

We run around all day and play sports, so clothing should be comfortable and suited toward lots of sport activity! All belongings should be labeled for easy return to its owner. (All forgotten clothing and misplaced items are donated to charity at the end of each week.) The following items should be packed:

## WHAT TO BRING

- twin size bottom sheet (single bed)
- sleeping bag or blanket
- pillow and pillow case
- multiple towels (showering & swimming)
- personal items & toiletries
- activewear
- sleepwear
- bathing suit
- jacket or sweatshirt
- rainwear
- two pairs of sneakers
- flipflops, sandals or slides
- sunscreen
- laundry bag
- battery operated fan for your bunk

### All Sports & IXTC Programs:

- All required sports equipment is provided by ISTC

Please pack any medications separately because they **MUST** be turned in to the Health Center.

If campers are staying multiple weeks and need to do laundry, their counselors will assist them over the weekend. Washers and dryers are available at \$2.00 per load. Quarters and detergent are available in the Canteen.

## WHAT NOT TO BRING

Do not bring anything of value to camp. As the Camp Director says, "If you can't dunk it in the lake, don't bring it to camp." ISTC cannot be responsible for articles which are lost, stolen, broken, or damaged.

**The following items are NOT PERMITTED at camp:**

- **Cell phones and internet enabled devices**
  - **Valuables or jewelry**
  - **Food, drinks or gum**
  - **E-Cigarettes (Juuling)**