscreen
- Insect Repellent
- Lip Balm
- Face Cloth/Bath Towel
(Remember to bring both a bath towel and a pool towel)

DANCE ITEMS

- Dance CD's
- Hard Shoes AND Soft Shoes/Ghillies (Bring one pair of each, hard and soft shoe, unless your pair is not broken in, in which case you may want to bring an old pair along with the new pair.)
- Shoe Insoles
- Elastic Bands
- Blister Pads/Band-Aids/Bandages/Wraps
- Dance Bag
- Water Bottle



Continued on other side

- Dance Clothes-nothing fancy; loose-fitting active clothing is to be worn during dance classes

MISCELLANEOUS

- Stationery/Postcards
- Stamps
- Address Book
- Autograph Book
- Pens/Pencils
- Alarm Clock
- Camera/Film
- Flashlight with extra batteries
- Reading Material
- Hair Dryer
- Spending Money:** Campers may wish to have some money with them to use in the vending machines on the grounds. We prefer that money be in small denominations (\$1 bills are ideal). The camper, upon arrival at camp, will put the money in a sealed envelope, labeled with both the camper's name and the amount of money. We will keep this under lock and key in the camp office, where the camper can "withdraw" the amount of money needed at the time. We prefer that campers not carry excessive amounts of cash with them.

PERSONAL ITEMS

- Campers may bring items from home to make them more comfortable. Some suggestions are: photos of friends and family, stuffed animals or dolls, or other comfort items.

MEDICAL SUPPLIES

- Any drugs (prescription or non-prescription) are to be kept in a

Zip-Loc bag and to be relinquished to the nurse at registration. Please make sure that all prescription medications are labeled as noted on the Child's Health History form. Also, please note that while there is a fully stocked camp infirmary, if your child uses an abnormally large number of bandages or bandaids while practicing, we ask that that he or she bring some of her own.

MUSIC:

Campers may bring their own dance music and music players, such as CD players, iPods, or tape recorders. Campers are responsible for the safe keeping of these items.

WHAT NOT TO BRING

- Cell phones
- Pagers
- Walkie-Talkies
- Expensive Jewelry or other valuables that are not needed in a camp environment.
- Costumes/Dance Dresses
- Matches/Tobacco Products/Alcohol
- Video-recorders. NO video-taping during dance classes.
- TV's or DVD players
- Game boys or other electronic games.