



Clothing

- Clothes suitable for outdoor play
- Spare change of clothes (especially socks)
- Sneakers or closed-toe shoes
- Warm jacket, fleece or hoodie
- Baseball cap or sun hat
- Backpack

Personal Items

- Bug Spray
- Sunglasses
- Sunscreen
- Water bottle

Lunch & Snacks

Please send a water bottle, healthy snacks, and a nutritious cold lunch with your child every day.

We recommend a sandwich, fresh fruits and vegetables, crackers with cheese, muffins, boxed milk, and 100% fruit juice. Please do not include high sugar/fat foods such as candy and soda, or meals that require a microwave.

Lunch & Snacks

All lost and found items will be held at camp for two weeks. Items not picked up by that date will be donated to a charitable organization. Socks, undergarments, and hair brushes will be thrown away.

Medication

Do not pack. Please put all of your medication containers in a ziploc bag, mark with camper name and bring to camp check-in.

All medications (including vitamins, cough drops, and others) must be in their original container with instructions for administration.

Do Not Bring

- Flip-flops or sandals
- Cell phones or tablets
- Headphones
- Electronic games or music players
- Money
- Pets
- Toys
- Matches or lighters
- Weapons
- Fireworks
- Cigarettes or e-cigarettes
- Alcohol or illegal drugs

Any restricted items will be held in the camp office and returned to parents at check-out.