



Your Transitions program will be

Camping

at Camp Lael in Lapeer, MI



This is a 3-day/2-night program that you will attend during PTV. You will receive a schedule of events for the week when you check-in.

We'll provide the basics: food, water, shelter and fun!

You'll need to bring the following:

Required:

- Sleeping bag or bedding (if you own one)
- Small pillow
- Hiking/walking boots or high top shoes (low ankle shoes are not recommended) NO Sandals
- Comfortable clothes, especially items that dry quickly
 - Shorts
 - Jeans
 - Wool or acrylic sweatshirt
 - T-shirts
 - Windbreaker
 - Long Sleeved Cotton shirt
- Several pair of socks
- Rain gear (poncho)
- General toiletries (plan on no electricity)
- Any medications you are taking
- Flashlight
- Towel

Recommended:

- Swimsuit
- Sandals or “beach” shoes (flip flops)
- Hat
- Cards/small games
- Camera
- Sunblock
- Bug Spray