

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)**
- ★ **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)

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

KIYOSATO Session (in addition to the above)

- Flashlight**

