



catholic youth summer camp

7550 Ramey Rd
Centerburg OH 43011
www.cysc.com

CYSC CAMPER PACKING LIST

PLEASE BE SURE ALL ARTICLES ARE MARKED WITH YOUR NAME

Items to Bring:

- Bedding
 - Pillow
 - Sleeping bag and/or bed linens and blankets (cabins are air conditioned, but lightweight linens are recommended for the summer heat.) Twin sized bunk bed with mattress is provided.
- Clothes
 - Casual and comfortable clothes for high-adventure activities (t-shirts, shorts). See modesty policy below for appropriate and dignified choices!
 - At least one pair of jeans/long pants for paintball.
 - Sweatshirt (in case it gets cool)
 - Appropriate sleepwear
 - Large trash bags for dirty clothes
- 2 pairs of shoes and/or sandals (that can get dirty and wet!)
 - Closed-toed shoes are required for activities
 - Flip-flops are discouraged because of impracticability and safety concerns
- Beach
 - Modest swimwear (one-piece/tankini for women; trunks for men)
 - 1 or 2 towels
- Hygiene
 - Bath towels and washcloth
 - Personal hygiene items: soap, shampoo, toothbrush, toothpaste, deodorant
- Miscellaneous
 - Water bottle!!!
 - Lightweight rain jacket or poncho (we play even in the rain!)
 - Sunblock; aloe/burn cream
 - Insect repellent; anti-itch cream
 - Baby wipes
 - Flashlight
 - Camera - disposable is best
 - Small backpack or drawstring bag to carry your gear throughout the day
 - Bible and rosary (we'll be praying with Scripture each day and a decade of the Rosary each night!)
 - Small notebook/journal and pen
 - A few first aid items such as bandaids, small package of antibacterial wipes. Tube of first aid cream (I.e. Neosporin) can be carried with the camper for convenience.
 - Spending money for snacks and merchandise from camp store (\$20-25 suggested). Note that vending machines only accept quarters and small bills.

Items to Leave at Home:

- Pocketknives or other item that could be considered a weapon
- **Snacks containing nuts!** Damascus is a nut-free facility and for the safety of all our guests, our kitchen staff will scan the labels of any snacks at check-in and confiscate any snacks processed with nuts. Nut-free snacks are available for purchase at the Snack Shack throughout the week.
- **Electronic devices of any type should be left at home.** They detract from the experience of a week of camp. Campers will not be permitted to have cell phones. Anyone choosing to bring these items to camp will have them confiscated and returned before leaving camp on the last day. (Our Head Counselors will be able to facilitate communication between you and your camper if the need arises.)
- Articles of clothing that display profanity, products or slogans that promote alcohol, drugs, sexuality, or indecency are prohibited. In addition, if there are any violations of the modesty policy outlined below, your camper will be asked to change, and if necessary, given something else to wear. Please check your child's bags before camp to save him/her the embarrassment and hassle of this having to be addressed.



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Modesty Policy: Clothing is to be modest, dignified, and appropriately suited to camp activities.

- Shirts are to be worn by men at all times except when appropriate for activity participation. (paint/mud/water...)
- It may be appropriate to wear compression shorts under loose fitting shorts to avoid awkward moments (climbing harnesses/impromptu headstands/zipline inversions/living the adventure).
- Spaghetti straps, short shorts (5 inch inseam is a good standard), midriff-revealing shirts, and open-back tops are prohibited.
- Shirts that are considered undergarments are prohibited when worn as outer layer.
- Leggings/Yoga pants should only be worn with special attention paid to modest/dignified presentation (longer top/shorts/skirt that covers the hips are super trendy and usually a good idea).
- If sleeveless shirts are worn, they must not reveal the chest or bra.
- One-piece suits or modest tankini style suits for swimming and aquatic activities are required for ladies. Trunks are required for men.

Important Note Regarding Medications:

- With the exception of asthma inhalers and EpiPens, no minor (under age 18) may possess any drugs, prescription or non-prescription, on their person or in their baggage at any time. Upon arrival at camp, all medications must be given to the nurse who will hold and disburse medications according to directives.
- Medications must be registered online with your camper's reservation. (On your account, click on the camper's name, and find the Medications option underneath.)
- All medications must be in original container with the attached prescription directives. Medications not in an original container cannot be accepted. It is requested that all medications belonging to one camper be placed in one zip-lock bag and clearly labeled with the camper's name.