

# What to Bring to Summer Camp

***Double check that everything is labeled with your name!***

- Signed Physician Instructions / Medication Form** (ONLY if medication is sent with camper)
  - If your child has any prescription or over the counter medication he/she must take while at camp, you **MUST** complete the camp medical form and your doctor must sign and be returned
- Sleeping bag/sheets, blanket, pillow
- Bath towel & washcloths
- Shower shoes
- Personal toiletries – soap, shampoo, toothpaste, toothbrush, deodorant, comb, brush, etc.
- Clothing (enough for 4 days) underwear, socks, shorts, t-shirts, pants, sweatshirts & jacket, PJ's, etc. (evenings can get cold)
  - Bare midriffs, spaghetti straps or t-shirts with offensive language and pictures on them will NOT be allowed.
- Comfortable closed-toed shoes. (sandals may only be worn to and from the pool)
- One piece bathing suit for girls/ trunks for boys
- Beach towel (used for pool)
- Flashlight (bring extra batteries)
- Bible, notebook & pen (if you have these)
- Water bottle
- Camera/film (no cell phones allowed)
- Sunscreen
- Chapstick
- Jacket
- Hat

***\*\* Storage space on busses is limited, so please limit each child to one suitcase or bag and their sleeping items\*\****

## **What NOT to bring:**

**We WILL confiscate all these items immediately upon your arrival**

- Ø **NO** food, drinks, candy, gum
- Ø **NO** cell phones, radios, iPods, or electronic gear
- Ø **NO** matches, lighters, fire starters, pocket knives, or any weapons
- Ø **NO** cigarettes, drugs, marijuana, alcohol or any other illicit/illegal substances (If found camper will **IMMEDIATELY** be sent home without reimbursement to parent)
- Ø **NO** money, there is nothing to buy at camp and we don't want it to get lost
- Ø Anything that is irreplaceable if it were broken or misplaced

**WRITE YOUR NAME ON EVERYTHING!**

***Youth Helpers is not responsible for lost or stolen items***