

# Packing List – Day Camps

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Please bring the items listed below for a great time at camp. 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.

## Clothing

- Appropriate clothing for the weather
- 1 Swim suit
- 1 Swim towel
- 1 Extra Change of Clothing

## Shoes

- Hiking boots or comfortable, sturdy tennis shoes
- Old tennis shoes or sandals that strap all the way around your foot
- Water Shoes/Sandals (Optional)

## Other Important Stuff

- Raingear
- Water Bottle
- Backpack or Daypack
- Sunscreen (We have sunscreen too)
- Plastic Shopping Bag for Wet Gear

## Optional Items

- Camera (Disposable Cameras are preferred)
- Swimming Goggles
- Fishing rod and tackle
- Hat or Bandana
- Sunglasses
- Insect Repellent

## Trading Post

The Trading Post, our camp store, will be open from 4:00 to 4:30 during camper check-out for you to shop with your camper.

## 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, epi pens, glucose tablets, and glucagon kits can be kept with the child.