



CYJ SPROUT LAKE PACKING LIST

Refer to the [Packing Guide](#) for Important Tips



CLOTHING

- 12 Pairs underwear
- 3 Sets pajamas
- 8 Pairs of shorts
- 10 T-shirts
- 2 Pairs of long pants
- 2 Long sleeved shirts
- 3 Sweatshirts
- 1 Light jacket/zip up sweatshirt
- 1 Plain white t-shirt for tie-dye
- 2 White outfits for Shabbat (*dress, skirt, shorts, polo*)



SWIM GEAR

- 2 Beach towels
- 3 Swimsuits
- Goggles



FOOTWEAR

- 12 Pairs socks (2 pairs of knee-high socks)
- 2 Pairs sneakers
- 1 Pair flip flop sandals for the shower
- 1 Pair sandals
- 1 Water shoes (not needed if sandals are water shoes)



BATH

- 3 Bath towels
- Toiletries & caddy
(Including toothbrush, toothpaste, soap, shampoo, brush/comb, sunscreen, bug repellent)
- Sanitary products (NO period underwear)



DO NOT PACK:

- with trunks or suitcases
- huge duffel bags you can't lift
- vacuum sealed bags
- ANY medication or food
- plastic drawers
- body pillows or huge stuffies
- devices that connect to the internet
- water guns or water balloons
- valuable items



BEDDING

- 1 Lightweight Sleeping bag
- 1 Blanket
- 1 Pillow
- 2 Pillowcases
- 2 Sets of sheets (*twin or cot*)



EQUIPMENT

- 1 Laundry bag
- 2 Water bottles (*without straws, which get moldy*)
- 2 Hats
- 1 Raincoat
- Flashlight and extra batteries



MISCELLANEOUS ITEMS

- Stationery items: Pens, paper, postcards Pre-addressed and stamped envelopes for letters
- Small backpack (or draw string bag) for day trips
- Small duffel bag for the last 2 days of camp
- Trip:
 - Bag for the 4 night/5 day trip
 - \$100 gift/debit card spending money (NO CASH)



SUGGESTED ITEMS

- Disposable camera or Polaroid with extra film
- Small games (*card games, Pokemon, magic cards*)
- Personal sports equipment with safety gear
- Books
- Comfort items (*stuffed animal or blanket*)
- Photos of family, friends, pets
- Musical instrument
- Bedside organizer and storage cubes
- Stationary clipboard



Label EVERYTHING with full name



Bring only 2 pieces of soft luggage per camper, plus one backpack