



**Medical supplies**

*(Apple Hill has a supply of basic first aid items)*

Sunscreen

Allergy medication

Insect repellent

Antibiotic cream/spray

Medications to relieve insect bites

Any other necessary medications

Aspirin/ibuprofen/etc

**Technology/Entertainment**

Books/magazines/card or board games for free time

Laptops, tablets, and cell phones can be used; there is wifi in central campus buildings and cell phone reception (of varying quality).

**Other**

Flashlight (paths to cabins are not lighted at night.)

Hot/cold drinking mug, labeled with your name

Please do not bring ANY food into the cabins; even well-packaged food can attract mice and insects. Participants with dietary concerns, please contact the Summer Coordinator.

**Please note:** Apple Hill is not responsible for the loss or theft of any personal belongings, and does not return any items left behind by participants.