



INDIANA COUNTY CAMP CADET

35 Fenton Road
Indiana, PA 15701
724-357-1960

www.indianacountycampcadet.org



FEMALE CADET PACKING CHECKLIST

Female cadets are required to bring the below-listed items. *Clothing tags shall be marked with the cadet's initials. All belongings shall be packed in such a manner that the cadet is able to carry them in one trip without assistance.

- A minimum of 7 pairs of underwear (plain, white sports bras only)
- A minimum of 7 pairs of white, ankle-high athletic socks
- A minimum of 7 white, crew neck, short-sleeve t-shirts
- A minimum of 3 pairs of plain, black, mid-thigh length, loose-fitting gym shorts (with pockets if bringing an Asthma rescue inhaler)
- 2 pairs of running shoes/cross-trainers
- Pair of shower shoes/flip-flops
- Plain, gray sweatshirt (no zipper or hood)
- Plain, gray sweatpants (with pockets if bringing an Asthma rescue inhaler)
- Sleeping attire (no short shorts or tank tops)
- Sleeping bag
- Pillow with pillow case
- Toiletry articles: soap, shampoo, toothbrush, toothpaste, deodorant, hair comb or brush, 1 safety razor, shaving cream
- 2 bath towels
- 2 wash cloths
- Swimsuit (one-piece only)
- Swim towel
- Mesh laundry bag
- Hair bands (for those with hair long enough to pull back in a ponytail)
- 1 can of insect repellent spray
- 1 container of sunscreen
- Flashlight with spare batteries
- Call of Honor Pocket Card (provided with this packet)
- Required prescription medication(s) (packaged and labeled as described below)
- Optional: Minimum of 3 pair of Spandex-type shorts (shall be worn under the gym shorts and shall not extend below the gym shorts)
- Optional: Asthma rescue inhaler (Recommended if prescribed)

FEMALE CADET PACKING CHECKLIST (CONTINUED)

***Upon reporting to Camp Cadet on Sunday, each cadet's attire shall be as follows:**

- white, crew neck, short-sleeve t-shirt
- plain black, mid-thigh length shorts with optional Spandex-type shorts
- white, ankle-high athletic socks
- running/cross-training shoes

***Upon reporting to Camp Cadet on Sunday, please have the following items readily available:**

- Medications/Prescriptions/Inhalers (packaged and labeled as indicated below)
- Copy of current medical health insurance card

All medication(s) that will be required during the week shall be placed in a Zip-lock-type baggie or small storage container and be prominently labeled with the cadet's name.

Do not bring any extra items unless they are specifically listed above. Extra items will be confiscated by staff personnel and will be sent home. Any illegal items discovered will be confiscated and may result in prosecution.

All personal items will be inspected during check-in procedures and may be confiscated. We reserve the right to take any items which we deem to be dangerous or contrary to the goals of Indiana County Camp Cadet. Items taken will be held until the end of camp. Any cadet who fails to follow the rules and regulations of Indiana County Camp Cadet may be expelled and immediately sent home.