

SUPPLY LIST

Whether your child is participating just one week or all ten, the following items are essential to the camp experience whether Summer Escapades or Xroads.

LABEL ALL ITEMS

BEFORE CAMP BEGINS TURN IN ALL FORMS:

See form checklist to ensure they are complete!

- Personal Data Sheet
- Health History Form – including immunizations (if applicable)
- Emergency Medical Release Form. (Notary not required)

EVERY MONDAY:

- Donate a bottle of sunblock at least a SPF45 and waterproof to camp. Note: Sunscreen should be applied daily at home before departing for camp. Counselors will help re-apply at morning snack, lunch, mid-swim time, and pm snack.
- Pick up **newsletter** containing weekly schedule of activities.
- Signed all **permissions forms** (by parent) every Monday. (Participants cannot attend without signature.)

SWIMMING DAYS:

- Swim trunks or one-piece bathing suit for girls and towel. **(Please label all items)**

DAILY:

- Wear **CAMP T-shirt**; with comfortable play clothes that can tolerate becoming soiled.
- Wear **tennis shoes** or shoes that are securely affixed to the feet. NO FLIP FLOPS or slide on shoes worn at camp but they may be brought for use at the pool.
- Bring **water bottle**, water thermos, or canteen.
- Backpack** or sports bag for all personal items. **(Please label)**
- Lunch** in small cooler with ice, airtight plastic food containers **(please label)**.
No refrigeration or microwave available.
- Prescription drugs must come in original container with safety lock top affixed with RX information.
Oral medications must be sent daily with only the amount to be taken in container.
(Parents have submitted a medication form to camp.)

NOTE: Participants should **not** bring personal items other than those designated on supply list. The program is not responsible for loss, theft or breakage or personal belongings. Participants are responsible for personal belongings.

Retain for Future Reference

