

## Medical Volunteer Packing List

### What to Bring

- Khaki shorts/capris for opening/closing day (we provide a staff shirt to accompany)
- A pair of pants (useful for cooler mornings and evenings)
- A couple of long-sleeve shirts, sweatshirts or a light jacket (buildings are air-conditioned)
- Short sleeve shirts
  - No shirts with negative messages. Shirts that are low-cut or show your midriff are not appropriate
  - No tank tops
- Shorts
  - Short-shorts are not acceptable. Inseams should be 5" or longer. Bermuda shorts or guy shorts are great!!
- Pajamas
- Bathing Suits/Swim trunks
  - Females are to wear one-piece suits.
  - Bikinis and Speedos are not allowed during camp sessions.
- Foot wear - you may want to bring 2 pair of sneakers and one pair of closed-toe shoes for outdoor activities. All shoes/sandals must have a HEEL STRAP. NO FLIP FLOPS (except for Messy Games).
- MESSY GAMES outfit – an old t0shirt and shorts that you don't mind getting covered (ruined) in pudding, ice cream and other yuck.
- One poncho – if protection from the elements or water games is necessary.
- Socks
- Toiletries – shampoo, soap, deodorant, toothbrush, etc.
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\*We provide sheets, blankets and towels. You will need to bring washcloths for the week.



### Optional to Bring

- Backpack or bag to carry your paperwork and other goodies
- Refillable water bottle
- A working watch or other timepiece
- Theme outfits: if you feel so inclined, bring clothes or accessories to go with the session theme (eye patches, sashes, stuffed parrots for Pirates Treasure Week are totally cool).
- Personal items: camera, alarm clock, travel mug (we'll provide the coffee), stethoscope
- Sunglasses, hats, and caps – weird, wacky, and funky ones!
- Cell phones are allowed, but are not to be in use while with children
- Chargers for electronic devices
- Wireless internet is available in the dining hall, medial center, and medical housing for your use during siesta and when kiddos are in bed!
- There are mini-refrigerators available in the common areas of the medical housing if you wish to bring snacks and drinks to have in your room.