

The following is a list of recommended essential and optional items your child will need to bring to camp. We suggest you tailor this list to the specific needs of your child as well as activities at the camp.

These recommendations are for a one-week time period like most epilepsy camps. But if your camp runs for a longer or shorter period of time you'll need to modify the quantity of items on the checklist.

- |   |  |
|---|--|
| <input type="checkbox"/> Sleeping bag                       | <input type="checkbox"/> Raincoat/water proof outer wear                   |
| <input type="checkbox"/> 1-2 blankets                       | <input type="checkbox"/> 1 light jacket                                    |
| <input type="checkbox"/> Pillows and pillow cases           | <input type="checkbox"/> 2 sweatshirts                                     |
| <input type="checkbox"/> 8 towels                           | <input type="checkbox"/> Waterproof sunscreen                              |
| <input type="checkbox"/> 8 wash cloths                      | <input type="checkbox"/> Child-safe insect repellent                       |
| <input type="checkbox"/> 1 bar of soap                      | <input type="checkbox"/> Laundry bag                                       |
| <input type="checkbox"/> Toothbrush                         | <input type="checkbox"/> Backpack  |
| <input type="checkbox"/> Toothpaste                         | <input type="checkbox"/> Duffle bag  |
| <input type="checkbox"/> Shampoo, etc                       | <input type="checkbox"/> Life jacket                                       |
| <input type="checkbox"/> 1 flashlight                       | <input type="checkbox"/> Polarized sunglasses                              |
| <input type="checkbox"/> extra batteries                    | <input type="checkbox"/> Money (check with Camp Director on amount)        |
| <input type="checkbox"/> 2 pair of sneakers                 | <input type="checkbox"/> Books/magazines                                   |
| <input type="checkbox"/> Hat or cap                         | <input type="checkbox"/> Pictures of family/friends                        |
| <input type="checkbox"/> Water shoes or sandals             | <input type="checkbox"/> 4 Self-addressed postcards, note paper, envelopes |
| <input type="checkbox"/> 2-3 swim suits                     | <input type="checkbox"/> Pens/pencils                                      |
| <input type="checkbox"/> 10 t-shirts or short-sleeve shirts | <input type="checkbox"/> Disposable camera                                 |
| <input type="checkbox"/> 7-10 pairs of shorts               | <input type="checkbox"/> Medic alert bracelet or necklace                  |
| <input type="checkbox"/> 5 pajama sets/nightgowns           | <input type="checkbox"/> Copy of seizure plan, seizure calendars           |
| <input type="checkbox"/> 2 long sleeved shirts              | <input type="checkbox"/> Medication supply                                 |
| <input type="checkbox"/> 13 sets of underwear               | <input type="checkbox"/> Water bottles                                     |
| <input type="checkbox"/> 13 pairs of socks                  |  |
| <input type="checkbox"/> 3-4 pairs of jeans                 |  |

## Optional Items

- Protective helmet
- Other protective gear for specific sports or as recommended by doctor
- Depends or protective undergarments
- Fanny Pack
- VNS magnet
- Foods/snacks for special diet
- Appropriate sports gear, i.e. baseball or softball glove, tennis racket, soccer ball ...