



What to bring to camp (Packing list)

Campers are only allowed one suitcase and a camp backpack excluding bedding and towels.

- Clothing:
 - T-shirts
 - Shorts
 - Long Pants (for cooler evenings)
 - Pants/Jeans
 - Underwear and socks
 - Swimwear (girls' suits must cover their midriff)
 - Sweatshirt or light jacket (for cooler evenings)
 - Pajamas
 - Rain jacket or poncho
 - Garbage bag for wet or dirty clothes
- Footwear:
 - Sneakers or closed-toe shoes
 - Sandals or flip-flops (for shower and pool use)
 - Waterproof boots/shoes (if necessary)
- Bedding and Personal Items:
 - Sleeping bag or sheets/blankets
 - Pillow
 - Towels (bath and beach towels)
 - Toiletries (toothbrush, toothpaste, soap, shampoo, sunscreen, insect repellent)
 - Shower shoes (if different from Sandals or flip-flops)
 - Flashlight and extra batteries
 - Water bottle
- Personal medications (if applicable)
 - Prescription Bottles
 - Full Medi Planner
 - "SEK Authorization for Dispensing Medications" Form
- Miscellaneous Items (optional):
 - Backpack or daypack
 - Hat or cap for sun protection
 - Sunglasses
 - Books or magazines (Limited to 2 per camper)
 - Notebook or Journal for writing (Limited to 2 per camper)
 - Bible
 - Stuffed animals (Limited to 2 per camper)

What NOT to bring to camp

Several items are prohibited for the safety of your child and other campers. All bags will be searched by a staff member during registration on Monday morning.

Prohibited Item:

- Electronics:
 - Video game consoles
 - Laptops or tablets
 - Cell phones
- Weapons and Dangerous Items:
 - Firearms or any type of weapon
 - Pocket knives or blades
 - Fireworks or explosive materials
 - Tools or equipment not authorized for specific activities
- Illegal Substances and Alcohol:
 - Drugs or narcotics
 - Alcohol or alcoholic beverages
- Valuable Items:
 - Expensive jewelry
 - Large amounts of cash
- Inappropriate or Offensive Materials:
 - Explicit or adult content
 - Offensive or discriminatory materials
- Food and Snacks

By signing below, I agree to leave behind any unauthorized items for the duration of camp and I understand that any prohibited or unauthorized items will be confiscated.

Printed Name of Participant/Camper

Printed Name of Parent/Guardian

Signature of Participant/Camper

Signature of Parent/Guardian

Date

Date

If you or your child is wanted to pack an unauthorized item for camp, you will need to email Info@SEKIntensives.com for authorization of the item. Authorization is not guaranteed.