



Mid-Winter Camp Packing List

- ★ Water bottle
- ★ Twin bedding or sleeping bag (extra blanket for cold days!)
- ★ Pillow & pillow case
- ★ Comfortable clothes & pajamas (bring layers!)
- ★ Jacket
- ★ Underwear & socks
- ★ Tennis shoes
- ★ Shampoo, conditioner, deodorant, etc.
- ★ Comb/brush
- ★ Towel & washcloth
- ★ Optional items: musical instruments, non-digital camera

What Not to Bring

- **NO** electronic devices, cell phones, iPads, etc. If these are brought to camp, they will be taken up and returned to parents at the closing.
- **NO** weapons, knives, firearms, fireworks, etc.
- **NO** illegal substances: alcohol, drugs, non-prescription drugs, tobacco products.
- **NO** money is needed during the weekend, and snacks are not allowed in the cabins.
- **NO** pets.

Camp Capers cannot be responsible for jewelry and other valuables or articles left or lost at camp.



Tips for Parents: Homesickness

Missing home and each other is normal, and it even happens among the staff and camp directors! Here are some tried and true tips for helping you and your camper(s) deal with missing home and each other and preparing them for fully investing in the camp experience!

It's important to talk with your camper before leaving for camp to discuss any worries they may have about being away from home.

Our staff foster a nurturing environment which will help alleviate any homesick tendencies, and homesickness is a topic of particular concern that we focus on during our staff training.

How YOU talk with your camper about their time away from home has the biggest impact on their outlook on their camp experience.

Please strive to be positive, upbeat, and keep the focus on your camper and the welcoming, accepting, and exciting time they can expect to have at camp.

Acknowledging you will miss them helps them know you care, but please pair it with positive, solution-based comments such as "We can't wait to hear from you when you write us letters!", "We know you'll have a great time and that makes us happy!", "We are proud of you for trying something new."

Please NEVER promise to pick up your camper or let them call home if they are not having a good time. This creates a barrier to your camper fully investing in the camp experience and all it has to offer.