

Packing Instructions

PACKING TIPS

1 WHR is not responsible for any belongings. Participants are responsible for their own clothing and belongings.

2 We encourage clothing items that can get very dirty (Please, no nice clothing)

3 The packing list includes the minimum recommendations. Contact your referring organization for clothing needs.

PLEASE LEAVE AT HOME

- Any electronics or cell phones
- Jewelry, money or other valuables
- Food (including candy, gum and pop)
- Sleeping bags and big blankets
- Make-up, curling irons, etc.
- Flip Flops

HOMESICKNESS

Time away can be eased by:

- Loved ones sending emails to program@wildwoodhillsranch.org
- Encouragement to write loved ones
- Bringing a picture of loved ones
- Bringing a favorite stuffed animal

Please label all belongings and clothes with your child's name.

CLOTHING

<input type="checkbox"/>	3 Pairs of Jeans or Long Pants
<input type="checkbox"/>	4 Pairs of Shorts
<input type="checkbox"/>	5 Shirts
<input type="checkbox"/>	7 Pairs of Underwear
<input type="checkbox"/>	7+ Pairs of Socks
<input type="checkbox"/>	2 Pairs of Pajamas (or sleep clothes)
<input type="checkbox"/>	1 Swimming Suit (one pieces for girls, trunks for guys)
<input type="checkbox"/>	1 Beach Towel
<input type="checkbox"/>	2 Bath Towels
<input type="checkbox"/>	1 Wash Cloth or Body Pouf
<input type="checkbox"/>	1 Pair of Tennis Shoes (or other closed-toed shoes)
<input type="checkbox"/>	1 Pair of Water "Shoes" (i.e. water socks)
<input type="checkbox"/>	1 Sweatshirt and/or Jacket (for rainy days)
<input type="checkbox"/>	1 Large Laundry Bag (or plastic bag for wet clothes)

TOILETRIES

<input type="checkbox"/>	1 Toothbrush
<input type="checkbox"/>	1 Toothpaste
<input type="checkbox"/>	1 Shampoo/Conditioner
<input type="checkbox"/>	1 Soap (liquid works best)
<input type="checkbox"/>	1 Deodorant
<input type="checkbox"/>	1 Comb or Brush
<input type="checkbox"/>	Hat, sunglass, sunscreen, etc. (if needed)
<input type="checkbox"/>	Feminine products and hair ties (for girls)

MEDICATIONS

Medications need to be brought in **original pharmacy containers** with a valid date (not expired) and the participant's name, unless medications have been set up by a program pharmacy.

Include a spare dose of each medication, unless medications have been set up by program pharmacy.

Please include inhaler, even if the participant does not typically need it.