



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **YMCA of Montclair**

### **Camp at the Lake Packing List**

#### **What Your Child Should WEAR to Camp:**

1. WEAR swimsuit daily! If swimsuit is worn under clothes, please send underwear. It is easiest for children to wear swimsuits under their clothes and throughout the day as they are in and out of the water.
1. SNEAKERS! Open-toed sandals and flip-flops are not permitted. Almost all camp activities require sneakers for the safety of campers. Closed toe “Keen” type sandals are also acceptable; “Crocs” are not acceptable.
1. Sunscreen. Please apply before camp and we will reapply as needed.
1. A light-colored hat is encouraged, which will help keep your child cooler when playing outside.
1. Rainy Days: Please wear rainy day gear, sweatshirts, long pants, raincoats, etc. We recommend rain ponchos as they work the best!
1. KIDS GET DIRTY AT CAMP! It means they had a great day! So please send them in appropriate clothing that they will be comfortable in and that you are okay with getting dirty. Keep an eye on the weather and dress/pack accordingly. In event of light rain, rain jackets or rain ponchos should be worn.

#### **What Your Child Should BRING to Camp:**

Backpack – or tote bag to carry all of belongings – CLEARLY LABELED with your camper’s first and last name.

Please label EVERYTHING including water bottle. (It’s amazing how much children can lose during the summer despite our best efforts to help!)

Refillable water bottles labeled with your camper’s first and last name.

A towel – LABELED and kept in backpack.

Non-perishable nutritious nut-free lunch/drink in a labeled bag or lunch box with ice pack. (Freezing your camper’s juice the night before will help keep your camper’s lunch cold.) Please have your child eat a good breakfast at home to fuel for the day.

An extra set of clothes (especially for younger campers).

Water shoes, goggles, and swim cap – all labeled - if preferred to be worn by camper.

Plastic bag (or “Ziploc”) to bring home wet clothing items.

Book for the bus ride home – labeled with camper’s name..

**AT CAMP WE UNPLUG AND CONNECT - What NOT TO BRING to Camp:**

- Electronics of any kind, including but not limited to: cell phones, handheld gaming consoles (Nintendo Switch, DS, PSP, Gameboy, etc.), radios, CD players, iPods, iPads, and tablets.
- Toys, trading cards, money, jewelry, or other unnecessary items should not be brought to camp.
- Alcohol, drugs, vehicles, weapons, animals, or personal sports equipment should not be brought to camp.