

What To Bring - Day Camp

- Sack lunch (**no peanuts or tree nuts. This is a peanut free camp.**)
- Shorts
- Swimsuit: one-piece for girls, trunks for boys (YMCA camp policy)
- Sandals or old shoes for the beach
- Towel
- Fanny Pack or Backpack
- Insect Repellent
- Sunscreen
- Rain jacket
- Please wear long pants and closed toe shoes for horses (at 8:30)
- Pick-up and drop-off times and locations will be provided at intake.

For overnights: sleeping bag or sheets/blanket, pillow, pajamas, toothbrush/toothpaste, long sleeves or jacket for campfire, clothing for the next day (including long pants, close-toed shoes, swimsuit/towel), comfort item needed to sleep Please do not bring: camping knives, firearms, or valuable possessions. **Note: Campers are not to bring cell phones or electronic games**

What to Bring - Overnight Camp

The following is a suggested list of things to bring to camp for the week. You may choose to add to the clothing list depending on your own personal preferences. Please label all items. You may mail or bring mail to be delivered to your camper throughout the week. (There will be boxes marked each day of camp to place your mail and packages in at intake.)

- Sleeping bag or sheets and blankets
- Pillow
- Pajamas
- Shoes (2 pair): tennis shoes/closed toe shoes, older tennis shoes or sandals to wear in the water. Flip flops should not be substituted for shoes
- 4-6 pairs of shorts
- 2-3 pairs long pants
- 2 long sleeve shirts
- 4 short sleeve shirts
- 6 underwear sets
- 6 pairs of socks
- Jacket or windbreaker
- Swimsuit: one-piece for girls, trunks for boys (YMCA policy)
- Raincoat, rain suit or poncho (Necessity)
- 2 towels and washcloths (beach and shower)
- Bathroom kit (in bag or container): soap, shampoo, brush, comb, toothbrush, toothpaste
- Hat or sunglasses (optional for heat and light sensitivity)
- Flashlight or headlamp with batteries
- Insect repellent
- Sunscreen
- Fanny pack or backpack (necessity)

Additional items to bring, but not essential: pencil, paper, envelopes, stamps, journal or notepad, camera, books. Please do not bring: camping knives, firearms or valuable possessions. Please do not sent food with your camper. (This is a peanut/tree nut free camp) **Note: Campers are not to bring cell phones or electronic games/devices.**

What to Bring - Challengers

- 2 pair of shoes- one that is suitable on rough terrain and can and will get wet (i.e. old tennis shoes or hiking boots) and one pair of dry shoes- these are to be worn at camp/land. NO FLIP FLOPS
- 2-3 pair shorts
- 1 Swimsuit: one-piece for girls, trunks for boys (YMCA policy)
- 1 pair of long pants (quick drying fabrics are best) –No Jeans please
- 3 pairs of wool blend or synthetic blend socks. If wearing during the day these will wet. Cotton takes the longest to dry; synthetic/wool socks dry faster.
- 2-3 t-shirts (tank tops are not recommended due to extra areas to apply sun block)
- 1 long-sleeve shirt/fleece or sweatshirt
- 5 pair of underwear
- Women- 2 bras
- Sleeping apparel- comfy shorts/t-shirt, or PJs, etc. Pants are best as they help to block mosquitos.
- 1 sturdy water bottles (camp can provide if you do not have one)
- Sleeping bag (light weight & stuffable. Not down) –camp can provide if you do not have one
- Rain jacket & pants are recommended (ponchos will also work)
- Toiletries (toothbrush & toothpaste, hairbrush, hair ties, feminine products, etc.)
- Insect repellent
- Bandanna or hat
- Flashlight or headlamp
- Sunglasses with sports strap so they do not fall in the water
- SUNBLOCK IS A MUST & Chapstick (optional)
- Camera (optional) Disposable/waterproof are best
- Journal or notebook with pen or pencil (optional)
- Book or SMALL portable game or crossword puzzle book for down time. **No electronics!**
- Fanny pack to hold small items while canoeing- camera, sunscreen, engine changers, etc
- Fishing gear (Optional)- however do NOT bring large tackle boxes. Please put any tackle in a small, easy accessible box. What you bring, you MUST carry. Depending on the full amount of gear for the trip, the counselors and OT will determine if it is safe to bring this equipment. Poles can EASILY get broken.

Please note that cotton shirts/pants/socks/ jeans become heavy when they are wet and take a long time to dry- if you have clothes made out of synthetic/dry wicking material that is best but not mandatory.

We will spend the first night typically in camp cabins and leave for trail in the morning. We return on Friday and we will ALL shower! Please pack the following for our return. These will not go on trail with us and will stay in a cabin until we return:

- Shower toiletries- shampoo/conditioner/soap for when returning to camp
- Towel- towels are not brought on trail- they get wet and HEAVY and are difficult to pack
- A clean outfit to return home in (shorts, t-shirt, socks, etc)
- Money- under \$10 dollars for any camp items/treats for when we return to camp. You will as a family have a chance to visit the camp store on the last day after exit interviews so Money is NOT mandatory.

Please **DO NOT BRING:**

- Cell phones- The OT and a counselors will have their cell phones/emergency alert system with them at all times!
- DS/ Portable video games, Ipods/Ipads or any other electronics
- Jewelry
- Anything of value- things can and will get wet and/or lost
- Food- we will pack the food that we need. The OT will always pack any engine changers that your camper may need or want. Hidden food results in curious outdoor animals! (**No peanuts or tree nuts. This is a peanut free camp.**)

When we pack for trail, each child will get one dry bag to put their above belongings in AND their sleeping bag in. Then 2 campers share a Duluth pack to put both dry bags in. **PACKING SPACE IS LIMITED. Counselors and OT will help each camper pack for the trip when they arrive at camp.

**Please be mindful of the weather- if it becomes cooler that week- please bring an extra pair of quick drying pants and less shorts. Same with long sleeve shirts.

Medications:

If your child is on medication, please let base camp and the Avanti doctor/nurse know. The OT on trail will be in charge of dispensing it. Please bring name of medication and dosage as well as the medication in original medication bottles. You can put in a weekly dispensing container otherwise the OT will separate meds into daily envelopes for each child. Also please let the therapist know if there are any side effects/special directions to be mindful of- i.e. take with food, higher probability of sun sensitivity, etc. Please also let Camp AND the OT know if a child has an Epi-pen, inhalers and/or extreme allergies. When you arrive at camp, you will still see the doctor and nurse and tell them about the medications. However, you will NOT give them your child's medications- you will bring to the OT at the intake interview.

If you have any questions regarding this packing list or the trip in general- please do not hesitate to call or e-mail.

Julie Kwasiborski- OT on trail

Cell 847-826-2083**I will have this on trail for emergency purposes only, but it will not be turned on. We have GPS locator so base camp will always know where we are.

Email: Julie@therapeuticlinks.com