FAST Camp Checklist!

- Health form signed by your doctor. (valid for 3 years)
- Covid waiver.
- Medication authorization signed by your doctor. (only needed if medications are coming to camp).
- Individual care plan. (only needed if there are allergies, medications, or behavioral concerns)
- Backpack or bag with the following.
- Lunch in a ziplock bag with camper's name on it**. Large coolers will not fit into the fridges.**
- REFILLABLE water bottle.
- Athletic shoes! Sandals are welcome but certain activities will require real shoes.
- Sunscreen/bug spray.
- Change of clothes/bathing suit and a towel. Extra socks can be great on rainy/humid days.
- Money for the camp store (not required).
- Please label anything brought to camp with your child's name or initials.