**Packing List for** **Lake Champlain**

4 pair long pants

4 pair shorts

4 long sleeve shirts

5 short sleeve shirts

5 underwear/bras/t-shirts/socks

1 nice evening outfit

4 sets sleepwear

2 sweatshirts

1 jacket

1 raincoat & umbrella

1 pair boots

1 pair extra sneakers/shoes

1 bathing suit & pool shoes & pool towel

1 sunhat & 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 81mg Aspirin

2 tabs 50 mg 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!**