

The following is a list of recommended essential and optional items your child will need to bring to camp. We suggest you tailor this list to the specific needs of your child as well as activities at the camp.

These recommendations are for a one-week time period like most epilepsy camps. But if your camp runs for a longer or shorter period of time, adjust the number of items on the checklist.

Sleeping bag	Raincoat/waterproof outer wear
1 - 2 blankets	1 light jacket
Pillows and pillow cases	2 sweatshirts
8 towels	Waterproof sunscreen
8 wash cloths	Child-safe insect repellent
1 bar of soap	Laundry bag
Toothbrush	Backpack
Toothpaste	Duffle bag
Shampoo, etc.	Life jacket
1 flashlight	Polarized sunglasses
extra batteries	Money (check with Camp Director on amount)
2 pair of sneakers	Books/magazines
Hat or cap	Pictures of family/friends
Water shoes or sandals	4 Self-addressed postcards, note paper, envelopes
2 - 3 swim suits	Pens/pencils
10 t-shirts or short-sleeve shirts	Disposable camera
7 - 10 pairs of shorts	Medic alert bracelet or necklace
5 pajama sets/nightgowns	Copy of seizure plan, seizure calendars
2 long sleeved shirts	Medication supply
13 sets of underwear	Water bottles
13 pairs of socks	
3 - 4 pairs of jeans	

Optional Items

- Protective helmet
- Other protective gear for specific sports or as recommended by doctor
- Depends on protective undergarments
- Fanny pack
- VNS Magnet
- Foods/snacks for special diet
- Appropriate sports gear, i.e. baseball or softball glove, tennis racket, soccer ball...