

What to Bring to Camp

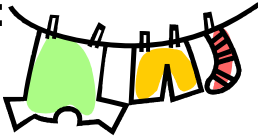
MOST IMPORTANT: a good attitude and a willingness to try new things and have fun!!

Label your stuff!

That's the best way to keep up with it. If you lose something, you will have a chance to check our lost and found on a daily basis. When we are fortunate enough to find a lost item after you have left camp, we can only return it by mail AFTER the summer season is over. There is a \$10 charge plus postage. Anything that is not claimed by September 1st will be donated to charity. The easiest strategy: don't bring it if you'll get in trouble for losing it.

Clothing:

- Shirts
- Shorts
- Sweatshirt
- Long pants (at least one pair)
- Undergarments
- Pajamas
- Raincoat/poncho
- Socks (lots, the morning grass is wet)
- Shoes for running around
- Sandals (sturdy ones are best)
- Swimsuits (two recommended)
- Water shoes (for canoeing)
- Super Hero Outfit (this year's theme is "Be A Hero". Bring anything that will be useful to transform yourself into a hero, such as bandanas, silly hats, rope, fun fabrics, etc. Please do not buy a costume, use your heroic creativity!



Toiletries:

- Soap
- Shampoo/conditioner
- Toothpaste/toothbrush
- Brush/comb
- Deodorant
- Personal items
- Medication (give to the medical professional upon arrival)



Miscellaneous:

- Inexpensive Bible
- Bug repellent
- Sunscreen
- Water bottle
- Flashlight (and batteries!)
- Backpack for carrying items
- Optional:* milk crate to organize your items in the cabin
- Optional:* stationery, stamps
- Optional:* camera



Plan for one outfit per day, plus one extra. You will want several pairs of socks due to the wet morning grass.

Dress code: Please leave the following items at home: string swimsuits, bikinis, spaghetti strap shirts, excessively low-cut tops, bottoms that either ride up or sag down to expose undergarments. We ask all campers to show respect for themselves and others in their dress.

Linens:

- Towels (at least two)
- Washcloth
- Pillow
- Sleeping bag
- Bottom sheet with elastic (recommended to cover mattress even with sleeping bag)



Please leave at home:

Cell phone, CD/mp3 player, other electronics, food of any kind, knives or other weapons, matches or cigarette lighters, expensive or sentimental items you would not want to lose. You will not need these at camp and will have a better time without them!

bringing medication?

Please follow these simple instructions to help your camper receive the very best care while they are at camp!

All camper meds **must** be accompanied by a medication form **and the original bottle** with the prescription label on it. By law we cannot dispense any dosage different from what is written on the bottle. Please keep this in mind when sending your camper's medication to camp. Also, we request that you place the medication in a week-long pill box, shown below, in order to ensure proper distribution of your camper's medication. If your camper takes several medications at different times throughout the day, please consider one of the larger pill boxes, also shown below. Thank you for your assistance in providing the very best care for your child.

