

**2020 DONALD DANFORTH JR. WILDERNESS CAMP**  
**June 21 – 26, 2020**  
**Suggested Packing List**

Please **write the Camper's name on every item that is sent, including luggage, bedding and clothing.** Sunnyhill Adventures and the Brain Injury Association of Missouri are not responsible for lost, stolen or broken items.

1 waterproof poncho or raincoat  
1 jacket  
7 full changes of clothes suitable for outdoor activities (at least 2 pairs of long pants)  
1 pair of comfortable walking shoes  
1 or 2 sleeping outfits  
2 towels  
Personal hygiene items  
1 hat  
1 swimsuit  
Water shoes to be worn in pool or water activities  
1 flashlight  
1 32 oz. waterproof water bottle  
1 set of bedding (1 pillow, 1 fitted twin sheet and blanket or sleeping bag)  
1 recent photo for identification  
Any necessary personal equipment (glucometer, etc.)  
All medication and the Medication Administration Record (included in the Camp Registration Packet). **PLEASE NOTE: Medication must be in original container with current, legible, unaltered dosing instructions.**

Optional Items: camera, games, spending money for the camp store. The camp store will only be open Friday, June 26 between 9:00 am and 11:00 am.

**DO NOT BRING:** radio, tv, video games, food and snacks, expensive items, clothing of value, weapons, alcoholic beverages, drugs, pets, and sporting equipment. Sunnyhill and the Brain Injury Association of Missouri are not responsible for lost, stolen or broken items.

Please call Sunnyhill (636-274-9044) or BIA-MO (314-426-4024 or 1-800-444-6443) for questions or concerns. Thank you!