

## Exceptional Citizens Week Suggested Packing List

### Camp Pembroke

306 Oldham Street

Pembroke, MA 02359

(857)360-0529 [www.ecweek.org](http://www.ecweek.org)

### Suggested Packing List

This is a suggested list of recommendations. Please modify your packing as you see fit.

- ☐ Sleeping bag or blanket
- ☐ Sheets
- ☐ Pillow and Pillowcase
- ☐ Shower towels
- ☐ Beach towel
- ☐ Bring enough clothes for 7 days and nights plus a few extras: Shorts, jeans, sweatpants and sweatshirts. short and long-sleeved shirts, socks, underwear, pajamas
- ☐ Rain gear- jacket/poncho, rain shoes. Be prepared for **ALL weather**. Layers are recommended.
- ☐ Comfortable Sneakers (we STRONGLY recommend two pairs)
- ☐ Toiletries- Shampoo/conditioner, body wash/soap, deodorant, toothbrush & toothpaste, etc.
- ☐ Swimsuit
- ☐ Laundry bag
- ☐ Goggles or Swim mask
- ☐ Shower shoes
- ☐ Hat and/or sunglasses
- ☐ Sunscreen
- ☐ Bug spray
- ☐ Personal fan/ cooling devices
- ☐ Lawn chair or camp chair
- ☐ Flashlight and batteries
- ☐ Items that help your camper relax/quiet time items.
- ☐ Sensory care items if applicable (noise canceling headphones, weighted blanket, fidget toys, oral stim, etc.)
- ☐ Augmentative communication device(s)
- ☐ Special cups, bowls, utensils, etc.
- ☐ Diapers, wipes, personal care items, feminine hygiene products, bathroom supplies
- ☐ Hearing aids with spare batteries
- ☐ Equipment charger

### WHEN YOU GET TO CAMP

Expect to be in a queue when you arrive. To keep this process running smoothly, you will be directed to drive to your camper's assigned cabin. There will be people to help unload your car. As soon as you are unloaded you will be directed to drive to the dining hall to check in with our medical staff. Please have your meds accessible. Parking is very limited at Camp Pembroke. You will need to park your car in designated areas after you drop off your camper. There is no long term parking at the cabins, only parking while unpacking. Thank you!