

## WHAT TO PACK

The following is a suggested packing list for a week of camp. Please limit your child to one (1) piece of luggage, a sleeping bag and small personal bag (backpack size or smaller), as space for luggage is extremely limited. Campers staying for both weeks will have the opportunity to do laundry on Sunday July 1.

### Essential Items

- Warm sleeping bag (30 degrees plus)
- A pillow
- A pair of pajamas/sleeping clothes
- Two pairs of old tennis shoes or sandals with backstraps for daily wear (no flip flops)
- One pair of sturdy shoes that can get wet
- Two pairs of long pants
- Three pairs of shorts
- Six t-shirts
- One warm jacket
- Eight pairs of underwear
- Seven pairs of socks
- One or two sweatshirts or long-sleeve shirts
- Water bottle
- A bath towel and washcloths
- A beach towel
- Shampoo, soap, hairbrush/comb
- Toothbrush & toothpaste
- Swimsuit (trunks for boys, one piece for girls)
- A flashlight (headlamps are great)
- Lip balm
- Sunscreen and insect repellent
- YMCA Rag (if camper has one)

### DON'T LET THE BEDBUGS BITE!

To reduce the risk of bringing bedbugs to or from camp, we recommend using a duffel bag and putting it, along with campers clothing & bedding, in a dryer on high heat both before departure and upon return.

### Non-Essential Items, Great Extras

- A camera (disposables are a good idea)
- Books, journal and pen
- Paper, envelopes or postcards and stamps for letters (pre-addressed envelopes work well)
- Sunglasses
- Hat
- White 100% cotton t-shirt for tie-dying

### Do Not Bring

- Cell phones or electronic devices
- Music players or video games
- Food, drinks, candy or gum
- Magic the Gathering Cards, or similar
- Knives, lighters, matches or weapons
- Valuables

### The Following are strictly prohibited

- Weapons (includes camping knives, etc.)
- Drugs or drug paraphernalia
- Alcohol
- Cigarettes and tobacco
- Fireworks

If any of these items are discovered by staff they will be confiscated and the camper will need to be picked up immediately by parent or designated emergency contact.

#### Pro Parent Tip

*Bring a copy of your Health History, Medication Form, and Liability Waiver just in case we don't have them.*

### Lost and Found

Lost and found is available for campers to check daily and is displayed on the last day of camp. Please label your camper's clothing. After camp, unclaimed lost and found will be available at the Hilltop YMCA until August 30. Please do not send valuables to camp!