



Life Simplified

Compassionate Move Managers  
& Organizers

# Summer Camp Checklist

Life Simplified

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I get it. Busy parents have a million things to remember when sending their kids off to camp. Before your little ones head out for a summer away from home, make sure they're equipped with all the essentials!

This simple checklist makes it easy.

- Labels- Your kids will be sharing a cabin. If you want to make sure their gear gets back home, label everything!
- Lightweight backpack- Camp is synonymous with outdoor adventures. Daypacks equipped with canteen holders & gadget clips are key.
- Bathroom Caddy- From toothpaste and floss to bobby pins and hair ties, your camper will need all of their bathroom essentials in one easy to reach spot.
- Hiking Shoes- Walking on rocky terrain or on muddy slopes requires much more than your child's standard sneaker can offer. Invest in a waterproof shoe, and you can use them again next year!
- Windbreaker- It can get chilly out once the sun goes down. Windbreakers are lightweight and take up barely any room!
- Stationary- This one makes stay-away camp easier for mom and dad. Pre address (and stamp) stationary, so your kids can send letters home.
- SPF50- Sunblock is just as important as toothpaste. Leave a note on the bottle to remind your child of when they should apply it.
- Shower sandals- Communal showers can be a breeding ground for bacteria. Pack a designated pair of \$1 flip flops that are for bathroom and shower trips.

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- Entertainment- No wifi, no problem! Pack up a few books or even card games just in case the kids get rained in.
- Laundry bag- Bathing suits that have been left in the bottom of a backpack for a week?! Yikes! Provide enough laundry bags for a stink-free trip.
- Prescription medicine- Before you leave your kids at camp, be sure to chat with the camp counselors about any medication needed. Provide thorough instructions!
- Baseball hat- This one's always nice to have just in case. After a day of swimming under the sun, it's great to be able to throw on a cap.
- Toiletries- Wet wipes, toothpaste, toothbrush, dental floss, contact lenses, cleaning solution, shower gel, deodorant, feminine hygiene products, shampoo & conditioner, lip balm, tissues, comb or brush, triple check all of it!
- Something special from home- This is an exciting time for your kids. But that doesn't mean they might not get a little homesick. Make the transition easier by packing a favorite teddy bear or snapshot!

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### **Meet Annie Kilbride, Founder & President**



Annie Kilbride is the proud owner & fearless Leader of the team at **Life Simplified, LLC. a Professional Move Management & Organizing Company.** Annie's compassion for others & ability to use time efficiently are apparent the first time you meet her. As a former critical care nurse, she applies her knowledge and ability to connect with others to each job, utilizing her passion and talent to simplify your move, project, even your life.

Over the years, Annie has used her assessment, communication and planning skills to develop Life Simplified into more than just a professional organizing company. She has branched out into the Professional Move Management and Staging arenas. Her ability to use her compassion along with her skills has made her a leader in all these fields.

Annie has also donated her services to local fundraising events that help the community. She has had the gratifying experience of helping two local nonprofit organizations create an amazing donation center for the community in order to provide clothes and food that they would not otherwise have any access to. She has taught at the local community college & local adult school and had many speaking engagements. Annie has even been flown to Key West to help a client, as well as, been interviewed several times on local radio and TV shows & been quoted in several different newspaper articles.

In addition to her organizational talents, Annie strives to educate others. Annie's team helps guide clients through many overwhelming and difficult life altering decision making processes with compassion and absolutely no judgement.

Annie & the Life Simplified Team go the extra mile—she will hang something on the wall, move furniture, pick up supplies, pack her car full of donations. She will even bring all your items to sell, and arrange for all pick-ups, contact auctioneers, eBay personnel and get you fair value for your unwanted clutter. Annie will arrange for the electrician, handyman, junk man, movers, etc. and keep ALL of them on schedule!

Annie & her team are members of National Association of Productivity & Organizing Professionals, Real Estate Staging Association, National Association of Specialty & Senior Move Managers, The Keys Guild, SBO Partner Program & has been voted Best of the Main Line & Western Suburbs by Main Line Today.

*Annie Kilbride, Professional Move Manager & Organizer*  
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