

## Packing Your Camper for Camp...

The first step to having a good time is to pack the right stuff. Please remember:

- At camp campers play and get dirty, so please send your camper with the appropriate clothes.
- It is a good idea (and highly recommended) that your camper participate in packing her own duffel bag (please, **no suitcases**) and sleeping bag so she will know what she has, where it is and how to fit everything back in when she goes home. When returning home, she will need to pack her own bag(s).
- Mark her gear, so that her stuff can find her if she is unable to find it on her own.
- Use the packing list as a guide. What your camper brings depends on her personal habits.
- Please do not feel obligated to go out and purchase items. Be creative and substitute anything that will fill the need.

**Mark everything with your camper's name, the name of the program she is in, and phone number.**

- Plate, bowl, cup, silverware in a plastic bag ( or a mess kit)
- Reusable Water bottle
- (2 pairs of sturdy shoes (tennis shoes and/ or hiking shoes or boots with shoelaces and traction)
- Shorts
- T-Shirts **with sleeves that also cover the midriff/stomach** (sleeveless shirts cannot be worn)
- 1 pair of jeans or long pants (2-3 pair if in the horse program)
- Socks and underwear (enough for each day and a few extra)
- Warm pajamas (nights get cold)
- Hat or cap **with brim** ; no visors
- Bandana or Scarf
- Warm jacket
- Sweatshirt
- Sleeping bag (no character/slumber bags) and extra blanket
- Pillow and pillowcase
- 2 towels (one for swimming, one for bathing)
- Swimsuit (2 piece is fine)
- Lip balm (with sunblock of SPF 15 or above; PABA free is suggested - no Vaseline)
- Sunblock (SPF 30 or above)
- Toilet articles & bag: soap, toothbrush, toothpaste, lotion, comb, brush, shampoo, shower shoes (flip flops, etc.)
- Flashlight/Headlamp & **extra batteries**
- Backpack - a must, used daily (Please do not send a small purse-like backpack)
- Stationery, postcards, stamps (pre-addressed envelopes and post cards are best)
- Insect repellent (lotion only - no spray) Check for allergic reaction before packing.
- Poncho, rain gear for unpredictable showers!
- Camera and extra batteries
- Book for down time
- Stuffed animal to keep in her bunk (optional)

**Your camper should bring her backpack on the bus. It should be packed with a sack lunch, water bottle, hat, towel, sunscreen, and swimsuit.**

## Items to NOT bring up to Camp Scherman

- Money (there is no place to spend it)
- Food or candy (except what is brought for lunch on the first day)
- Any type of aerosol spray can
- Tank tops, strapless tops
- Visors
- Suitcases
- Personal sports equipment
- Spray bottles (the mist dries out skin, also causes sunscreen to run)
- Drugs or alcohol
- Weapons
- Curling irons, blow dryers, straighteners
- Cell phones (there is very limited service)
- Electronics such as iPad, iPod, e-readers: Kindle, nook GSOC will not be responsible for the loss or damage to those items if they are brought up to camp.
- Sandals, open-toe shoes, or "heely" shoes
- Valuables of any kind
- Pets

