

# GASSHUKU PACK LIST

Camp Summit, 270 Private Rd, in Paradise, Texas 76073

For pictures and a map visit [www.campsummittx.org](http://www.campsummittx.org)

## WHAT TO PACK FOR WORKOUTS:

- Karate gi's (its good to have 2, in case 1 gets too dirty or wet)
- Kumite gear
- Weapons (fake knife, bo, sais)
- Sneakers/gym shoes
- Sunscreen
- Insect repellent
- Snacks and hydration for breaks during workouts (healthy/protein)

## WHAT TO PACK FOR FUN TIMES/NON-WORKOUT TIMES:

- Props for talent night
- Snacks and hydration for when around campfire/talent show (fun)
- Sandals/Flip-flops (if you want to give your feet a break from sneakers during breaks!)
- Jacket (it can get cold at night and we will be outside!)

## WHAT TO PACK FOR CABIN/SLEEPING/PERSONAL CARE:

- Bedding (eg, sheets, blankets or sleeping bag, pillow)
- Towel and washcloth
- Toiletry items (eg, soap, toothbrush, toothpaste, comb)
- Regular clothing for when around campfire/talent show
- Rain gear
- Tiger balm/sore muscle cream
- Medications
- Cell phone charger
- Clock