

PACKING LIST 2010

Sports & Arts Center At Island Lake

Owner/Director: The Stoltz Family

Winter Address	Summer Address
175 Tompkins Ave. Pleasantville, NY 10570 Phone: 914-769-6060 Outside NY 800-869-6083 Fax: 914-769-6161	50 Island Lake Road Starrucca, PA 18462 Phone: 570-798-2550 Fax: 570-798-2346
E-Mail: info@islandlake.com	

ISLAND LAKE SUGGESTED CLOTHING LIST

Qty. Suggested	Description	# Packed Going
100-300	Name Tapes	
16-48	Permanent ID Stickers (Recommended)	
10	T-Shirts	
5	Pair of Jeans or Khakis	
10	Pair of Shorts	
1	Belt	
5	Sweatshirts (Any Style)	
2	Sweatpants (Traditional or Open)	
UNDERGEAR		
10	Pair of Underwear	
14	Pair of Socks	
1	Set of Warm Sleep Wear	
2	Sets of Lightweight Sleep Wear	
BED & BATH		
2	Blankets	
2	Fitted Cot Sheet Sets (Top, Bottom, Pillowcase)	
1	Mattress Pad (Optional)	
1	Standard Pillow	
1	Hooded Terry Bathrobe (Optional)	
4	Bath / Beach Towels	
2	Washcloths	
1	Shower Organizer & Filler Kit (Soap, Toothbrush, Cup) (Required)	
	Toothbrushes, Hair Brush, Soap, Shampoo	
1	Laundry Bags w/ Name	
OUTERWEAR		
1	Lightweight Jacket/Pullover or Vest	
1	Heavyweight Jacket (Camp Jacket is appropriate)	
1	Pair Rainy Day Shoes	
1	Rain Jacket or Poncho	
WATERFRONT		
3	Swimsuits (Girls 1-piece only please)	
4	Beach / Bath Towels	
1	Pair of Sandals	
	Sun Screen, Lip Balm, Nose Clip, Ear Plug, Swim Cap	
	UV Protection Sun Shirt, Waterski Wet Suit	
CAMPING GEAR		
1	Sleeping Bag per Family	
1	Flashlight & Extra Batteries	
1	Water Bottle or Canteen	
1	Daypack / Backpack	
1	Deet Free Insect Repellent	
	Fishing Equipment (Optional)	
PACK & SHIP		
2	Soft Trunk / Cargo Bags w/ Name	
1	Stick Bag (If your child brings their hockey stick)	
1	Set of Golf Clubs and Cover (Optional)	

Qty. Suggested	Description	# Packed Going
STATIONARY & EXTRAS		
4	Sets of Stationary & Stamps	
2	One time use or inexpensive Camera(s)	
	Books and Non-Electronic Games	
1	Set of Extra Eyeglasses	
	Musical Instruments and Music	
	Camp Fan (Battery Operated) (Optional)	
GYMNASTICS / DANCE		
1	Leotard	
1	Pair of Wrist Bands	
1	Pair of Gymnastic Shoes	
	Optional items: Jazz Pants & Shoes, Yoga Pants Wrap Skirt, Ballet Slippers, Tights & Dance Bag	
RIDING		
1	Riding Helmet ASTM / SEI Approved (Optional)	
1	Riding Boots or Heeled Shoes (Required)	
1	Riding Jodhpurs, Tights or Jeans	
	Island Lake provides Athletic equipment necessary for campers to participate in activities. Unless noted 'Required', all equipment and jerseys are Optional. Any personal items must be clearly marked with the campers name.	
BASKETBALL		
1	Navy / White Rev. Mesh Tank Top (Optional)	
1	Navy Basketball Shimmer Tank Top (Optional)	
1	Pair of Basketball Sneakers	
1	Pair of extra shoelaces	
SOCCER		
1	White w/ Navy Soccer Jersey (Optional)	
2	Pair of Soccer Socks	
1	Pair of Shin Guards (Required)	
1	Pair of Athletic Field Cleats (Required)	
1	Mouthguard	
TENNIS		
1	White Tennis Bottom (Choice of Skirt or Short) (Optional)	
1	White Tennis Top (Choice of Tee or Polo) (Optional)	
1	Visor or Cap	
1	Tennis Racquet w/ Cover (Required)	
1	Pair Tennis Shoes	
	Optional Wrist Band / Head Band	
BASEBALL		
1	White w/Navy Baseball Jersey (Optional)	
1	Baseball Glove (Required)	
1	Athletic Supporter w/ Cup (Required)	
1	Pair of Athletic Field Cleats (Required)	
ROLLER HOCKEY		
1	Navy Roller Hockey Jersey (Optional)	
1	Pair of Roller Blades (Required to participate)	
1	Helmet w/ Face Shield (Optional)	
1	Knee / Shin Guard Unit (Required to participate)	
1	Set of Elbow Pads (Required to participate)	
1	Set of Hockey Gloves (Optional)	
1	Mouthguard (Required)	
1	Athletic Supporter w/ Cup (Required)	
1	Mesh Sport Bag w/ Name for Equipment (Optional)	
LACROSSE		
1	Navy Lacrosse Jersey (Optional)	
1	Helmet w/ Face Shield (Optional)	
1	Lacrosse Gloves (Optional)	
1	Lacrosse Stick (Optional)	
1	Mouthguard (Required)	
1	Athletic Supporter w/ Cup (Required)	