

What Do I Wear? - What Do I Bring?

Wear t-shirt, shorts, and tennis shoes. You will get dirty! Please wear tennis shoes instead of sandals; we are very active and tennis shoes will work better.

Bring **LUNCH** – pack a small cooler or lunchbox with your child's name on it, no glass containers please. Suggestions: instead of ice, freeze water in small plastic bottles (children can drink it later).



SNACKS – There will be a morning and afternoon snack time. Send appropriate snacks and drinks; fruit, granola bars, string cheese, carrots and dip, etc. We have a water fountain on site; however, please send additional water, juice, or Gatorade.

Please send a **BATHING SUIT** (no shorts, boys bathing suits must have a drawstring), **TOWEL**, and **SUNSCREEN** everyday for swimming and water activities. Please instruct your child about the importance of applying sunscreen. Apply before you leave for camp each day and the counselors will remind campers to reapply after water activities. Put your child's name on all items.

We can't stress enough, the importance of **SUNSCREEN** and **HYDRATION**. Please send plenty of water and sunscreen DAILY. Encourage your child daily to drink plenty of water. The camp staff will allow your child to drink water anytime he/she needs to.



VALUABLES – Personal equipment such as cell phones, iPods, mp3 players, CD players and hand held electronic games should not be brought to camp. Also, the camp staff can assume no responsibility for the safeguarding of money and/or personal electronics. Children should leave all sentimental, monetary or items of personal value at home (i.e., electronics, toys, etc.).

MEDICATION – We will keep medication on a daily basis in a locked box. Medication will be given out at lunch time only (except for extreme circumstances). Please send medication in its original medicine bottle or package. Be sure it is clearly labeled with your child's name on it, the name of the medication, and the dosage amount. The parent must give it to one of the camp staff each morning. There is also a form you will need to complete the first day your child attends camp.



A Smile is Required Every Day!

