

Children's Isha Yoga Residential Program

Items to Bring for Your Child

All items are to be clearly labelled with the child's name

1 large Covered Bin labeled with your child's name, a picture of your child, parent's name(s) and an emergency contact number - to contain the following:

Critical Items:

- Medicines and directions for dispensing (including Motrin or Tylenol for fever and an antihistamine for colds or allergies)
- Special foods or drinks
- Tick repellent - be sure it effectively addresses ticks, not just mosquitoes
- Sunscreen

Toiletries:

- Toothbrush
- Toothpaste
- Shampoo
- Soap in holder
- 2 towels
- 1 washcloth
- Hairbrush (hair bands if necessary)
- Container Wet Wipes
- Plastic bags for dirty clothes

Clothes:

- 1 set for each day and 2 extra sets (6 sets)
- Each set of clothes should contain (underwear, socks, shirt, and pants)
- Comfortable clothes for practices (sweat pants, loose fitting shirt)
- NOTE:** Shorts are ok for indoors and water play – but long pants are necessary for outdoors due to ticks
- 2 pairs of shoes (one being sneakers)
- 1 set of nightclothes
- 1 set of nice clothes for closing day
- 1 plain white T-shirt

Sleeping:

- Sleeping bag or sheets & blanket
- Pillow

Other Items:

- Flashlight
- Small notebook and pen
- Backpack and water bottle