**What to Bring to SCOA Camp**

＊ Please have the camper pack his/her own bag.

＊ Write your name on everything you bring to the camp.

＊ Put the items with**★** in a small backpack and bring it with you when you get on the bus.

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| **▢** | * **Small backpack** (You will need it during the camp, too.) |
| **▢** | * **Lunch for Day 1 (in a disposable bag)** |
| **▢** | * **Themos bottle (suito)** |
| **▢** | * **Plastic cup with your name written on it (You will use it during the camp.)** |
| **▢** | * **Copy of health insurance card** |
| **▢** | * **Medicine (if necessary)** |
| **▢** | **Change of clothes** |
| **▢** | **Change of underwear/socks** |
| **▢** | **Towels (bath towel and face towel or a couple of face towels)** |
| **▢** | **Long sleeve shirt and long pants**  **(A MUST for Kiyosato. Would recommend a sweatshirt for Izu, too.)** |
| **▢** | **PJ** |
| **▢** | **Toiletries** |
| **▢** | **Hat/baseball cap (that you can wear while playing sports)** |
| **▢** | **Bug repellent/anti-itch cream** |
| **▢** | **Sunscreen** |
| **▢** | **Raingear (poncho or waterproof windbreaker)** |
| **▢** | **Plastic bags (to put dirty clothes)** |
| **▢** | **Post card(s) with postage on them and a pen (to write to your parents/friends)** |

**IZU Session only (in addition to the above)**

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| **▢** | **Swimsuit and a swim cap** |
| **▢** | **Indoor shoes (Write your name on them)** |

**KIYOSATO Session (in addition to the above)**

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| **▢** | **Flashlight** |