**Packing List: Spring Resort Getaway**

4 pair long pants

2 pair shorts

4 short sleeve shirts

4 long sleeve shirts

4 underwear/bras/t-shirts/socks

1 nice evening outfit

4 sets sleepwear

2 sweatshirts

1 jacket

1 raincoat & umbrella

1 extra sneakers/shoes

1 bathing suit/pool shoes/pool towel

1 sun hat & sunscreen

LAUNDRY BAG

**Personal hygiene & bathroom items**: *toothbrush, toothpaste, comb/ brush, feminine pads, soap, deodorant, shampoo, etc…* (**Electric Razors Only** – if assistance needed with shaving)

**$100.00 spending money**: for snacks, souvenirs, arcade, extra beverages etc…

**\*MEDICATION MUST be PRE-PACKED** and indicate the individuals name,

name of medication, date, time, dose and route. **Due to limited space in our medication box we are Not able to accept multiple bubble packs per person.** Bright Days strongly encourages the use of some type of **medication envelope/packet for pre-packed meds*.***

***Example of pre-packed med envelope:***

John Smith Jan.1, 2023 8AM

1 tab 81 mg Aspirin

1 tab 50mg Losartan

**\*Due to our limited space** Bright Days must limit each person to **TWO BAGS.**

**ALL LUGGAGE MUST be** **LABELED** indicating participant’s name and address.

*Please follow the packing list to ensure an enjoyable vacation for the participant!*

**Thank You!**