

# ***KINGSTON'S CAMP***

## **CAMPER'S SUPPLIES CHECK LIST**

All items brought into camp must be individually marked with permanent marker, with the child's name. The following items must arrive before or on the first day of camp.

- ⇒ \_\_\_\_\_ 'All About' Sheet
- ⇒ \_\_\_\_\_ 'Parents Permission' Sheet
- ⇒ \_\_\_\_\_ First week's payment
- ⇒ \_\_\_\_\_ Special Medications (their instructions, and permissions)

### **Items to go home and return on a daily basis (Child may be wearing some of these)**

- ⇒ \_\_\_\_\_ Waterproof backpack
- ⇒ \_\_\_\_\_ Sun Screen
- ⇒ \_\_\_\_\_ Insect Repellent
- ⇒ \_\_\_\_\_ Bathing suit
- ⇒ \_\_\_\_\_ Towel
- ⇒ \_\_\_\_\_ Extra T-Shirt (Swim shirts are great for sun burn prevention)
- ⇒ \_\_\_\_\_ Cotton Hat
- ⇒ \_\_\_\_\_ Long Pants / Shorts (weather dependant)
- ⇒ \_\_\_\_\_ Sweat Shirt (Polar Fleece works best when wet)
- ⇒ \_\_\_\_\_ Extra socks
- ⇒ \_\_\_\_\_ Flip Flops or Water shoes
- ⇒ \_\_\_\_\_ Water bottle.
- ⇒ \_\_\_\_\_ Please try to wear light colored cotton clothing for comfort and ease of finding insects.
- ⇒ \_\_\_\_\_ Sneakers and socks
- ⇒ \_\_\_\_\_ Rain coat or Poncho
- ⇒ \_\_\_\_\_ If your child has long hair, please tie it back or have your child bring elastics to tie it back. This is important for swimming and other activities.
- ⇒ \_\_\_\_\_ Lunch box containing morning and afternoon snacks, lunch, drinks and ice pack. Please try to adhere to the food pyramid when packing lunches. Also try to pack a salty snack, for replenishment of salts during these hot summer days. We try to discourage sodas, fatty foods and sweets for the health of our campers. Your child will be hungrier than the school year as they will be very active all day.

**Please check your child's entire body every evening for both deer and dog ticks.**

We will be on the alert for insects throughout the day.

See [www.tickencounter.org](http://www.tickencounter.org) for more tick information.