

Christodora Summer Course Clothing List

*Clothing should be rugged and durable, as it will get well used during the session. Laundry will be done each week during the session. **Christodora** issues blankets and camping equipment as needed. **Please do not purchase any camping gear except durable, waterproof rain gear and/or well fitting boots.***

MINIMUM REQUIRED CLOTHING *(includes what is worn on the day of departure)*

Participants in 6-Day Courses may reduce the following slightly.

- 2 pairs long pants
- 2 pairs sweatpants
- 4 pairs shorts
- 6 short sleeved T-shirts
- 3 sweatshirts
- 7 pairs underwear
- 7 pairs socks, at least one pair of which is a wool or synthetic hiking type sock
- 1 pair well fitting hiking/work boots or sturdy high top sneakers for hiking**
- 1 pair extra sneakers (besides the above)
- 2 swimsuits (or extra shorts/shirts for swimming)
- 2 pairs pajamas (or extra clothes for sleeping)
- 1 medium weight jacket (fleece type is fine)
- 1 waterproof raincoat and hat, or a poncho**
- 1 hat (baseball type, for protection from the sun)

OTHER NECESSITIES

- 2 sheets and pillowcases
- 2 towels and wash cloths
- soap and container
- toothbrush and toothpaste
- hairbrush or comb
- shampoo
- small flashlight with extra batteries and bulbs
(please label with child's name and pack all the batteries separately for travel)
- stationery items packed in a plastic bag: pens/pencils, paper, envelopes (pre-addressed & pre-stamped are helpful)

(over)

OPTIONAL ITEMS (these are not required!)

We will gladly lend your child any of the items marked with a “*,” free of charge during their course. Please do not invest in any of these items unless your child will use them regularly outside our programs.

- sandals or 3rd pair of footwear
- sleeping bag*
- plastic water bottle/canteen*
- day pack or book pack
- books or magazines*
- camera and extra film (inexpensive disposable cameras pre-loaded with film & clearly labeled with your child's name are an excellent choice, pack in a sturdy “zip-lock” bag)
- small folding pocketknife (must be checked with staff on arrival; no sheath knives allowed, also labeled with name)

PLEASE NOTE: The safety and security of all the students/staff is our greatest concern, these guidelines will help to keep everyone safe.

- ◆ **Please mark all belongings with your child's name or initials.** Students often leave things behind. **Christodora** staff are not responsible for anything left over once a course is over.
- ◆ **Do not bring** aerosol cans, laser pointers, matches or lighters. The staff will confiscate any of these items if found in a student's possession & return them only at the end of the session.
- ◆ **It is illegal for minors to possess firecrackers, weapons, illegal drugs (including marihuana) or tobacco products of any kind.** Violators will be expelled from the program; parent/guardian(s) will be required to pick them up the facility and police will be notified.
- ◆ **Storage space in tents/cabins and on the bus is limited,** so please keep luggage compact. Clothing should be packed in a duffle bag or soft suitcase.
- ◆ **By state law all students must turn all medications into the health supervisor on arrival** at **Christodora** facilities. See medical form for details
- ◆ **Please do not send your child with a large amount of cash:** \$5 to \$20 is plenty, as there will be very few opportunities to purchase things. Replacement toothbrushes, batteries, bandanas, etc. are available at cost from **Christodora**.
- ◆ **Radios, tape/CD players and electronic games, etc. are allowed on the bus ride but are not permitted to be used at Christodora facilities.** They will be safely stored by the staff and returned at the end of the course.

If you have any questions, please contact our NYC office as listed on the letterhead.