



Optional Items for Camp

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Items Not Allowed

Please No Food or Candy in Care Packages sent to Camp. Please **do not** mail or have food or snacks delivered to campers (Including Amazon Pantry Boxes or Instacart). If your camper is in need of an item, please reach out to the Camp Office.

Labels

You send your Camper(s) away with important items that we all hope will make it back home after Camp. Labels help when cleaning the room as well as when items go missing around camp.



Dishwasher and Machine Washable Labels. Use our code: **SEACAMPGRP23** for **20% OFF** your order

School and Camp Labels, from the ACA National Conference, has your campers bringing home everything they went to camp with!



Care Packages

Care Packages are a special way to let your camper know that you're thinking about them while they are away at Seacamp.



Camp Pacs has pre-set care packages as well as build your own with camp necessities and extras!



Since 1990 The Wrinkled Egg has been a leader in the camp care packaging world with Care Packages and Build Your Own Options with cabin decorations and fun outdoor options!

You can also further support Seacamp by making purchases at our [online store](#)



Visit campaigns.mabelslabels.com search for Seacamp as a fundraiser and use Coupon Code **"CAMP2025"** for 10% OFF

FREE Shipping

Support our fundraiser by buying personalized kids' labels.

Standard shipping is always FREE!



Reef Safe Sunscreen



Information shared from: <https://floridapanhandle.com/blog/reef-safe-sunscreen/>

The National Park Service says 4,000 to 6,000 tons of sunscreen are found annually in reef areas. High-traffic areas that host activities like snorkeling and diving are home to higher concentrations of sunscreen than less visited areas.

Many popular sunscreen ingredients like oxybenzone are known to bleach and kill coral reefs. In addition to harming reefs, the National Oceanic and Atmospheric Administration (NOAA) found that sunscreen chemicals cause reproduction, growth and immune system complications for wildlife.

Bans on sunscreen with harmful ingredients are already in place in a few areas. However, these ingredients are still present in many popular brands. Unfortunately, grabbing “reef safe” labeled sunscreen doesn’t solve the problem either, as the use of the term “reef safe” isn’t regulated. Instead, you’ll need to know the difference between safe and harmful ingredients.

Reef Safe Sunscreen

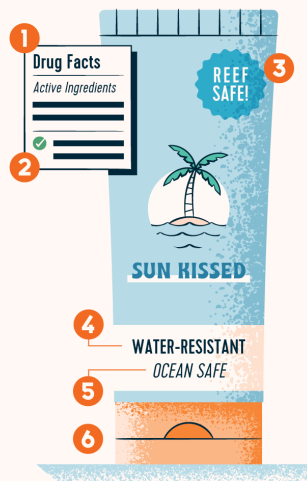
- ◇ Stream 2 Sea
- ◇ Mama Kuleana
- ◇ Raw Love All Natural Mineral Sunscreen
- ◇ Raw Elements Certified Natural Sunscreen
- ◇ Manda Organic Sun Paste
- ◇ California Baby
- ◇ All Good Sport Sunscreen

TOXIC SUNSCREEN INGREDIENTS

| Ingredient | Reef bleaching | Found in sea life | Inhibits sea plant growth | Tough to remove from the ocean |
|--|----------------|-------------------|---------------------------|--------------------------------|
| Oxybenzone | ✓ | ✓ | ✓ | ✓ |
| Octinoxate | ✓ | ✓ | ✓ | ✓ |
| Octocrylene | ✓ | ✓ | ✓ | |
| Parabens (Methyl Paraben, Butyl Paraben) | ✓ | ✓ | | |
| 4-methylbenzylidene camphor (4MBC) | ✓ | ✓ | | |

HOW TO PICK REEF SAFE SUNSCREEN

- 1 Check the label for toxic ingredients
- 2 Look for non-nanotized zinc oxide or titanium oxide
- 3 Don't fall for "reef safe" labels
- 4 Pick water-resistant sunscreens
- 5 Know that "ocean safe" mainly means "water resistant"
- 6 Avoid spray sunscreens



In addition to reef safe sunscreen, Seacamp recommends wearing rash guards when outside and in the water to reduce the amount of sunscreen needed for each program. Seacamp rash guards with SPF can be purchased upon arrival at camp.

HOW TO SELECT A SUNSCREEN

Choosing the right sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun.

SUNSCREEN IS AN IMPORTANT TOOL

in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.

1 in 5

Americans will develop skin cancer in their lifetime.



The American Academy of Dermatology recommends choosing a sunscreen that states the following on the label:



BROAD SPECTRUM

This means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause skin cancer.

SPF 30 OR HIGHER

This indicates how well a sunscreen protects you from sunburn.

WATER RESISTANT

While sunscreens can be "water resistant" (for 40 minutes) or "very water resistant" (for 80 minutes), sunscreens are not waterproof or sweatproof and need to be reapplied.



Most adults need about one ounce of sunscreen,
ENOUGH TO FILL A SHOT GLASS,
to fully cover their body.



SpotSkinCancer.org