

Being a multi-sport summer camp, our programs have campers outside and playing for most of the day. Clothing should be light, comfortable and suited for outdoor sports activity. We recommend labeling all belongings for easy return. All items left behind or misplaced are donated to charity at the end of each summer. The following items should be packed:

BEDDING

- twin size bottom sheet (single bed)
- sleeping bag or blanket
- pillow and pillowcase

PERSONAL ITEMS

- toothbrush / toothpaste
- soap / bodywash
- shampoo
- deodorant
- hairbrush / comb
- sunscreen / bug spray

CLOTHING

- shirts / tops
- shorts / bottoms
- socks
- underwear
- sweatshirts / sweatpants
- sleepwear
- bathing suits
- sneakers (2 pairs)
- sandals / flip-flops / slides
- rain jacket
- hat
- sunglasses

ITEMS FOR CABIN

- fan (battery operated recommended)
- laundry bag
- shower caddy / toiletry bag

GENERAL

- reusable water bottle
- towels (shower & beach)
- drawstring bag (for sports sessions)

STORAGE

Due to the varying cabin layouts and capacities, storage for camper belongings can be limited. Each camper is pre-allocated dresser drawers for their clothing. In addition, there is storage under their bunk bed for their luggage. Due to the height under the bed (14.5 inches), trunks are not advised, so we recommend that campers bring a standard sized suitcase or duffel bag. To make the trip to the cabin easier, we highly recommend that you bring luggage with wheels.

SPORTS EQUIPMENT

All required sports equipment for sessions is provided by ISTC, although if you wish to bring a ball, frisbee, etc. for use during free time, you are welcome to do so.

MEDICATIONS

Please pack any medications separately as everything **MUST** be turned in to the Health Center during check-in. Medications include but are not limited to over-the-counter medications, prescriptions, supplements, vitamins, inhalers and epi-pens.

LAUNDRY

Laundry facilities are reserved for multi-week campers and 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. 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
- Video Games
- Valuables or jewelry
- Food, drinks or gum
- E-Cigarettes (Juuling / Vapes)
- Cash