



## **HEADS UP! HARTFORD CAMP 2019**

### **LIST OF THINGS TO BRING TO CAMP**

#### **CRITICAL ITEMS TO PACK:**

- \*NEW\*** Twin size sheets/blankets/sleeping bag for your bed!
- \*NEW\*** Pillow(s)
- \*NEW\*** Bath towel, hand towel, washcloth, beach towel
- Work clothes (shorts, long pants, and crew neck T-shirts including long-sleeved shirts, paint clothes)
  - no tank tops, no muscle shirts, no spaghetti straps, no short shorts**
- Shoes for work (closed toe - **REQUIRED** - sneakers / work boots) AND extra dry shoes
- Rain gear (**we work rain or shine!**)
- Water Bottle (reusable is ideal, we need to stay hydrated)
- Comfortable clothes and sneakers for play and evening activities
  - no tank tops, no spaghetti straps, no muscle shirts, no short shorts
- Toiletries
- Swimsuit
- Sun block, hat
- Bug spray/insect repellent
- Prescription medications (do not bring OTC as we have supplies)
  - Pack separately in a Ziploc bag to give to the nurse at check in
- Warm Fuzzies supplies (markers, stickers, other craft supplies)
- Air Mattress, if you have one, with pump (**both clearly labeled with your name**)
- Camera with memory card (each team needs at least one)

#### **SUGGESTED ITEMS, NOT CRITICAL:**

- Fan for the room
- Extension cord with additional plug capability
- Flashlight
- Flip flops for shower
- Room air freshener
- Alarm clock
- Frisbee, football, playing cards, board games, lacrosse sticks etc.
- Things you might need for the talent show (dance shoes, music, musical instruments, juggling balls, etc.)

#### **DO NOT BRING...**

Heads Up! Hartford is unplugged (electronic free) opportunity. Please leave all screens behind. This includes: PHONES, iPod, PSP, Nintendo DS/3DS, Nintendo Switch, etc. Heads Up! Hartford is not responsible for stolen items.

**Cell phones / tablets / laptops are not permitted!**

Campers can use an adult counselor's phone if necessary.

**During camp, parents/caregivers can call/text Camp Director Julie at 860-212-5859.**