

# 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.

- ★ 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)

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 cap

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.