

# MY CAMP CHECK LIST

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.

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

## Optional Items

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