

**Duffel Bag or  
Suitcase WITHOUT Wheels**

\* items will be heat treated

Item	Recommended Number	√
Sleeping bag or fitted sheet with blanket	1	
Pillow	1	
Jeans, cargo pants or sweatpants	Wear 1, pack 3	
Socks	Wear 1, pack 5	
Short and long sleeve T-shirts	Wear 1, pack 4	
Underwear	Wear 1, pack 4	
Sweatshirt	Wear 1, pack 1	
Tennis shoes or hiking boots	Wear 1, pack 1	
Raincoat or poncho	1	
Pajamas	2	
Washcloth and towel	1	
Trash Bag for Dirty Laundry	1	
Hat (optional)		
Stuffed Animal (optional)		

**String Bag or Small Backpack**

° \* items will not be heat treated

Item	Recommended Number	√
Reusable water bottle (labeled with name)	1	
Disposable sack lunch	1	
Flip flops or Crocs (for showers only)	1	
Ziploc bag items (see below)	1	
Sunscreen (optional)		
Pocket size hand sanitizer (optional)		
Tissues (optional)		
Reading book or deck of cards (optional)		

**Ziploc bag (keep in string bag)**

Item	Recommended Number	√
Toothbrush	1	
Toothpaste	1	
Shampoo	1	
Soap	1	
Deodorant	1	
Comb or brush	1	

**DO NOT BRING:**

food, candy, money, knives, flashlights, cell phones or electronic devices
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