



FIT Neighborhood - Packing List Summer Camp 2026

Campers will be spending most of their time outdoors (except in adverse weather: ie. lightning or extreme heat). Please make sure campers are prepared by following the recommendations below. If you don't have some of the items, we will have a limited supply available for campers to borrow.

Please bring or wear the following items each day:

- **Water Bottle**
- **Healthy lunch and snacks**
- **Tennis Shoes**
- **Long Sleeve Shirt for swimming (strongly recommended)**
- **Sun Hat**
- **Swimsuit (wear to camp; plan on keeping it on all day. We will not be using the locker room to change)**
- **Towel**
- **Sunscreen & lip protection (applied & in bag)**
- **Rain Jacket**
- **Daypack**
- **Optional: Flotation device if needed**
- **Optional: Sunglasses**

Please make sure your name is on each item. Wear clothing that can get dirty!

FITaos is *electronic free*. Please NO Smartwatches, iPods, cell phones, or video games.

Please do not pack any glass items.

Questions? Please feel free to contact us by phone or email. See you soon!

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