

# “Things to Bring to Camp” List

## Nature Adventure Day Camp

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Please bring the following items to ensure that you have a great time at camp. For more information please call us at (715) 824-2428.

### Clothing

Appropriate clothing for the weather  
1 Bathing suit  
1 Swim towel  
1 Extra change of clothing (esp. for little tykes)

### Shoes

Old tennis shoes or strap on sandals to get dirty/wet  
Hiking boots or comfortable, sturdy tennis shoes

### Other Important Stuff

Rain gear  
Water bottle (a durable one)  
School size backpack or daypack  
Put on sunscreen before arriving  
Plastic shopping bag for wet gear

### Optional Items

Camera/film (Please label disposable cameras with camper's name)  
Swimming goggles  
Fishing rod and tackle  
Bandana or hat  
Sunglasses

### Do NOT Bring

Illegal drugs, alcohol, firearms,  
knives, any sort of weapon  
Expensive jewelry  
“Good” clothes  
Food, candy, pop, or gum  
I-Pods or radios  
Cellular phones or pagers  
Hand-held electronic games  
Any thing else that would be considered  
inappropriate for a camp setting  
(i.e. portable computers, etc.)  
\*You do not need to bring first aid supplies like  
band-aids, aspirin/non-aspirin, or antibiotic cream;  
our staff will have those available.

**Medications:** If you have non-prescription or prescription medications to take while at camp, **please bring them in a clearly labeled, original container.** (State law requires that all medication brought to CWES be in their original container.) **Written instructions must be provided** for dispensing the medication. If you can bring your info sheet on your medicine from your pharmacy, it is very helpful to us as an extra reference. All trained health staff will dispense medications. Medications will be kept locked in the Health Lodge to ensure the safety and privacy of campers. Asthma inhalers, bee sting kits, insulin injection needs, glucose tablets, and glucagon kits can be kept with the child.

**Lost and Found:** Please be aware that CWES is not responsible for lost or stolen items.

**Trading Post:** For your convenience our trading post will be open from 4:00 PM until 5:00 PM for you to shop before pick up or to shop with your camper.

**See you soon!**