

**RECOMMENDED ITEMS TO BRING** (Make sure you label everything with your name.)

- a personal, reusable WATER BOTTLE, labeled with your name
- suitable camp clothes (pants, shorts, t-shirts, sweatshirts, jacket, fleece, sweater, adequate socks & underwear). Jeans are fine to wear at camp on Monday or Friday, but quick dry fabrics are preferable for the canoe trip.
- sleeping bag and pillow as well as a "thermarest" or something similar (max. 1.5" thick)
- bathing suit and a towel
- shoes and a pair of "water shoes" or old sneakers to wear in the lake
- toothbrush, toothpaste, soap, biodegradable shampoo, comb or brush, sunscreen, etc.
- insect repellent, long-sleeve shirts and pants and/or a **bug jacket and bug hat (if available)**
- small day pack or fanny pack
- rain jacket or poncho
- warm pajamas
- Optional items- notebook, pen/pencil, camera (in a waterproof bag), flashlight, quiet time activities (books, cards, etc.), sunglasses

**ITEMS NOT TO BRING:**

- Thick air mattress (we won't have room for it!)
- Cigarettes, alcohol, non-prescription drugs or knives.
- Video games, cell phones/pagers, unsuitable books/magazines, radios or CD/MP3 players.
- "Junk food". We provide all the food and snacks that you need and food kept in the cabins and/or food garbage only attracts unwanted critters.

If any of these items are found, they will be taken away and returned to you at the end of camp. Please ensure that you **do not bring any head lice to camp**. *Due to public health concerns any children who are found to have lice at camp must be sent home immediately.*

**Parents/Guardians please note:**

- There is no Snack Shop so do not send money or food. Snacks will be provided throughout the week.
- Due to issues of safety and security we discourage telephone calls (in or out) and visits. If your child is homesick we will try to help your child have an awesome time at camp. If nothing is working, the directors will contact you to determine how best to assist your child.
- Lost and found articles should be picked up at the end of each camp. Unclaimed lost & found will be kept until the end of September and then re-cycled!
- Campers are to arrive at camp between **4:00 pm and 5:00pm on Sunday**.
- Campers should be **picked up by 10:30 a.m. on Friday**. Please join us for **Camp Wrap-Up beginning at 9:30 a.m.**
- Any questions? Call Anick, Cell: (709) 897-7007