



# OVERNIGHT CAMP: WHAT TO BRING

## Clothing Items:

- Several pairs of shorts
- Several T-shirts
- Underwear and socks for a week
- One pair of long pants or jeans
- One long-sleeved shirt or sweatshirt
- Pajamas
- Rain jacket or poncho
- Swimsuit
- Two pairs of sturdy, close-toed shoes
- Sandals or flip-flops for cabin time or at the pool

## Toiletries:

- Toothbrush and toothpaste
- Shampoo and conditioner
- Soap
- Face soap/cleanser
- Sunscreen
- Bug repellent
- Bath towel and washcloth
- Beach towel to use at the pool
- Any medications you take

## Miscellaneous Items:

- Sleeping bag or sheets and a blanket
- Pillow and pillowcase
- Favorite stuffed animal
- Bible (we have extras if you don't have one!)
- Laundry bag for dirty clothes
- Flashlight and batteries
- Water bottle
- Hat and sunglasses
- Camera
- Paper, pens/pencils, stamps, and envelopes to write letters
- Book, coloring book and crayons, friendship bracelet string, or other quiet activities for FOB (rest time)

## Things to Leave at Home:

- Pets and animals
- Food, snacks, or candy
- Expensive/sentimental items
- Clothes that can't get dirty
- Money and wallets
- Electronic items such as cell phones, video game players, iPods, iPads, etc.

Remember: At camp, you'll be playing outside in the summer heat.

No need to bring your Sunday best!

At the beginning of the week, all campers will receive a drawstring bag so they can easily carry daily items like water bottles and swimwear.



# PACKING TIPS

## **Pack with your child**

Packing with your child is a great opportunity to build excitement about camp and to talk about any anxieties or concerns your child may have about their upcoming camp experience. You can also make sure they pack everything that they need to bring and leave the stuff that should stay at home, and your child will know where everything is.

## **Use the “What to Bring” list while packing and when coming home**

Use the checklist when you pack, and make sure you include any extra items your camper needs for the week (such as contact solution, contact case, and glasses.) When you’re finished, pack the checklist in your child’s luggage and instruct them to use it when they pack up their stuff at the end of the week. That way you can be sure that everything makes it home!

## **Choose what you pack in wisely**

Pack your camper’s stuff in something you will be able to carry a short distance from the parking area to the luggage drop-off area. We will transport luggage from there to the cabins. A duffel bag, suitcase, footlocker, or heavy-duty plastic tub with a secure lid are all good options. Pillows, bedding, or sleeping bags do fine in labeled plastic trash bags.

## **Label everything**

Put your child’s first and last name on everything with a permanent marker, including the luggage. If your child loses something, it may turn up in Lost and Found, which parents and campers can look through at the end of the week. All unclaimed items are disposed of or donated at the end of the summer, 2 weeks after the last camp session.

## **Pack appropriate attire for camp**

Pack clothing that is comfortable in hot summer weather, suitable for outdoor play, and able to potentially get wet or dirty. Campers should not pack clothing that promotes/depicts alcohol, tobacco, drugs, sexual behavior, or inappropriate language.

## **A note about swimsuits**

We prefer that male campers wear swim trunks/shorts rather than Speedos and female campers wear one-piece suits rather than bikinis. These types of suits are generally more secure while playing in the pool.

## **Keep your medication separate**

All medications (prescription, non-prescription, and over-the-counter) are held and dispensed by the camp nurse. Please pack them separately from your luggage. At check-in on Sunday, you will turn them over to the nurse.