

Camp Integrations

Building Skills for Fun and Friends

List of Items Required

Dear Parents,

The following is a list of items required for your child to participate in camp. Please be sure to send the items every day. **Be sure your child's name is on all belongings.** Contact us if you have any questions.

1. Camp t-shirt must be worn daily. This will be supplied on the first day
2. Lunch: nutritious and well-balanced. Refrain from sending desserts such as cookies or cake. (Please also send a snack if your child is on a special diet).
3. A clearly labeled back pack or gym bag that will hold all items, including lunchbag.
4. One bottle/tube waterproof sunscreen (Apply sunscreen before arrival. We will re-apply throughout the day.)
5. Hat (and sunglasses if desired)
6. Socks and sneakers must be worn every day! No sandals please!
7. Full change of clothes (including socks/underwear)
8. Bathing suit. Please send your child with his/her bathing suit on every morning. Wear camp shirt (girls should also wear shorts) over bathing suit.
9. Towel
10. Helmet (For horseback riding. Please make sure the helmet fits your child well, and does not slip forward/back.)
11. Old sneakers or boots for horseback riding (they will get muddy).
12. Bottle of water (you can freeze the bottle and we will keep refilling throughout the day).
13. There are mosquitoes around the park areas. We will have bug repellent at the camp. If you prefer your child to use your own brand of repellent, please provide a bottle with your child's name on it. We will use it on your child periodically through out the day as needed.

*** Please make sure child's name is on all items. While we will try our best to help your child keep track of his/her belongings, we cannot be responsible for missing or lost items.

*** Provide your child with a nutritious, but light breakfast. He/she will be very physically active starting at 8:00am, and a heavy or rich breakfast may cause an upset stomach. We will provide healthy mid-morning snacks to help the children maintain their energy.

