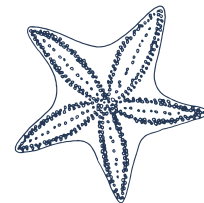


BREAK

CRYSTAL LAKE TEEN CENTER



Summer Program

Essentials List:

Daily Items:

- Refillable water bottle
- Draw-String Bag
- Comfortable, weather-appropriate clothing
- Phone + Charger

Clothing

- Swimsuits
- Change of clothes
- Undergarments
- Hat
- Sun glasses
- Water shoes/ Flip-flops
- Closed-toe Shoes/Sneakers
- Cover-up
- Light jacket or hoodie
- Sweats



Medical

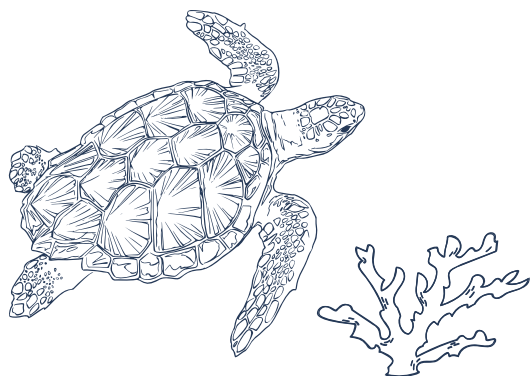
- Prescribed medication
- Contacts
- Band-aids
- Other medicines
- Handsanitizer
- Electrolyte Packets
- Doctors note for medicine administration

Personal Care

- Perfume/Cologne
- Chapstick
- Hair Ties
- Sunscreen/Aloe
- Deodorant
- Hairbrush / comb
- Bug Spray

Water Items:

- Goggles
- Beach towel
- Swimming Ear Plugs



Please email lzeppos@clbreak.com if you need any assistance with any items!