

# What to Bring: Day Camp

Dear Parents and Campers,

We are excited that you will be joining Day Camp this summer! The following is a list of clothing and equipment you will need to bring each day. **Put your name on everything you bring!**

Note: Please leave all jewelry and other expensive belongings at home. Cell phones, iPods, electronic games and devices, hair dryers, knives, lighters, and matches are **not permitted at camp**. Our programs are designed to give you a chance to “unplug” and enjoy nature to its’ fullest! UMaine4HC is not responsible for the damage or theft of these items. We will be providing lunch, snacks, and drinks. Please do not send food (including candy and gum).

\*UMaine4HC is not responsible for damage to, or theft of these items.

## Necessary Items:

*Note: Campers must have a backpack to carry their belongings in each day as we go on hikes, and move around for lessons and activities. Synthetic clothing items such as microfleece, compress well and take up less space, so think multipurpose layers.*

- 1 wool or synthetic fleece top or sweatshirt (non-cotton items keep people warmer when wet)
- Rain gear: top and pants (avoid gear with cotton lining and large cumbersome ponchos that restrict movement)
- sturdy footwear (sneakers, hiking boots)
- towel
- sunscreen
- water bottle (with your name on it)
- swimsuit (camp appropriate)
- hat with visor
- extra change of clothes

## Optional Items:

- Water shoes or sandals (used during waterfront activities)
- Spare glasses (if you wear them)
- Sunglasses (with strap)
- A hip pack or small day pack to carry water bottle and small items

# UMaine 4-H Camp and Learning Center Safety and Respect Policies

At Bryant Pond, we are committed to providing a physically and emotionally safe learning environment where each individual is respected and valued. Bullying, fighting, aggressive behavior, or lack of respect for any leader's safety instructions and procedures **will not be tolerated**.

## Personal Conduct Expectations

We **expect** campers at UMaine 4-H Camp to:

1. Accept individual differences and refrain from offensive or threatening language
2. Encourage teamwork and creative problem-solving
3. Seek help if he or she is the object of teasing or inappropriate behavior
4. Respect the property of others
5. Understand that physical contact is limited to organized activities
6. Listen to and abide by all safety instructions and activity procedures
7. Care for the Camp's property and equipment.
8. Leave weapons, knives, and other dangerous objects at home\*
9. Refrain from the use of tobacco, alcohol, or controlled substances. All are prohibited at Camp.

\* UMaine4HC provides and supervises the use of appropriate knives and tools for camp program activities.

**Consequences:** Counselors will notify a Director when a camper/student is violating safety and respect policies. We will speak with the camper and, when possible, attempt to create solutions that will lead to positive changes in behavior. If a child's actions compromise safety or the successful operation of camp programs, the camper may be asked to leave before the end of the program. We do not refund for early dismissals for behavioral reasons.

## Other Policies

**Telephones:** Because we have a very active schedule and have many children at Camp, we have limited phone access. We do not have pay phones or separate phones for use by campers and cell phones are not permitted at camp. In general, we have found that campers adjust more successfully to life away from home if they avoid phone calls. In the event of an emergency or special situation, campers will have access to a phone.

**Food:** In order for us to maintain a safe and sanitary camp environment, please do not send any candy, food, or drinks to camp with your child. The presence of food in bunkhouses and tents attracts unwanted wildlife such as mice, raccoons, and skunks! In the event that something is brought to camp that should not have been, it will be removed, labeled, and returned to parents at the end of the week.

**Camp Store:** Please visit the camp store on Friday during pick-up for T-shirts, hats, journals, and other camp items. If you have any questions regarding these policies, please feel free to contact our Camp Directors, at 207-665-2068.