



SONS OF NORWAY
District Five

MASSE MORO Norwegian Heritage Camp **PACKING LIST**

Bring enough to last two weeks:

- Socks
- Underwear
- Pajamas
- T-shirts
- Pants and Shorts
- Athletic Clothes

Bring these items to use as needed:

- Sweatshirt
- Jacket
- Athletic Shoes
- Sandals
- 2 sets dress clothes
- Rain Gear
- 2 Bath Towels
- 2 Hand Towels
- Laundry Bag

Personal Items:

- Toothbrush and Toothpaste
- Shampoo and Conditioner
- Soap/Shower Gel/Loofah
- Bath Robe (**optional**)
- Shower Sandals
- Sunscreen
- Insect Repellent
- (for girls) Feminine hygiene products
- Flashlight and extra batteries
- Camera
- Stationary and Stamps, Address book
- Shower tote to carry these items to and from cabin – consider writing name on tote in permanent marker

For Your Bunk:

- Pillow
- 2 pillow cases
- Twin fitted sheet
- Sleeping bag and extra blanket
- Clip-on Fan to stay cool overnight and one extension cord to accommodate the fan

Medication: Over-the-counter medication will be administered at the discretion of our Health Aide out of the camp's supply. There is no need to bring over-the-counter medication for your child.

PRESCRIPTION MEDS should be filled before you come to camp:

- Please pack your child's prescription medication in a zipper locked bag. Include a detailed note of instruction if dosage is not clearly labeled on the container.

Other items that may come in handy:

- Stationary, Stamps, Address Book
- Money for the bank (candy, souvenirs)
- Notebooks
- Norwegian Dictionary
- Norwegian National Costume (if you have one)
- Costume Clothes (e.g. funny glasses, wigs for dress up/make believe activities)
- Playing Cards

The following items are NOT allowed at camp and will be confiscated:

- American Candy
- American Books/Magazines/Music
- iPods/MP3 players, CD Players

Please respect the environment we are trying to create for all campers by following these guidelines. Your assistance is greatly appreciated.