



## What to Bring to Camp!

Your child should be prepared to wear casual play clothes and sneakers. Please send your child to camp with the following:

- Lunch: You may pack lunch or order lunch through our Vocational program for \$4.00/day.
- Water bottle: While we do have cups and water stations around campus, we recommend packing a water bottle to ensure campers are well hydrated throughout the day.
- Toiletries: Sunscreen, hair brush, diapers, wipes, and any other supplies you deem necessary to get ready after swim time.
- Medications: Each medication must be brought in its individual bottle/package with original label. Please make sure to pack enough for the duration of stay plus an extra dose.
- Swim Gear: Please pack a towel and a bathing suit. Variety will supply swim tubes and noodles, please pack any other adaptive swim gear needed.
- Clothing: Please pack extra clothing if your child is prone to accidents. Recommended clothing includes: shorts, pants, T-Shirts, socks, etc., \*Extra socks and underwear is always needed. DO NOT send new shoes or new MAFOS that may lead to blisters or redness.
- Adaptive Equipment: If you have sports chairs, adapted utensils, adapted tools/switches. Please send for use during activities. Counselors are trained in their use and it will ensure your camper has a successful stay at camp.
- Rain Gear: We find that ponchos work best (especially for wheelchair users), but please feel free to pack whichever works best for your child
- Personal Items: You are able to bring iPods, portable DVD players and cell phones if absolutely necessary, although we do not recommend this and they may be only used during down time.

**BE SURE TO CLEARLY LABEL ALL CLOTHING AND PERSONAL GEAR WITH YOUR FULL NAME.**

Variety Club Camp is not responsible for any lost or damaged personal property.