

# VRAJ YOUTH SUMMER CAMP

## SUGGESTED LIST OF ITEMS TO BRING

Use this handy check-list as you are packing for camp. You may add any additional items you bring to the bottom of this list.

**You should tape the list to the inside of your suitcase and use it for re-packing once camp is over.**

### **Clothing**

- 8 pair underwear
- 8 T-shirts (1 plain white, no Tank Tops)
- 10 pair socks
- 2 warm shirts
- 2 pair casual pants for yoga
- 7 pair pants/capris (appropriate length)
- 2 long-sleeved sweatshirts or sweaters
- 1 lightweight jacket
- 1 pair sandals or flip flops
- 1 pair sneakers
- 1 rain poncho or raincoat with hat or hood
- Night clothes (pajamas)
- Boys** 2 dhoti or pajama/kurta for temple
- Girls** 1-2 saris or salwar kameez
- 1 chania choli for garba

### **Toiletries**

- soap and soap dish
- toothbrush and toothpaste
- brush and comb
- insect repellent- spray or lotion
- sunscreen or sun block cream
- feminine hygiene supplies if needed

### **General Items**

- 1 large suitcase
- 1 pillow
- 2 pillow cases
- bed sheets
- 1 warm blanket
- 1 notebook
- pens and pencils
- laundry bag with name on it
- 2 large bath towel
- 1 wash cloth
- 1 hand towel
- travel alarm clock (for counselors only)

### **Additional Items (Optional)**

- musical Instruments
- any items for Camp fire
- clothing, specialty items, music
- baseball glove, balls, sports items

### **Do Not Bring**

radios, electronics, hand held games and food items, gum, or any cash

### **IMPORTANT:**

Only bring prescribed medications, any other medical needs will be provided for.

Please pack and wear clothes that appropriate for the Vraj environment. (i.e.) clothes exposing shoulders or midriffs are prohibited for further information please download the camper handbook from our website.

Clothing should be packed to last at least 7 days as we do not provide laundry facilities. All personal belongings must be confined to ONE suitcase. No closet space is available.

**VRAJ is not responsible for lost items.**