



Packing List:

Outdoor clothing (t-shirts, shorts, etc.) is applicable throughout MIYLT. There will be a banquet on the final night of camp; everyone is invited to dress up. Keep in mind that Michigan's weather can vary from hot and humid, to cool and dry. Campers will need clothes for exercising, besides the clothes they wear daily. **BRING CLOTHES FOR THE WHOLE CAMP!**

Required Items:

- ◆ **Casual clothes** (jeans, t-shirts, shorts, etc.)
- ◆ **Socks and underwear**
(1 pair in the 24 hour pack)
- ◆ **Workout clothes** - t-shirts, shorts, pants, long sleeve shirts
**** These will be used daily
- ◆ **Shoes**
 - 1 pair of exercising
(jogging/running/athletic)
 - 1 pair of walking
(shoes that can get dirty)
**Wear these during the first 24 hours
 - Sandals/flip-flops
- ◆ **Sweatshirt or jacket**
- ◆ **Personal Toiletries** (shampoo, lotion, toothpaste, etc)
- ◆ **Towel and washcloth** (2 towels are recommended if camper chooses to swim)
- ◆ **Pajamas**
- ◆ **Swimsuit**
- ◆ **Laundry/ garbage bag** for dirty laundry
- ◆ **Flashlight** (24 hour pack)
- ◆ **Rain gear** (24 hour pack)
- ◆ **Sleeping bag** (24 hour pack)
- ◆ **Pillow** (24 hour pack)
- ◆ **Sunscreen** (24 hour pack)
- ◆ **Insect repellent!!** (24 hour pack)
- ◆ **Banquet clothes** (1 set of business casual dress clothing, or cultural clothing is an option)
- ◆ **24 hours bag packed and around** to go when arrive at the ISD.

Recommended Items:

- * **Camera**
- * **Music/clothing** items that represent your background
- * **Anything** to share your skills/talent such as musical instrument, or any other things
- * **Hat**
- * **Watch**
- * **Sunglasses**
- Medication:
 - * **All medications** will be checked in with MIYLT staff upon arrival
-need to be in original bottle/packaging
- Allergies:
 - * **If an EPI-Pen is needed in case of severe allergies, YOU MUST provide one to be checked in with Medication.**
 - * **If it is not provided, child will not be able to stay at camp.**

Items that you do NOT bring:

- **Money-** other than money needed for traveling.
- **Cell phones, iPods, etc.** (ALL electronics will be checked in with MIYLT staff upon arrival.)
- **Alcohol, tobacco/drug use-** use of these is PROHIBITED!



24 Hour Packing List:

At the beginning of MIYLT, you will be separated from your main luggage bag, so it's key to have a separate bag for your 24 hour pack. Try to limit yourself to a backpack or a simple duffel bag (you will be carrying this for the first 24 hours). The 24 hour pack will need to be packed and ready by the time you arrive at the ISD.

24 Hour Packing List:

- ◆ Raingear
- ◆ Change of clothes (shirt, sweatshirt, pants, etc.)
- ◆ Insect Repellant
- ◆ Sunscreen
- ◆ Flashlight
- ◆ Sleeping bag and Pillow
- ◆ Shoes that can/will get dirty (walking shoes)
- ◆ If you have any medications, please pack a separate set of it for the first 24 hours.

**Raingear is necessary during this camp. Michigan's weather is very unpredictable, and pop-up storms happen often. MIYLT will still continue rain or shine, so raingear is very important.

**Luggage should be kept at a minimum as much as possible. All pieces of Luggage should be clearly labeled with the camper's name. The campers will be split from their luggage when they leave the ISD for the first 24 hours. The 24 hour pack should be packed and ready to go upon the arrival at the ISD.