

Camp Yogaville®

Integral Yoga® Summer Camp

Packing list

Electronics not permitted

CLOTHING

- 8 pairs of underwear
- 8 pairs of socks
- 8 pairs of shorts and t-shirts
(no short shorts)
- 1 sweatshirt
- 2 - 3 long sleeved shirts
- 2 pairs of pants
- Hat
- 2 bathing suits **(no bikinis)**
- 2 towels.
- 2 pairs of pajamas

MESS KIT

Non-breakable materials only

- Plate and bowl
- Mug or cup
- Silverware

BEDDING

The platform your child is sleeping on is hard plywood. Please pack bedding appropriately.

The width of the platform bed is 30" wide. A regular twin blow up mattress is too wide.

- One lightweight sleeping bag
- Pillow
- Extra blanket in case it's cold
- Mattress or Pad

OTHER NECESSITIES

- Water Bottle
- Yoga mat with your child's name on it
- One large duffel bag for dirty clothes

BATHROOM BAG

- Toothbrush
- Toothpaste
- Brush and or comb
- Deodorant
- Bug Repellent that also repels ticks
- Sunscreen
- Soap
- Shampoo

RECOMMENDED ITEMS (OPTIONAL)

- \$10-\$20 spending money for special outings
- Camera *(not phone)*
- Flashlight
- Journal and Pens
- Photos or other posters to decorate your bunk and bed area