

PACKING SUGGESTIONS

As you prepare for camp, we would like to make the following suggestions to make your experience more enjoyable.

LUGGAGE

- Tag all pieces of luggage, sleeping bag, pillow, etc. with name, street address and city.

PACKING LIST

- Bedding (blankets & sheets, sleeping bag)
- Pillow
- Towels, washcloth, soap
- Personal health supplies (shampoo, deodorant, toothpaste, feminine protection, etc.)
- Swimsuit, cover up and an extra towel
- Durable shoes - campers are asked to always wear shoes outside to protect feet from cuts and bruises.
- Closed-toe shoes (if horseback riding)
- Casual wear (appropriate attire - t-shirts (best), shorts, jeans). Most camp sessions will be held in air-conditioned buildings.
- Sweater, sweatshirt or jacket
- One dressy outfit for the banquet (dress, skirt, nice slacks, dress shirt).
- Flashlight
- Insect repellent
- Wrist watch

ITEMS TO CONSIDER

- Pens, pencils, notebook paper, highlighter
- Book-bag (for camp folder, handouts, etc.)
- Plastic sack (for dirty/wet clothes)
- Umbrella or raincoat
- Water Bottle, container

PRESCRIPTION MEDICINE

For campers taking medications: All medications should come to camp in their original containers (DO NOT SEND loose pills in a plastic bag, pills in a weekly pill organizer or medications not prescribed to student). Have labeled medications available to show camp nurse at check in.

MONEY

Campers are discouraged from bringing a large amount of money to camp.

Note: Campers will have three opportunities (all optional) for needing/using money

1. Donation to the Vinson Scholarship Fund
2. Purchase of KAY Items (t-shirts, folders, lapel pin, book bags, etc)
3. Rock Springs Concession Stand (soft drinks, snacks, ice cream, candy, etc)

PLEASE DO NOT BRING

- computers, video games, or other valuable items
- clothes with inappropriate designs or verbage

*Appropriate attire is except for all campers!
Dress like a leader!*



Cheryl Gleason, Camp Director
cgleason@kshsaa.org

For additional information go to: www.kshsaa.org>Non-Athletic>KAY>Leadership Camp



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601 SW Commerce Place, Topeka, KS 66615 785-273-5329

