



Vishwa Hindu Parishad of America presents

# VIVEKANANDA FAMILY CAMP

## Camp Item Checklist



Please pack clothes separately for each attendee for six (6) days. There are no laundry facilities at Camp. Secure (with stitch or tape) this list inside your suitcase to consult before returning home. Mark or label everything (including towels) with sharpie marker with attendee's full name.

Item	To Camp	To Home
Shorts		
Slacks or jeans		
Indian clothing: sari, kurta, pyjama, etc		
Shirts and/or t-shirts		
Sweater/light jacket/sweatshirt, sweatpants		
Pajamas		
Underwear (at least 6 sets)		
Socks (at least 6 sets)		
Sturdy pair of sneakers (hiking shoes recommended for hike)		
Swim suit		
Towels		
Beach/large towel or yoga mat for yogasanas		
Toiletry items including toothbrush, soap, shampoo, comb, etc		
Flashlight including required batteries (recommend extra batteries)		
Sleeping bag		
Extra blanket		
Bed sheets, pillowcase, pillow (recommend putting these in plastic bag)		
Sunscreen lotion		
Poncho/rain coat/umbrella		
Laundry bag		
Mosquito repellent (recommend mosquito wipes)		
Any required medicine (indicate on application and notify Camp Doctor upon arrival)		
<b>Optional Items:</b>		
Musical instruments (tabla, flute, violin, small electronic keyboard, etc)		
Dandya, dance music (appropriate for Camp), small props for short plays/skits		
Knee/elbow pads		
Swim cap and/or shower cap		
Flip flops for shower		
Bathrobe		
Drawing/writing material		

**DO NOT BRING:** Any food items/drinks, TV, radio, iPod, mobile phone, laptop/computer, CD player, costly jewelry, inappropriate/revealing clothing such as halter tops, extremely short shorts, offensive writing/drawings on clothes, etc. If any electronic devices are used during Camp activities, Camp officials reserve the right to confiscate those devices which will be returned upon Camp close. Refer to Camp Guidelines in Information/Rules/Regulations document.

**Note:** Camp is nestled in the beautiful foothills of Berkshire Mountains. We experience a range of weather conditions during Camp: warmth, rain, humidity, cool days/nights. Please be aware and be prepared.