

WHAT TO PACK - Paddling Camp

Remember, all campers need to pack for one week worth of camp!

- This is a basic list of items to bring to camp. Use your own judgment on quantity.
- Paddling campers will spend a portion of each day on the water in a canoe with at least one day in the water. Thursday night they will be camping out along the water.
- When packing for camp, please remember that Camp Roger is a rustic camp located in the mountains, where days are hot and nights are cool, all summer long. **A water bottle and layers are necessary.**
- Camp Roger provides plenty of opportunities to get dirty. **We encourage you to pack old clothes.**
- Long pants and closed toe shoes are required for horseback riding. Campers *cannot* ride in shorts and/or sandals
- REMEMBER, it is important that your child knows what they are bringing to camp. You should take the opportunity to pack with your child so they can see what they have and know where to find it. Please make sure to label all items with your child's name and check lost and found upon departure. Camp will not be responsible for lost or broken items.
- If the camper is a bed wetter, please send extra sheets and blankets. Parents should speak with the cabin counselor regarding any possible bed wetting or sleep walking problems.
- Personal hygiene, applying bug spray and sun block is camper's own responsibility.
- All clothing should be appropriately modest and not reference drugs, alcohol, sex, or profanity.

CLOTHING:

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|--|---|-----------------------------------|
| <input type="checkbox"/> T-Shirts | <input type="checkbox"/> Pajamas/Sleepwear | <input type="checkbox"/> Shorts |
| <input type="checkbox"/> Pants/Jeans/Sweats | <input type="checkbox"/> Long-sleeve shirts | <input type="checkbox"/> Swimsuit |
| <input type="checkbox"/> Undergarments/underwear | <input type="checkbox"/> Socks | <input type="checkbox"/> Shoes* |

***2 pair of shoes one comfortable, sturdy walking pair, one for getting wet and dirty. All shoes must have a closed toe and heel strap to adequately protect foot. Flip-flops will only be allowed in the bathhouse.**

OUTERWEAR

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|---|---|-----------------------------------|---|
| <input type="checkbox"/> Warm Jacket/Heavy Sweatshirt | <input type="checkbox"/> Raincoat/Rain Poncho | <input type="checkbox"/> Warm Hat | <input type="checkbox"/> Mittens/gloves |
|---|---|-----------------------------------|---|

TOILETRIES

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|-------------------------------------|---------------------------------------|------------------------------------|--|
| <input type="checkbox"/> Soap | <input type="checkbox"/> Shower shoes | <input type="checkbox"/> Hairbrush | <input type="checkbox"/> Bug repellent |
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Shampoo | <input type="checkbox"/> Sunscreen |

BEDDING/LINEN

- | | | | |
|--|---|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> Sleeping Bag* | <input type="checkbox"/> Pillow/ Pillow Cases | <input type="checkbox"/> Bath Towel | <input type="checkbox"/> Beach Towel |
|--|---|-------------------------------------|--------------------------------------|

*** Thursday night paddling campers will be camping out which requires a warm sleeping bag. (Most campers tend to use sheets with a sleeping bag in the cabin. Pack whatever is most comfortable for your child.)**

MISCELLANEOUS

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|--|---|-------------------------------------|
| <input type="checkbox"/> Water Bottle* | <input type="checkbox"/> Flashlight/Extra Batteries | <input type="checkbox"/> Back Pack* |
|--|---|-------------------------------------|

***at least two 1 quart (32 ounces) reusable water bottles are required for the week and day trips.**

***For pack-out lunches, water, and any essentials they want to take on their day treks and overnight.**

OPTIONAL

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|--|--|--|---------------------------------------|
| <input type="checkbox"/> Disposable Camera | <input type="checkbox"/> Laundry Bag | <input type="checkbox"/> Costume for theme week dinner | <input type="checkbox"/> Swim goggles |
| <input type="checkbox"/> Stationery* | <input type="checkbox"/> Pens/Pencils* | <input type="checkbox"/> Envelopes* | <input type="checkbox"/> Stamps* |

***Campers are encouraged to write at least one letter home during the week.**

WHAT NOT TO PACK

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|---|---|---|--------------------------------------|
| <input type="checkbox"/> Cell phones | <input type="checkbox"/> Matches/lighters | <input type="checkbox"/> Knives | <input type="checkbox"/> MP3 Players |
| <input type="checkbox"/> New/expensive clothing | <input type="checkbox"/> Money | <input type="checkbox"/> Valuables | |
| <input type="checkbox"/> Jewelry | <input type="checkbox"/> Fireworks | <input type="checkbox"/> Electronic Games | |

- Camp provides children a chance to live *without* electronic devices. As such, we do not permit cell phones, pagers, gameboys, I-pods, or similar devices.
- If any of the above items are found at camp, we will collect, label, and store them until they can be given to a parent/guardian at the conclusion of the week.
- If any guns, explosives or illegal items are found, the item(s) will be confiscated, the proper authorities notified, and the camper may be sent home.
- Please do not bring food or candy. If you chose to send food items because your child has dietary needs, please label all items and give them to the camp nurse at check-in.

- The YMCA is not responsible for any lost, stolen or misplaced personal possessions. All unclaimed/lost items will be donated to a charitable organization one month after every camp session.