

**CELIAC CAMP
CAMP ARROYO, LIVERMORE, CA**

PACKING LIST

CLOTHING

Underwear—4 pairs

Socks--4 pairs

Pajamas

Shorts--2 pairs (it can be hot)

Pants/jeans--2 pairs (it gets cool at night)

Shirts—3 short sleeved/tank tops; 1 or 2 long-sleeved for evenings

Shoes-1 pair tennis/sports shoes (must have closed toe shoes for challenge course); optional flip flops for pool area

Swim suit—1 or 2 PLUS rash guard, if desired (no bikinis per YMCA rules)

Jacket—1 for evenings (it can get chilly when the sun goes down)

Hat/visor

BEDDING

Sleeping bag and 1 blanket or 2 sheets and 2 blankets

Pillow with pillowcase

PERSONAL SUPPLIES

Towels—2 (one for pool and one for shower)

Washcloth

Laundrybag/extra pillowcase for dirty laundry

Flashlight & batteries

Soap, shampoo, comb, toothpaste, toothbrush, SUNSCREEN, chapstick

Sun glasses (inexpensive)

DON'T NEED/PLEASE DON'T BRING

Money

Pocket knives

Electronic games and devices, such as ipods

Cell phones