

Please be advised that campers will be outdoors the majority of the time. We recommend old clothing appropriate for outdoor play. Campers will have lots of fun and clothes will be soiled! Please use discretion in sending new or expensive clothes and shoes. Please mark your camper's name on each item. YMCA Camp Carson is not responsible for lost or damaged personal articles. Please leave valuables at home.

This list is planned for one week of camp. Please pack additional items for a two week stay.

### Recommended Items:

- Sleeping Bag **OR** set twin sheets and blanket
- Pillow
- Pajamas
- 8 T-shirts
- 8 pairs of shorts
- Jeans/Sweatpants
- 2 Sweatshirt and/or jacket
- 10 pairs of underwear and socks
- 2 Swimsuits
- 2 Beach Towels
- 2 pairs of tennis shoes
- 1 pair of sandals WITH HEEL STRAP
- 1 pair of flip flop sandals for swim lake and shower house
- OLD** clothes in case of mud hike!!
- Raincoat or Poncho
- Hat or Cap with brim
- Sunscreen (Plenty of SPF 30 or higher)
- Toiletries: Soap, toothpaste, toothbrush, shampoo, deodorant
- Comb/brush
- Washcloth, 2 bath towels
- Laundry Bag
- Non Aerosol Insect Repellant
- Water Bottle (also available at YMCA Camp Carson)
- Flashlight
- Bible
- \*\*Medication** (must be in it's original container)
- \*\*\*Canteen Money** (\$25 - \$30/week recommended)
- Small - 10" Clip on Electric Fan and extension cord

**PLEASE REVIEW REVERSE SIDE OF THIS FORM FOR IMPORTANT INFORMATION**

### Please **DO NOT** bring the following items to camp:

- Illegal drugs of any kind*
- Tobacco in any form*
- Alcohol in any form*
- Weapons of any kind*
- Knives of any kind*
- Firearms of any kind*
- Expensive jewelry (watches, rings, etc)*
- Fireworks of any kind*
- Food, candy, gum*
- Aerosol spray cans of any kind*
- Trading cards of any kind*
- Non-prescription drugs*
- Radios, walkmans, MP3's, CD's, personal DVD players, IPods*
- Electronic games or other devices*
- CELL PHONES**
- Money in cabin (must be deposited to the camp canteen for safekeeping)*
- Skates, bikes, skateboards*
- Offensive magazines or clothing*
- Flip flops or sandals without heel strap*
- Pets*

### **HORSEBACK RIDERS**

#### **MUST HAVE THESE ITEMS TO RIDE:**

- Long pants - 2 pair
- Shoes or boots with heel and stiff sole

### **DIRT BIKE RIDERS**

#### **MUST HAVE THESE ITEMS TO RIDE:**

- Sturdy long pants - NO NYLON OR POLYESTER
- Long sleeved shirts
- Boot that covers the ankle & has hard sole with a heel
- Sturdy, full finger, flexible protective gloves, batting gloves are OK

### **Optional Items:**

- Sunglasses
- Lip balm, chap stick
- Stationary/Stamps/Ink Pen/Pencil
- Book or other reading material
- Note-book for journal time
- Camera and film, extra batteries if needed

**\*\*PRESCRIPTION AND NON-PRESCRIPTION MEDICATIONS:** ALL medications must be given to the nurse on opening day at check in. Prescription drugs must be in the original container with current dosage clearly stated on the container. Keeping ALL medications out of the cabin helps ensure the safety of all campers. All unused medications will be available for pick up from the nurse on closing day.

**\*\*\*MONEY:** All money must be deposited to the canteen for safekeeping. Please assist your child on opening day to be sure no money is left in the cabin. All unspent money will be ready for pick up in the canteen on closing day.

**LAUNDRY:** All campers should bring a laundry bag. Please pack enough clothes for your camper's entire one or two week session. For campers staying for two weeks or more, limited laundry service is available. Fees for laundry service should be deposited into your camper's canteen account on opening day. The cost is \$8.00 per load.

**LOST AND FOUND:** We do everything we can to help your camper keep track of his/her belongings. However, despite our best efforts, we are left with quite a bit of unclaimed lost and found items. Please talk with your child about checking the lost and found each day. We also recommend that parents check the lost and found tables set up on the lodge porch on closing day.