

CAMPERS - WHAT TO BRING TO CAMP

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What To Bring

Medication

All medications must be in **original containers** (as purchased or issued) including prescriptions, over-the-counter drugs, and vitamins. Prescription containers must detail the child's name, name of medication, dosage directions, and the name of the prescribing physician. All medications must be listed on the Health & Medical History Form, and will be held by the camp's Health Care Director, who will dispense it appropriately.

Clothing & Equipment

Be aware that camping is hard on clothing. We recommend against bringing new or expensive clothing, luggage, or other items. All personal belongings should be plainly marked with camper's name for identification. Each camper will care for his/her own belongings, and storage is limited. Please bring only one piece of luggage and a sleeping bag.

Dress Code: Campers are expected to dress in a manner sensitive to the modesty of others. Wear clothing appropriate for active days outside, in a co-ed setting. Undergarments should not be visible. Swimsuits appropriate for swimming and water games should also be modest. Girls should wear one-piece swimsuits, or cover with a tee shirt. Shoes: Athletic shoes are recommended for health and safety.

Please bring:

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| <input type="checkbox"/> Sleeping bag, with a stuff sack or plastic bag | <input type="checkbox"/> 6 shirts, 6 sets underwear, 6 pair socks |
| <input type="checkbox"/> Pillow | <input type="checkbox"/> 2 pairs of jeans or other rugged pants |
| <input type="checkbox"/> Laundry bag or pillowcase for dirty clothes | <input type="checkbox"/> 3 pairs sun shorts |
| <input type="checkbox"/> Wash kit (soap, toothpaste & brush) | <input type="checkbox"/> 2 sweatshirts |
| <input type="checkbox"/> 1-2 Towels & washcloth | <input type="checkbox"/> Warm jacket |
| <input type="checkbox"/> Flashlight with fresh batteries | <input type="checkbox"/> Raincoat or poncho with hood |
| <input type="checkbox"/> Sunscreen (minimum SPF 15) | <input type="checkbox"/> 2 pairs shoes (at least 1 tennis/sport shoes) |
| <input type="checkbox"/> Chapstick (minimum SPF 15) | <input type="checkbox"/> Swim suit |
| | <input type="checkbox"/> Pajamas |

Optional items:

- | | |
|---|--|
| <input type="checkbox"/> Travel game, cards, book (for rest time) | <input type="checkbox"/> Water bottle |
| <input type="checkbox"/> Fishing pole w/barbless hooks, artificial bait | <input type="checkbox"/> Sandals |
| <input type="checkbox"/> Non-aerosol insect repellent | <input type="checkbox"/> Camera |
| | <input type="checkbox"/> Campers might wish to bring a musical instrument for participation at campfires |

PROHIBITED ITEMS – PLEASE DO NOT BRING:

- Food, candy or snacks. (Treats invite ants and critters into cabins.) We will provide meals and snacks.
- Cash
- Pets
- Tobacco products, alcoholic beverages, non-prescribed drugs
- Pocketknives, weapons, matches, lighters fireworks, other hazardous materials
- Electronic devises (toys, games, iPod, MP3 player, etc)