

Finger Lakes Aquatics Camp

What to pack for Aquatics Camp

Must Haves:

- Twin sheets (extra long) or sleeping bag
- Pillow
- Towels and washcloth for dorm use
- Toiletries (Shampoo, Conditioner, Soap, Razor, Toothbrush, Toothpaste, Deodorant, etc)
- Swimsuit(s)—more than one recommended for water-based classes
- Beach/extra towels for water based classes
- Alarm clock
- Casual clothes for the week including footwear and remember evenings can be cool
- Raincoat or rain gear of some kind
- Cell phone or calling card
- Medications (must be noted by doctor on required health form)
- A limited amount of money to spend at camp store and snack bar (college will provide facility to secure money if requested)

- **Recommended:**

- Notebook
- Goggles
- A small fan
- Shower shoes
- CD player or radio w/headphones
- Frisbee or other small sports equipment though due to intensity of instruction free time is limited