

Packing List

- Your child's clothes are sent out to the local Laundromat. They are picked up and will be returned to camp two days later. You should provide approximately one and a half week's worth of clothing and several days extra in the event that unusual circumstances occur.
- Use this check off list as a guide; adjustments should be made to provide for your child's individual interests and needs.
- The washers and dryers are commercial machines. We recommend that delicate clothing not be sent to camp
- Please use only duffle bags when packing your child for camp (limit two per camper).
- Remember everyone tends to over-pack, be careful.
- All items should be labeled with camper's name.
- If your child wears glasses, please send an extra pair to camp. Prescription sports goggles are also required. If your child wears contact lenses, send extra contact lenses and solution which will be kept in our Health Center.
- Please do not send your child to camp with any candy/food. We do not want this in the dorms.

	Clothing	Quantity
<input type="checkbox"/>	Socks	12
<input type="checkbox"/>	Underwear	12
<input type="checkbox"/>	T-Shirts	12
<input type="checkbox"/>	Long Sleeve Shirts	3
<input type="checkbox"/>	Sweatshirts	2
<input type="checkbox"/>	Shorts	12
<input type="checkbox"/>	Sweatpants	2
<input type="checkbox"/>	Jeans or Long Pants	2
<input type="checkbox"/>	Pajamas	4
<input type="checkbox"/>	Swimwear	3
<input type="checkbox"/>	Bathrobe	1
<input type="checkbox"/>	Rain Jacket / Poncho	1
<input type="checkbox"/>	Baseball Hats	2
<input type="checkbox"/>	Nice Outfit for Final Banquet & Casino Night	

	Toiletries	Quantity
<input type="checkbox"/>	Toothbrush / Toothpaste	1
<input type="checkbox"/>	Comb / Brush	1
<input type="checkbox"/>	Soap (in container)	1
<input type="checkbox"/>	Shampoo	1
<input type="checkbox"/>	Plastic Drinking Cup	1
<input type="checkbox"/>	Deodorant	1
	Bedding / Linen	Quantity
<input type="checkbox"/>	Warm Blankets	2
<input type="checkbox"/>	XL Twin Size Sheets	2 sets
<input type="checkbox"/>	Pillow	1
<input type="checkbox"/>	Pillow Cases	2
<input type="checkbox"/>	Bath Towels	4
<input type="checkbox"/>	Beach Towels	2
<input type="checkbox"/>	Wash Cloths	2
<input type="checkbox"/>	Laundry Bags	1

	Miscellaneous
<input type="checkbox"/>	Flashlight
<input type="checkbox"/>	Camera
<input type="checkbox"/>	Self Addressed Stamped Envelopes with Paper
<input type="checkbox"/>	Pens / Pencils
<input type="checkbox"/>	Athletic Cup
<input type="checkbox"/>	Sunscreen
<input type="checkbox"/>	Insect Repellent
<input type="checkbox"/>	Musical Instrument (if applicable)
<input type="checkbox"/>	Water Bottle (2) must be labeled
<input type="checkbox"/>	Large Fan

	Footwear	Quantity
<input type="checkbox"/>	Sneakers	1
<input type="checkbox"/>	Flip Flops	1

SPORTS EQUIPMENT

***All campers must bring all sports equipment relative to their “major”.**

Ice Hockey		Basketball		Lacrosse		Golf	
<input type="checkbox"/>	Stick	<input type="checkbox"/>	Basketball Sneakers	<input type="checkbox"/>	All Lacrosse Pads	<input type="checkbox"/>	Polo Shirt
<input type="checkbox"/>	Skates	<input type="checkbox"/>		<input type="checkbox"/>	Helmet	<input type="checkbox"/>	Khaki Shorts
<input type="checkbox"/>	All Hockey Pads	<input type="checkbox"/>	Soccer	<input type="checkbox"/>	Lacrosse Stick	<input type="checkbox"/>	Golf Shoes
<input type="checkbox"/>	Athletic Cup	<input type="checkbox"/>	Plastic Cleats			<input type="checkbox"/>	Golf Clubs
<input type="checkbox"/>	Hockey Pants	<input type="checkbox"/>	Shin Guards	Baseball			
<input type="checkbox"/>	Gloves	<input type="checkbox"/>		<input type="checkbox"/>	Plastic Cleats	Street Hockey	
<input type="checkbox"/>	1 Light and 1 Dark Jersey (minimum)	<input type="checkbox"/>	Tennis	<input type="checkbox"/>	Baseball Pants	<input type="checkbox"/>	Shin Guards
		<input type="checkbox"/>	Tennis Racket	<input type="checkbox"/>	Glove	<input type="checkbox"/>	Helmet
		<input type="checkbox"/>	Tennis Sneakers				

Homesickness

Homesickness is, above all, a normal feeling. It is the natural result of separation from home and loved ones. In a recent study, nearly 96 percent of all boys and girls who were spending two weeks or more at overnight camp reported some homesickness on at least one day. Almost all children (and grown-ups) feel homesick when they're away from home. Most feelings of homesickness are not problematic. In fact, missing home isn't a problem until it becomes a preoccupation.

PLEASE NOTE
We spend a good portion of staff orientation talking about homesickness and how to help campers

The best at-home prevention strategies include:

- Working together as a family to plan and pack for camp
- Spending practice time away from home, such as a long weekend at a friend's house
- Experimenting with different coping strategies during this practice separation
- Preparing pre-stamped and pre-addressed envelopes to bring to camp

The best in-camp interventions for homesick campers include:

- Staying busy
- Talking with someone
- Remembering that you're not at camp for your whole life - just a few weeks
- Remembering all the fun activities that camp offers... and doing them!

Please do not make promises or 'private deals' with your child, such as, "If you don't like camp after one week, I will come and get you". These comments tend to undermine a child's ability to get through the transition from home to camp life. When parents are supportive of efforts to stay at camp, campers have the opportunity to gain independence and self-confidence while spending valuable time away from home. You are our best ally! Of course, you are always welcome to contact us for an 'update'.