



Office of Christine Lizardi Frazier
Kern County Superintendent of Schools
Advocates for Children

KEEP Packing List

Essential Items:

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|--|--------------------------|
| 1 warm sleeping bag & pillow | 1 bag for dirty clothes |
| 1 pair pajamas | 1 reusable water bottle |
| 2 or 3 pairs of shoes (tennis shoes or hiking boots; no sandals) | 1 flashlight |
| 6 pairs of long socks (no ankle socks) | 1 toilet kit to include: |
| 4 pairs of pants or sweats (no shorts) | - comb/brush |
| 1 warm jacket | - bath towel/wash cloth |
| 1 or 2 sweaters or sweat shirts | - shampoo/conditioner |
| 7 shirts | - toothbrush/toothpaste |
| 6 pairs of underwear | - chapstick |
| 1 sun hat | - soap |
| 1 warm hat | - deodorant |
| | - Kleenex |

Rainy Forecast:

Poncho or raincoat and extra dry shirts, pants and socks to change into.

Optional Items:

Camera, binoculars, watch, sun glasses, backpack, flip-flops for shower, swimsuits for shower, and earplugs if you are a light sleeper.

Additional money may be brought to KEEP for purchase of KEEP Foundation items. Please see www.campkeep.org for merchandise and pricing information.

Please do not bring:

Shorts, scary books, knives, cell phones, electronic games, music players, matches or lighters, blow dryers, make-up, anything scented (hair spray, lotion, perfume), candy, gum, extra food or any other item that is not allowed at school.

New clothes are impossible to keep clean at camp. Please bring only those clothes and shoes that you are comfortable getting muddy. We can guarantee they will!