



Packing List

The number listed next to each item below shows the MAXIMUM amount a student can have:

- ☐ 10 pairs of pants/shorts/skirts
- ☐ 1 dressy outfit (for events like a ballet or community theater show)
- ☐ 12 shirts (including undershirts, long/short sleeve tops, tanks tops, etc.)
- ☐ 3 coats and/or jackets
- ☐ 5 sweatshirts/Sweaters/hoodies
- ☐ 2 pair pajamas (bottoms and tops)
- ☐ 1 swimsuit
- ☐ 1 pair swim shorts
- ☐ 6 pairs of shoes (1 pair must be athletic shoes)
- ☐ 7 bras
- ☐ 3 sports bras
- ☐ 3 pairs of PE clothing (shirts, tank tops, shorts, yoga pants)
- ☐ 14 pairs of socks
- ☐ 14 pairs of underwear

Optional items: Belt, tights, hair ties and accessories

What to bring – toiletry items:

- ☐ Body wash
- ☐ Shampoo and conditioner
- ☐ Lotion – face and body
- ☐ Toothbrush and toothpaste
- ☐ Sanitary napkins/tampons
- ☐ Makeup
- ☐ Deodorant
- ☐ Electric razor (no regular razors)
- ☐ Nail clippers or manicure set
- ☐ Hairdryer



- ☐ Swim/beach towel

Optional:

- iPod or other music player (cannot have wi-fi or camera capability).
 - If preferred, La Europa can provide an Mp3 player. The parent will be responsible to upload music to an SD card for their student.
- Headphones or earbuds (inexpensive please)
- Beach towel (for swimming)

What NOT to bring:

- Aerosol Sprays
- Regular razors (electric ok)
- Mouthwash
- Glass frames or decorations
- Personal electronic such as: cell phones, laptops, digital drawing pads, etc. (an iPod is OK—see above)
- Any expensive or valuable items (they may get lost or damaged)

Suggested extra comfort items allowed but not required:

- A throw blanket or blanket to go under the quilt that La Europa provides
- 2 stuffed animals
- Pictures of family, friends, or pets from home (students each receive a whiteboard upon arrival to hang pictures)
- Stationary for letters
- Journal
- Fun reading books (each book needs approval by their therapist)
- Book light – small light that clips to a bed frame or book
- Art supplies
- Musical instrument

Provided by La Europa:

La Europa provides bedding including a pillow, sheets, and a quilt. We also provide new towels, hygiene box, a shoe bin, closet shelf organizers and a water bottle.