

# Capital AHEC Health Careers Summer Camp Packing List

## What to Bring To Camp:

- Alarm clock
- Pillow
- Dress clothes for Wednesday and Thursday
- Casual clothes
- Comfortable walking shoes
- Towels
- Toiletry items
- Snacks
- Cell Phone and charger – Phones are not provided in dorm rooms
- Camera if desired
- Medications
- Movies
- Photo ID
- Immunization records (All students must have current immunization records in order to participate in the shadowing opportunity)

## What Not to Bring to Camp:

- Linens - provided by the University
- Alcohol or tobacco products
- Knives or firearms
- Vehicle
- Pets