



1717 Hermitage Blvd Ste 103 \* Tallahassee, FL  
Ph: (850) 325-6301 \* Fax: (850) 325-6302

Dear Parents and Guardians,

The following is a list of suggested items to ensure your camper has a fun and comfortable time with us. We ask that all items be **labeled** and marked with your child(s) last name to ensure all belongings get returned accordingly.

Snack time is at 9:00am and 3:00pm daily, lunch is at 12:00pm. Please ensure your child is sent with enough food and drinks (at least 3, or we can give them water) for each of these time periods.

**We do not supply any food, snack or drinks.**

Please let me know if you have any questions.

Thank you,

Beth Spear

Beth@progressivepediatric.org

### **Summer Escape Supplies List**

#### ***For most campers, as deemed necessary:***

- Reasonable supply of diapers or pull-ups
- Nap mat, pillow, and blanket (if they take naps) – *Please send in a duffel bag or rubbermaid type container*
- A favorite stuffed toy to have during quiet/movie/nap time
- A bib for snack/lunch time

#### **For all campers:**

- 1 family photo and 1 individual photo of your child, and 1 baby picture of your child
- An extra change of clothes, or more if your child may need them
- An extra pair of socks
- Painting smock or large t-shirt for painting activities
- Bathing Suit and towel (only on Thursdays) (Swim diaper if needed)
- A pair of sandals (for water play) AND sneakers (for running activities)
- A favorite book or toy that can be used as a calming technique
- Sunscreen and bug spray (if desired)
- Sunglasses, hats, or visors (if desired)
- Medication, along with the appropriate Medication Forms (as needed)
- Any other items you would like us and your camper to have on hand.

In addition to the above list, we do request that **EACH** camper (all ages) arrive with his or her own container of **baby wipes**. We will use them daily after activities for clean-up.

Thank you!