

**Sprout Creek Farm**  
34 Lauer Road Poughkeepsie, NY 12603  
845-485-8438 Fax 845-454-6158  
www.sproutcreekfarm.org

## **THINGS TO BRING FOR GIRLS' SLEEPOVER PROGRAMS**

**As far as possible, please label personal belongings**

Sleeping bag adequate for warm weather  
Pillow, if desired  
1 bath towel and washcloth  
Toilet articles

2 pairs of jeans or similar pants, light colors recommended  
3-5 pairs of shorts  
T-shirts including one long-sleeved  
Underwear for the week  
Socks, at least 7 pairs  
Sleepwear  
Sweater, sweatshirt, or light jacket  
Swimsuit  
Light raincoat or poncho  
Cap

2 pairs sneakers or similar shoes  
Aqua socks or shoes to wear in the water  
(Note: Children are **not** allowed to wear sandals at the farm)

Bug repellent  
Sunscreen lotion  
Flashlight with extra set of batteries  
Reusable water bottle

**PLEASE DO NOT BRING:**  
**radio, tape or CD player, game boy or any portable video  
games, electric hair dryer, cell phone, i-pods, magazines  
food or candy**

**Please remember that space is limited**