



2023 Packing List

- Please pack enough clothes for the duration of your camper’s session.
- Please pack clothes that are ok to get dirty and messy...we LOVE to be outside in nature!
- All items must be marked with camper’s initials upon arrival to camp.
- Families will be responsible to check that all items are returned upon camper checkout.

CLOTHING

- Weather appropriate shirts
- Shorts
- Pants
- Sweatshirt
- Jacket/Windbreaker
- Raincoat/Poncho
- Underwear/Bra
- Socks
- Dress Outfit (for banquet/dance night- not needed for respites)
- Close-Toed Tennis Shoes (required for horses/challenge)
- Sandals/Water shoes
- Swimsuit (seasonal)
- Pajamas
- Robe & Slippers (if desired)
- Hat, Gloves, Scarf (seasonal)
- Snow pants/boots (seasonal)

If your camper is incontinent, please bring briefs for each day they are here.

BEDDING

- Pillow with case
- Twin Sheets & Blanket
- Sleeping Bag (for campout night if they want)
- Blue Pads if needed

If your campers tend to wet overnight, please bring an extra set of linens.

TOWELS

- Beach Towel (seasonal)
- Bath Towel
- Washcloth

TOILETRIES

- Toilet Kit- toothbrush, toothpaste, soap, shampoo, conditioner
- Comb or Brush
- Deodorant
- Razor & Shaving Cream
- Dentures with Case
- Sunscreen & Bug Spray
- Shower Shoes (if desired)

ADAPTIVE EQUIPMENT – if used

- Adaptive utensils/plates/cups
- Bedrails
- Hoyer Sling (must request use of Hoyer from office)
- Hearing Aids with extra batteries
- Glasses with case
- Charger for Power Wheelchair
- Breathing machines w/ distilled water
- Manual Wheelchair – if used for long distance
- Walker/Cane

MISC

- Dirty Clothes Bag (mesh is best)
- Flashlight
- Hat/Visor
- Sunglasses
- Sleeping Pad (for campout)
- Disposable camera
- Swim Goggles
- Notebook, envelopes, stamps to write home
- Small backpack or fanny pack (to carry your water bottle, sunscreen, etc. if able)

Outpost/Adventure Sessions ONLY– Required

Items

- ❑ Water bottle
- ❑ Hiking boots or sturdy shoes with good ankle support
- ❑ Sleeping bag for camp
- ❑ Small backpack or fanny pack (to carry your water bottle, sunscreen, etc.)

Therapeutic Riding Sessions ONLY – Required

Items

- ❑ long pants
- ❑ boots with a ¼” heel

WHAT NOT TO PACK

Electronics: Cell Phones, iPods, Gameboys, personal gaming devices, etc.; Food for the cabin, sports & rec equipment, expensive jewelry, designer clothes, sentimental belongings or items of value. The Fowler Center is not responsible for lost or damaged items. Items will be confiscated and returned at the end of camp.

Possession of the following items will be grounds for immediate dismissal from camp: Alcohol, drugs, lighters, weapons (including pocket knives), or pets. Note: because our desire is to provide a safe environment for every camper, we reserve the right to search the luggage and/or belongings of individual campers.

Cabin Accommodations

Main Cabins sleep a max of 12 campers and 4 staff. Ranch Cabins sleep up to 9 campers and 3 staff. Each camper has a single bed with cubby for belongings. Toilets and showers located in cabin. Cabins equipped with heat/air.

Platform Tent Accommodations (Outpost, Life TREX, Adventure Camp)

Platform Tents sleep 3 campers and 1 staff. Each camper has a single bed. Porta Johns located at campsite. Showers utilized at main camp or ranch cabins.

For more information on prohibited items, please see the 2023 Camp Handbook