

# “Things to Bring to Camp” List – Outdoor Odyssey

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Please bring the items listed below for a great time at camp. Each camper will have their own personal storage space within their cabin, whether it is a dresser, large drawer, or cabinet. Campers should be prepared for extended time outside, except in case of extreme weather. Proper clothing and gear functions as protection against the risk of poison ivy, sunburn, and bug bites. We recommend that all camper clothing and gear be clearly labeled or marked with your camper’s name.

## Luggage

A large duffel bag or other type of soft-sided baggage works best. Please have each piece of luggage be clearly identifiable with a luggage tag or full name written on the exterior.

## Clothing

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

## Shoes

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

## Bathroom Items

- Container to Carry Toiletries to Bathroom
- 2 Towels for bathing and the beach
- 1-2 Washcloths
- Soap
- Shampoo/Conditioner
- Toothbrush/Toothpaste
- Hairbrush/Comb

## Prohibited Items

If CWES staff suspects that a child is in possession of any inappropriate items, the staff will have the authority to search the child’s belongings. CWES staff reserves the right to confiscate any inappropriate items and securely store them until the end of camp. If any illegal items are brought to camp, items will be confiscated and parents/guardians will be notified. The following items are prohibited at CWES Summer Camp:

- Tobacco, Drugs, Alcohol
- Firearms, Knives, or Weapons of any kind
- Matches/Lighters
- Laser Pointers
- Fireworks
- Squirt Guns
- Expensive Jewelry
- Food, Candy, Gum, Snacks, Soda
- Pets/Animals
- Personal Sports Equipment (Such as Archery Equipment, Baseball Bats, Golf Clubs, etc.)
- “Good” Clothes
- Inappropriate or Offensive Clothing
- Cell Phones
- Electronic Entertainment Devices (Games, Music, etc.)
- Computers/iPads/Tablets/Electronic Book Readers

## Medications

All medications must be in the original prescription bottle, clearly labeled, with the prescription from the doctor on the bottle. The correct name, date, and instructions must be on the bottle. Written instructions must be provided for dispensing the medication. We will not administer medication that is improperly labeled or not prescribed by a physician to that specific camper. Any unused prescriptions will be returned during check-out on departure day. CWES cannot be responsible for medications left behind. Non-prescription medications will be dispensed daily per instructions provided by the parent on the camper’s Health History or per camp standing orders when needed for occasional treatment. 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, epipens, glucose tablets, and glucagon kits can be kept with the child.

## Bedding

- Sleeping Bag (Required)
- Pillow (Required)
- Sheets (Optional)
- Blankets (Optional)

## Other Important Stuff

- Raingear
- Water Bottle
- Backpack or Daypack
- Sunglasses
- Sunscreen
- Insect Repellent
- Flashlight

## Trading Post Money

- Please bring money to be collected on the first day
- Money will be deducted each day
- Remaining balance will be returned at end of camp

## Optional Items

- Camera (Disposable cameras are preferred)
- Swimming Goggles
- Water Shoes
- Letter Writing Materials
- Book
- Journal
- Fishing Rod and Tackle
- Costumes
- Small Musical Instrument