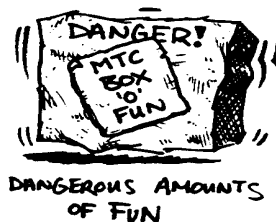


# MAINE TEEN CAMP PACKING LIST

**Suggested items and numbers:**

JEANS/PANTS	1-2
SHORTS	7-9
SWEATSHIRT/SWEAT PANTS	1-2
UNDERWEAR	12
SOCKS	12
SWEATER	1
LIGHT JACKET/WINDBREAKER/RAINCOAT	1
BATHING SUIT	1-2
T-SHIRTS/SHORT SLEEVED TOPS	10-12
SNEAKERS	1
DRESS/SKIRT/PANT	1 SEMI-CASUAL OUTFIT
SANDALS / FLIP FLOPS	1
BEACH TOWEL	1
TOWEL (Bath)	2
PILLOW CASES	Supplied by MTC
SLEEPING BAG	Supplied by MTC
SHEETS (twin bed sets)	Supplied by MTC
PILLOW	Supplied by MTC



**EXTRA SUGGESTIONS...** PRE-PAID TELEPHONE CARDS, FLASHLIGHT, TOILET ARTICLES, SUNGLASSES, SUNBLOCK, BOOKS, JOURNALS, AN INEXPENSIVE CAMERA, TENNIS RACQUET (if you play)

**PRESCRIPTION MEDICATIONS:** Please note that all prescription medications should be sent to camp by courier mail.

**FOOTWEAR IS IMPORTANT.** MAKE SURE IT FITS WELL AND IS COMFORTABLE. SANDALS OR "FLIP FLOPS" ARE IDEAL FOR SOME AREAS OF CAMP, BUT A GOOD PAIR OF SNEAKERS IS ESSENTIAL.

**PACK LIGHT!** When in doubt, leave it at home! Bring no more than you can carry. Try to avoid suitcases or giant trunks. Backpacks and duffel bags are easy to carry. It is a good idea to label all clothing and equipment that you bring.

**LAUNDRY:** MTC uses a laundry service every 8-10 days. Please pack accordingly.

YOU MAY CHOOSE TO SEND TRUNKS AND DUFFELS VIA UPS OR ANOTHER SERVICE. THIS MEANS LESS FOR YOUR SON OR DAUGHTER TO CARRY AND MAKES TRAVEL MUCH EASIER. A SMALL TRUNK OR DUFFEL BAG IS BEST.

**CELLULAR PHONES:** Mobile/Cell phones are NOT permitted for use within camp. If you choose to bring one, you should be expecting to keep it in our office lock boxes for safe keeping until you travel out of camp.

**DIGITAL CAMERAS:** If your camper does choose to bring an expensive digital camera, we would strongly encourage it be kept locked in our camp office.

**DO NOT BRING:** Expensive jewelry or expensive designer clothing. iPods and MP3 PLAYERS that you cannot afford to lose. Articles that are of value to you, sentimental or otherwise. Do not pack fireworks, weapons of any kind, knives, alcohol, tobacco, illegal drugs, energy drinks, skateboards or inline skates, televisions, personal computers, personal movie players or televisions.

**When shipping trunks and duffels to camp...**  
Please ship items at least 7 - 10 business days prior to your son/daughter arrival and send them to:  
[YOUR CHILD'S NAME]  
c/o MAINE TEEN CAMP  
481 BROWNFIELD RD, PORTER, ME 04068  
Request "Ground Tracking" and always use adequate insurance on any valuables.