

HEADS UP! HARTFORD CAMP 2023

LIST OF THINGS TO BRING TO CAMP

CRITICAL ITEMS TO PACK:

- Bedding: pillow and twin size sheets/blankets/sleeping bag for your bed!
- Bath towel, hand towel, washcloth
- Work clothes (for 6 days of work)
 - Shorts, crew-neck tshirts, long pants, long-sleeve shirts (some work sites require long pants and sleeves)
 - Sneakers or work boots for work sites (must be close-toed) AND extra dry shoes
 - For health and safety reasons, ensure appropriate clothing with body parts covered
- Rain gear (**we work rain or shine!**)
- Reusable water bottle with your name on it
- Comfortable clothes and sneakers for play and evening activities
 - For health and safety reasons, ensure appropriate clothing with body parts covered
- Pajamas, underwear, and socks
- Toiletries (deodorant, shampoo, soap, body wash, toothbrush, toothpaste, etc.)
- Swimsuit and beach towel
- Sunscreen, hat
- Bug spray/insect repellent
- Backpack or drawstring bag
- Bag for dirty laundry
- Prescription medications, unexpired, IN ORIGINAL PACKAGING with pharmacy label (inhalers must include box)
 - Only bring OTC medications if given on a schedule (e.g., daily allergy med)
 - Pack all meds separately in a Ziploc bag to give to the nurse at check in

SUGGESTED ITEMS, NOT CRITICAL:

- Fan for your room
- Flashlight
- Flip flops for shower
- Watch or alarm clock to tell time
- Basketball, football, playing cards, board games, art supplies, lacrosse sticks, etc.
- Things you might need for the talent show (dance shoes, music, musical instruments, juggling balls, etc.)

Heads Up! Hartford is an unplugged (electronic free) opportunity. Please leave all screens behind.
Heads Up! Hartford is not responsible for stolen items.

Cell phones and other devices are not permitted!

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

**During camp, parents/caregivers can call/text Camp Director Patti at
860-416-0325.**