



HEADS UP! HARTFORD CAMP 2020 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 (deodorant, shampoo, soap, body wash, toothbrush, toothpaste, etc)
- Swimsuit
- Sun block, hat
- Bug spray/insect repellent
- Prescription medications IN ORIGINAL PACKAGING (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.