

Southampton Fresh Air Home

One Week Stay at Camp- Packing List

www.sfah.org

- 10 changes of underwear
- 10 t-shirts
- 1 sweatshirt
- 2 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 pair of non-latex swimming goggles. (If you do not have non-latex goggles the camp can supply these)
- 2 pairs of pajamas/sleepwear.
- 10 pairs of socks
- 1 bathing suit
- 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.