



Summer Camp Essentials Guide

PLEASE PUT YOUR CHILD'S NAME ON EVERY ITEM

Each camper will need the following:

ACADEMIC

- 2 – Spiral notebooks with 100 pages each
- 1 – Pencil case with several #2 pencils, 1 eraser, 1 blue pen and 1 red pen
- 1 – Flash drive (16-GB)
- Crayons (grades 1-3)

Other recommended items:

- A personal cooler for lunch. Please remember to include an ice pack to keep perishable items at safe temperatures.
- A large gym bag to carry extra apparel, school items and athletic equipment
- A wet bag for swimming items
- A personal beverage jug. Please keep in mind, campers will have access to filtered water throughout the day.

Important points:

- Appropriate attire must be worn during camp at all times.
- It is not a good idea to bring valuables to camp.
- **Please do not bring peanuts to camp. No peanut butter sandwiches, chocolate or candies. We maintain a nut and peanut-free environment peanuts due to the severe allergy risks for several of our campers.**

Inappropriate Attire:

- Jeans, jean shorts
- Ragged or cut-off shorts
- Tank Tops (see appropriate attire – sleeveless top)
- Tops that do not cover the waist
- Dress or top with a racer back design
- Torn shirts
- Undergarments or tights which extend below the short/skirt (Exception: compression shorts which are unadorned and of a single color)
- Clothing, headwear or other apparel with inappropriate pictures or verbiage

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Jewelry/logos/headwear:

- There is no restriction on jewelry worn by campers.
- There is no restriction on a single partial/whole manufacturer's logo/trademark (i.e., Nike swoosh, Adidas symbol etc.)
- When caps or visors are worn, the bill must be worn forward.
- Headbands may be worn (not to exceed two (2) inches. Bandanas and do-rags are not permitted.

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Core Activities

The following are the daily attire and supply recommendations for the various core activity (afternoon) segments of camp.

SWIMMING:

- Pool deck shoes
- 1 piece swim suits
- A towel
- A wet suit bag

GOLF:

- **Daily utilization of a fitted set of clubs is complimentary with enrollment in the program.**
- Golf shoes or a cross training style gym shoe
- Socks
- T-shirts or polo style shirts – Cotton
- Walking shorts or Khaki pants
- Sunglasses
- Sunscreen
- A change of clothes in the case of an unforeseen accident. A plastic rain jacket is also a good idea during brief rain delays.
- Hats are mandatory

Note: All clothing should be light in color and loose fitting.

TENNIS:

- Tennis shoes (not running shoes)
- Socks
- T-shirts or polo style shirts – Cotton
- Walking shorts
- Jogging pants – Nylon and/or Polyester
- Sunglasses
- Sunscreen
- A change of clothes in the case of an unforeseen accident. A plastic rain jacket is also a good idea during brief rain delays.
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BASKETBALL:

- Basketball shoes (with full ankle support- recommended)
- Socks
- T-shirts or polo style shirts – Cotton
- Basketball shorts
- Jogging pants – Nylon and/or Polyester
- Sports bra for girls/Jock strap boys

SOCCER:

- Running shoes or Soccer Cleats
- Soccer Socks (long)
- Shin Guards
- T-shirts
- Running shorts
- Jogging pants – Nylon and/or Polyester
- Sunscreen
- A change of clothes in the case of an unforeseen accident. A plastic rain jacket is also a good idea during brief rain delays.

VOLLEYBALL:

- Cross-training shoes or Volleyball shoes
- Knee Pads
- Ankle brace
- T-shirts
- Running shorts
- Jogging pants – Nylon and/or Polyester
- Sunscreen (for beach volleyball segments)

MODERN DANCE:

- Black tank leotards
- Flesh-tone footless tights
- Black dance shorts

TRACK & FIELD:

- Running Shoes
- T-shirts
- Running shorts
- Sunscreen

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TUMBLING:

- Shorts
- T-shirts
- Gym shoes

TAEKWONDO:

- Woori T-shirt (to be worn every class segment; 1 will be provided additional shirts can be purchased for \$15)
- Comfortable bottoms (sweatpants or shorts)