



## SEA Summer Camp Packing List

### General

- Squash equipment (squash shoes, min. 2 racquets, proper eyewear)
- 10 or more squash shirts (including 2 program shirts)
- 7-10 squash shorts/skirts
- 10 or more pairs of socks
- 10 or more pairs of underwear (and sports bras for girls)
- 2 sweaters for the evening
- 2 pairs of pants for the evening
- Casual clothing (not squash related)
- 2-3 set of pajamas
- 1 pair of running sneakers (may not be your squash sneakers)
- Non-squash footwear
- 2 Towels
- 2 Bed Sheets
- 1 Pillow with pillowcase(s)
- Shower supplies (soap, shampoo, conditioner, etc.)
- Toiletries (toothbrush, toothpaste, deodorant, hairbrush, tampons, pads, etc.)
- Cell phone and cell phone charger

### Optional Items

- Playing cards, games, etc.
- Book
- Laptop (recommended, but not required)
- Additional snacks
- Headphones
- Swimming trunks/suit

### Medicine

- Students that will take prescription *and/or* over-the-counter medication during the squad must bring the following to the squad:
  - Medicine in its original container with all original labels
  - If prescription, it must be in its original packaging and have original pharmacy label with the pharmacist's signature
  - If over-the-counter, it must be in its original packaging
- Asthma Inhaler (in proper casing with pharmacy label)
- EpiPen (in proper casing)
- Hard copy of waiver with parent release for camp staff to administer medicine and the instructions for administration
  - If student uses asthma inhaler include instructions and where student keeps inhaler
  - If student has allergies, provide allergy information and where student keeps epiPen

**\*If you did not fill out the Medication Administration Authorization Form, you may not bring any medication with you**