



SUMMER CAMP PACKING LIST

Camper's need to come to camp with the following items in their backpacks:

Email Dana (dana@mtadamsinstitute.org) if you need us to provide any gear for you.

- 1-2 FULL water bottles
- Lunch
- Snacks
- Sun protection (sunscreen, hat, sunglasses)
- An extra layer in case it gets cold or rains
- **Water shoes**- this could be open or closed toed, but must have something that goes over the heel (aka no flip flops).
- Please have campers wear closed-toed shoes and dress for being out in the sun!
- **Extra face masks**

