

# WHAT SHOULD MY CHILD PACK?

## MUST HAVES

### Toiletries

- Toothbrush & toothpaste
- Soap (in a travel holder)
- Shampoo / Conditioner
- Brush / comb, etc.
- Pajamas
- Underwear for each day
- Socks for each day
- Waterproof raincoat
- Beach towel
- Sunscreen
- Bug spray
- Unbreakable water bottle (important!)
- Any necessary prescription medication (in original pharmacy containers)
- Old T-shirt (for arts and crafts use & games)

### Bedding

- Campers must bring: 1) a sheet set (twin XL), 2) a pillow & pillowcase 3) a blanket or comforter, and 4) one bath towel. (Note: Some beds may be twin regular (not twin XL). Twin XL sheets can work on either sized bed.)

**Ideas** Friendship bracelets, beading supplies, sewing project, photo frames, tie-dye kit...be creative!

## FOR DANCE

### Dance shoes

- (1 + pair)
- For hip hop class, we require EITHER regular workout sneakers OR dance sneakers. For all other classes, we require traditional jazz shoes

### Dance clothes

- (5 + outfits total)
- Fitted dance pants, shorts or leggings
- Fitted dance tops/tanks/shirts or leotards

### Friday Night Show Items

- Black leggings
- Black & white ankle socks
- Black & white t-shirt (1 of ea.)

\* Remember: You'll be dancing 4 + hours a day for five days. Pack at least one dance outfit per day, or plan to do laundry mid week!

### REMEMBER:

- LABEL EVERYTHING - permanently write, or better yet, use sewn or ironed-on labels that include the camper's first & last name.
- DON'T pack anything of value - things do get lost, damaged, and/or borrowed. Old t-shirts, sweatshirts & shorts are quite in style at camp!!
- Think **LAYERS**. Even in the peak summer months, morning and evenings can be chilly. It's common for the day to start out in the 50's & 60's and then heat up to the 80's & 90's.
- **LAUNDRY** facilities are available at each ADTC location. Therefore your camper really only needs clothes for one week, even if she is staying for two weeks

## FOR AFTER DANCE CLASS

### Casual clothes

- 2 + pair shorts (at least)
- 2 + pair long pants (1 pair jeans)
- 3 - 5 + t-shirts &/or tank tops
- 2 + warm sweaters / sweatshirts

### Shoes

- 1 pair of shower shoes
- 1 pair of sneakers
- 1 pair of good walking sandals / summer shoes (NO heels)
- 1 pair boots or old sneakers (if horseback riding)
- Swim suit
- One nicer outfit (if going on Girls Night Out)

## WHAT NOT TO BRING

- Cell phones (unless you are "checking" one in with us!)
- iPods, iTouches, or other expensive personal music devices (unless you are "checking" one in with us). Beyond the practical rationale for not packing these expensive items, we also strive to teach the value of slowing down, "unplugging" from screens and being in community with those around us. Therefore, campers are only allowed to listen to personal music when practicing for American Dance Idol, and before bed. Please review your daughter's musical selection prior to her coming to camp to make sure it is age-appropriate.
- Candles, matches or lighters!
- Expensive items (jewelry, etc.)!
- Televisions, laptops, DVD players!
- Pets!
- Swiss Army Knives



*\*Please Note: ADTC is not responsible for personal items or articles that may be damaged, lost or stolen. Be sure to check the Lost & Found before you check out for any item that may belong to your camper. ADTC usually does NOT keep Lost & Found items after each camp week. If you realize you have left something at camp after you get home, you may call your camp location about it, but we cannot promise we will have the item. If we do have the item, we will need to charge your credit card for any shipping costs.*

## THERE'S MORE!

### HIGHLY RECOMMENDED

- Book to read
- Personal journal & pen
- Stamps, envelopes & paper for letters
- Hangers (if you need to hang clothes)
- Durable wrist-watch
- Sun hat / visor
- Sunglasses
- Flashlight
- Ear plugs or a "white noise" machine
- Fan: The following camp dorms are NOT air-conditioned. A desk fan is strongly suggested:  
*ULTIMATE Green Mountains - Stratton, VT*  
*ULTIMATE Sierra Mountains - Squaw Valley, CA*  
*ULTIMATE Mid Atlantic - Baltimore County, MD*

### OPTIONAL ITEMS

- Travel games / playing cards
- Battery-powered CD player
- White pillowcase for signatures
- Stuffed animal
- Dorm decorations (photos, posters, etc.)
- Hair dryer!
- Laundry detergent (if doing laundry at camp)
- Umbrella
- Tennis racket (if playing tennis)
- Bike (if doing bike trip)



## ADDITIONAL PACKING TIPS

- For "Twin Tuesday" and "Wacky Wednesday", please bring any matching outfits you may have as well as the craziest, wackiest, wildest clothes you can find
- Don't buy expensive clothing for camp - clothes get dirty; that's just the nature of being outdoors
- Put shower supplies and toiletries in a plastic bucket or container so it is easy to carry to showers.
- Pack stationery and postcards. Put stamps on the envelopes and have your child pre-address some of the envelopes before camp with your home address as well as friends and relatives.
- Let your child take a stuffed animal if she wants. Many girls put them on their beds.
- Send along pictures of your family and pets. Your child can show them to her roommates/hallmates.
- Clearly label your child's suitcase or trunk.

