

# "Things to Bring to Camp" List

## CWES SUMMER ADVENTURE

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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. **Attention participants in Earth Explorers Camp:** Please note that your camp differs in duration and you will not need the same number of items (i.e. 4-5 pairs of shorts) as someone staying at camp for a week-long camp.

### Clothing

- 5-7 Pairs of socks
- 5-7 Pairs of underwear
- 5-6 Short-sleeve shirts
- 4-5 Pairs of shorts
- 1 Jacket or windbreaker
- 1 Long sleeve shirt
- 1 Sweatshirt or sweater
- 1-2 Jeans or other heavy pants
- 1 Pair of pajamas
- 1-2 Bathing suits
- 1 Bandana or hat

### Shoes

- Old tennis shoes or sandals that strap all the way around your foot
- Hiking boots or comfortable, sturdy tennis shoes
- Shower shoes/sturdy water sandals

### Bathroom Items

- 2 Towels for bathing and the beach
- 1-2 Washcloths
- Soap
- Shampoo/conditioner
- Toothbrush/toothpaste
- Hairbrush/comb

### Other Important Stuff

- Rain gear
- Water bottle (a durable one)—or buy one at CWES
- School size backpack or daypack
- Sunglasses
- Sunscreen

### Bedding

- Sleeping bag and Pillow (**required**)
- Sheets/blankets for standard mattress (Optional)

### Optional Items

- Flashlight
- Camera/film (Please label disposable cameras with camper's name)
- Swimming goggles
- Insect repellent
- Water shoes/socks/slippers
- Small musical instruments to share at campfires (guitar, single drums, etc).
- Letter-writing material and stamps
- Book, journal
- Fishing rod and tackle

### 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 medications will be kept locked in the Health Lodge to ensure the safety and privacy of campers. Trained health staff will dispense medications. 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. **Please put your child's name on EVERYTHING they bring to camp.** This helps our camp staff tremendously with lost and found items.

**Trading Post:** We will collect campers' money on the first day of camp so they don't have to worry about it, deduct what they spend each day, and return the remaining balance at the end of camp.

**See you soon!**