**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) |
| ★ Thermos bottle (suito) |
| ★ Plastic or tin cup with your name written on it (You will use it during the camp.) |
| ★ Copy of health insurance card or travel insurance |
| ★ 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 long sleeve shirt for Izu, too.) |
| PJs |
| 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) |
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| Snacks (power bar type of snacks in case we get stuck in the traffic, **if you are taking SCOA bus back to Tokyo**) |
| **IZU Session Participants Only (in addition to the above)** |
| Swimsuit and a swim camp  Indoor shoes (or new shoes with clean soles – write your name on them) |
| **KIYOSATO Session Participants Only (in addition to the above)**  Flashlight |

**Do not bring cell phones or electronic devices to camp**

Exception: Campers who are NOT being accompanied by an adult to/from the bus meeting place in Ikebukuro or Izu Taga. The phone must be turned off once on the bus and remain off during the entire time at the camp.