

Northern Plains Visions of Sport Camp

Bemidji, Minnesota

Packing List

REMEMBER this is a sports camp so bring clothing appropriate to playing sports. Please remember your sneakers!!

Suggested packing list for a six to seven day stay:

*** Labeling of all clothing/belongings is strongly advised**

**** SLEEPING BAG or Blanket and Pillow - No Linens this year ****

Water bottle! (Be SURE to label with name)

6 - 8 shirts - warm and cool weather

6 - 8 pants/shorts

1 warm jacket

2 sweatshirts

10 - 12 pair underwear

10 - 12 pair socks

2 pair pajamas

1 swimsuit and plastic storage bag

2 pair shoes - one pair that can get wet

1 hooded raincoat - VERY IMPORTANT

baseball cap or hat with brim

sunglasses

comb or brush

2 washcloths and 3 towels including a beach towel

toothbrush, toothpaste, floss

soap/conditioner and shampoo

deodorant, facial tissues

sunscreen - SPF 15 or higher

non-aerosol DEET insect repellent

2 suitcases (maximum) and 1 laundry bag

2 plastic hangers (for hanging wet items to dry)

alarm clock

stationery/stamped-addressed envelopes

calling card for calls home (you **can not** call collect from campus)

fan (**highly** recommended)

If needed:

medications, including refrigerated ones
personal sanitary products
strap for glasses (**HIGHLY** recommended)

Optional:

*** Bringing valuable items is not encouraged.**

extra pillow (None provided)
extra blanket or sleeping bag (None provided)
book, radio/CD player with earphones, or talking book player for use in dorm
spending money (no more than \$10 is recommended)
water, juice, fruit (non-refrigerated)

DO NOT BRING:

perishable food products
junk foods (pop, candy, chips)
cell phones/pagers
knives/items which could be used as weapons
alcohol, illegal drugs, or cigarettes

**Valuable items are not appropriate or necessary
at sport camps.**

Please use wisdom in bringing items from home.

**If using a CD player/radio/talking book player,
please be courteous of other campers.**

Northern Plains Visions of Sport Camp

James V. Mastro, Ph.D, Director
Bemidji State University
Box 35, EA-308 1500 Birchmont Drive NE
Bemidji, Minnesota 56601
218-755-3772 218-755-3787 (fax)
jmastro@bemidjistate.edu