



Summer Day Camp To-Bring List:

While we have an indoor space to use in emergencies, please be aware that – rain or shine – we will be outside for the majority of our time together. It is therefore essential that each child comes prepared with the appropriate clothing and enough food to have a fun day.

****If your child arrives at camp without the proper gear, our staff may determine that it is not safe for them to stay and they will be sent home (no refund will be issued).****

If possible, please label ALL items with your child's name.

What to bring?

- Weather appropriate and **layered clothing** that can get wet and/or muddy. Even on a hot day, children need a **warm, non-cotton layer** in case it rains or they get cold. Cotton steals away body heat when wet and takes a long time to dry. Even in hot weather, **long pants** are good to wear as they can protect legs from poison ivy, mosquitoes, and ticks. **Please pack extra dry layers** in a sealed plastic bag in your child's backpack. Refer to our [Weather Dressing Chart](#) for more information on how to dress for all kinds of weather.
- **Socks**, preferably thin wool or a synthetic (like polyester or polypropylene). Please avoid sending your child in cotton socks especially if the forecast calls for chilly and/or wet weather. **Pack extra socks** in a plastic bag in your child's backpack.
- **Durable rain gear**, including a waterproof jacket and pants, or suit, along with rain boots.
- **Footwear** that lets your child run around, splash in the creek and also hike through the woods. In warm and dry weather, send your child in **sturdy and durable shoes or hiking boots** but **also** pack shoes they can wear in the creek (**rain boots or close-toed water shoes/sandals with a back strap, such as Keen sandals.**) **Please no flip-flops or Crocs; open-toed sandals are not recommended either.** In wet weather, your child should wear **rain boots or outdoor sandals that can get wet.** Refer to our [Weather Dressing Chart](#) for more information on footwear.
- **Snacks and lunch*** in an easy-to-carry container (like Tupperware or a lunchbox) that can fit in a backpack. Heating food on a campfire may NOT be an option this year; please do not pack food that would rely on a fire to be cooked.
- **Water bottle(s)** that can hold about 1 liter/32 oz.
- **Small, non-breakable heat-safe cup** for drinking wild tea.
- **Sunhat** (like a baseball cap) to keep cool and protect your child's face from the sun.
- **Sunscreen and/or bug repellent** that will be kept in your camper's backpack.
- **Small backpack** to hold your child's gear that fits well and is easy for them to carry. Backpacks with zippers and padded straps are best.

Optional Items

- Field guides
- Primitive crafts or tools
- Bandanas
- For campers 8 years and older: a fixed-blade carving knife with a secure sheath. Knives must be checked in with an instructor during drop-off/check-in.

What *NOT* to bring?

- Folding knives and other potentially hazardous items.
- Cell phones and other electronic devices are not recommended. If you must send your child with a cell phone, it must stay in the participant's bag out of sight with the ringer turned off during the program so as not to disrupt other campers.
- Pokemon or other trading cards, as they distract from the program and often create conflict and can easily be damaged or lost.
- Do not bring gum. Gum is a choking hazard in such an active program, and it creates litter.
- Sentimental items that can easily become dirty, damaged, or lost. We understand that children like to bring items from home such as a stuffed animal for comfort, but due to the nature of our outdoor programs there is a high chance that these kinds of items may be damaged or lost.
- Money or valuable items that may be damaged or lost.

If possible, please label all items with your child's name.

While bringing snacks/treats for the whole group is a nice gesture, in order to account for food allergies and dietary restrictions please do not bring items intending to be shared unless you have confirmed this beforehand with your camper's instructor.

Please note that it is not necessary to purchase any of the items above as new. Check out local thrift stores or ask family and friends for hand-me-downs. If you are looking for new gear, below is a list of some of our favorite brands, some of which are available locally (Ithaca, NY).

For rain gear- [L.L. Bean](#) , [Puddlegear](#) , [Biddle & Bop](#), [Polarn O. Pyret](#)

For rain boots- [The Original Muck Boot Company](#) (can be found at Agway), [Bogs](#) (sold at Fontanas), [Kamik](#) , [L.L. Bean](#)

For other gear- REI, L.L. Bean, [Mama Goose](#)

Camper Medication:

- **Bringing medications to camp:** All medications (prescription and over the counter) must be in their **original container** and must be accompanied by a patient-specific written note from the doctor.
- Please **pack only the number of medications in the container required for one week of camp**. *Store medication and doctor's note in a clear plastic bag with your camper's name on it.*
- **Medications will be checked in Monday morning of each week** of camp, and non-emergency medications (except EpiPens & inhalers) are preferred to remain at camp throughout the week. Please make sure to have the doctor's note with you at check-in. When camp is over on Friday, be sure to sign out your camper's medication.
- **Medication administration:**
When you sign your camper into camp, a designated instructor will sign in any medication (including over-the-counter medications) and will put it into a lock box until it is needed by your camper. We are not able to administer medications, all medications must be **self-administered** by the camper.