

SuperKids Training and Mentoring Program

STAMP Packing List

Light, comfortable clothing is best in Texas in July. Each day, we will be doing many activities in an air conditioned space as well as outdoors. Temperature ranges from 100-75°F or 34-24°C.

Comfortable clothing

- | | |
|--|--|
| <input type="checkbox"/> Casual shirts and tops | <input type="checkbox"/> Under garments |
| <input type="checkbox"/> Casual shorts, pants and jeans | <input type="checkbox"/> Socks |
| <input type="checkbox"/> Work-out clothes for martial arts | <input type="checkbox"/> Hat with a brim |
| <input type="checkbox"/> One nice outfit | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Sleepwear | <input type="checkbox"/> Rain gear |
| <input type="checkbox"/> Swimwear | |

Comfortable footwear

- | | |
|---|--|
| <input type="checkbox"/> Walking shoes | <input type="checkbox"/> Sandals, at least one waterproof pair |
| <input type="checkbox"/> Tennis shoes/sneakers/running shoes for martial arts | |

Toiletries

- | | |
|--|--|
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Soap |
| <input type="checkbox"/> Toothbrush; Toothpaste | <input type="checkbox"/> Hair clips/bands |
| <input type="checkbox"/> Deodorant (stick or roll-on, preferred) | <input type="checkbox"/> Lip balm |
| <input type="checkbox"/> Personal hygiene products | <input type="checkbox"/> Watch |
| <input type="checkbox"/> Tissues | <input type="checkbox"/> Insect repellent (DEET-free wipes or pump spray bottles, preferred) |
| <input type="checkbox"/> Hairbrush/comb; shampoo | |

Optional items such as:

- | | |
|--|--|
| <input type="checkbox"/> Musical instruments (small) | <input type="checkbox"/> Cell Phone/Charger (if needed) |
| <input type="checkbox"/> Writing supplies | <input type="checkbox"/> Camera/media card/battery/film |
| <input type="checkbox"/> Books | <input type="checkbox"/> Universal charger for those traveling internationally (if needed) |
| <input type="checkbox"/> Games | <input type="checkbox"/> Money for souvenirs, etc. |
| <input type="checkbox"/> Playing cards | |
| <input type="checkbox"/> Small backpack | |

What to leave at home

- Expensive items, such as jewelry and electronics
- Weapons, flammables, explosives, knives, guns, matches, fireworks and any other dangerous items are strictly forbidden.