

# MAIN CAMP & EAST CAMP PACKING LIST

## YMCA Camp Lakewood

This is a recommended packing list for a one week Main or East Camp session. Quantity may vary depending on your child. We do **not** have laundry services available to campers.

We encourage you to send old clothing, as your camper will be camping out, sleeping on the ground, doing rugged sports, climbing, and hiking through the woods. Do not send expensive or favorite clothing to camp.

Please make sure that your child's clothing is appropriate for camp. That means that shorts should come to the middle of the thigh and not allow the camper's bottom to be visible. Shirts should not be midriff or have alcohol, drug or profane messages on them. Campers should have at least one pair of sneaker type shoes or sport sandals.

Long pants and boots (or sturdy tennis shoes) are required for horseback activities. Tie dying is an option for campers to choose as a cabin activity, so send a white item (example: t-shirt, socks, pillowcase, etc.).

Camp is an opportunity for children to develop their sense of self-care and personal responsibility. Let your child help pack so that he/she will know what is in his/her suitcase or duffle bag. This will be extremely helpful in recognizing lost clothing. Attach the clothing list to the inside of the suitcase lid so that your child has a check-list when packing to go home.

Luggage should be compact and easy to carry,. Swimwear and towel should be packed at the top of the camper's suitcase as campers will have swim test shortly after check-in. **Do not pack medications in your camper's luggage.** All medications (prescription and over the counter) will be given to the nurse upon arrival.

**Remember to mark all belongings.** Mark all items with a laundry label or permanent marker. Name labels/laundry markers can be purchased at [everythingsummercamp.com](http://everythingsummercamp.com) with camp code trail315LW.

We will make every effort to return lost and found items while your camper is in camp, but your camper can do more than anyone to insure that nothing is lost. Items found after your

child's camp session will be placed in our camping center, and may be claimed by description. Please be especially thorough on checkout day as sometimes medications or whole bags are left behind. If you discover something is missing, upon your return home, please call immediately. The more time that passes, the less likely it can be found. You will be responsible for postage charges for sending lost items home. After September 1, all remaining items will be donated to a local charity.

Camp Lakewood is not responsible for lost, stolen, or damaged clothing or equipment.

### OPTIONAL

Sunglasses  
Disposable Camera  
Bandana  
Item to Tie Dye  
Zany Campfire Costume  
Writing Materials & Stamps

### DO NOT BRING!

Cell Phones	Skateboards
Aerosol Cans	Rollerblades
Radio/iPod	Money
Electronic devices	Bad Attitude
Video Games	Mirrors/Glass
Candy or Gum	Curling Irons
Jewelry	Library Books

**Also, the following items are absolutely not allowed at camp: fireworks, guns or knives, tobacco products, lighters/matches, illegal drugs/alcohol, or gang apparel.**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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Suggested	# Sent	CLOTHING LIST	# Returned
7		T-shirts and shirts	
7		Shorts	
1		Long pants - <i>required for horseback riding</i>	
7		Underclothes	
7		Pairs of socks	
1		Closed toe-heel shoes - <i>required for horseback riding/climbing</i>	
1		Sandals or water shoes	
1		Sneakers	
1		Sweatshirt/light jacket	
2		Swimsuit	
3		Bath towel & wash cloth	
1		Night Clothes	
1		Poncho/raincoat - <i>required</i>	
1		Hat - <i>protection from sun/rain</i>	
1		Caving clothes - old sneakers, long pants, t-shirt <b>These will NOT come clean</b>	
Suggested	# Sent	BEDDING	# Returned
1		Sleeping bag - <i>for overnights</i>	
1		Pillow/pillowcases	
1		Sheets (twin) - <i>extra for bed-wetter</i>	
1		Plastic sheet - <i>for bed-wetter</i>	
Suggested	# Sent	OTHER ITEMS	# Returned
1		Toiletries/shower bag/shampoo	
1		Soap	
1		Toothbrush/toothpaste	
1		Comb/brush	
1		Water Bottle - <i>required (available for purchase at camp)</i>	
1		Laundry Bag - <i>required</i>	
1		Flashlight/batteries	
1		Bug repellent with low DEET	
1		Sun Block	
1		Small backpack - <i>required</i>	
		Tampons/kotex	