

**YMCA Camp Campbell Outdoor Science School 16275 Highway 9,
Boulder Creek, CA 95006
(831) 338-8831 Outdoor Science School Office / (831) 338-8827
Health**

REMINDER NOTICE

1. If possible, bring your gear in one (1) duffel bag or suitcase (wheels are OK). Include a list of what you bring, so when you pack to go home you take home what you brought.
2. Don't forget a warm jacket, hat, rain gear, and two (2) pair of comfortable closed toed shoes.
3. Put your name on everything: your clothing, your suitcase, your towel, your sleeping bag etc. (Then they can find you if they get lost).
4. If you bring a pillow, tie it to your sleeping bag. (Hint: put it in a plastic bag to keep it clean. (Helpful hint: If you have a slippery sleeping bag, put it in a plastic bag so it won't come unrolled) .
5. Label the bag with your name in large print. Bring a plastic garbage bag for your laundry. During the rainy season (November-March) sleeping bags should always be in a plastic garbage bag, with your camper's name taped to the outside.
- 6. Bring a bag lunch for the first day. Be sure your name is on your lunch bag in large print.**
7. Give all medications (properly labeled and in their original container) to your teacher on the morning of departure. If medications have been updated since filling out the Health History Form, please include a note with medication name, dosage and schedule.
8. Bring note paper and a stamped envelope or postcard to write a letter home.

**YMCA CAMP CAMPBELL OUTDOOR SCIENCE SCHOOL
WHAT TO BRING TO CAMP !**

PARENTS- Don't Forget

_____ **to label everything with your child's name.**

_____ **all medicines (with written instructions) turned in directly to the teacher, NOT packed.**

_____ **Sack lunch with child's first and last name, NOT Packed. Give to teacher.**

CAMP ESSENTIALS.

Bedding & Toilet Articles

___ sleeping bag or sheets and warm blankets

___ 2 bath towels

___ wash cloth

___ toothbrush and paste

___ comb & / or brush

___ soap

___ water bottle or canteen

Clothing

___ 4 changes underwear

- ___ 6 pair socks (8 in winter months)
- ___ sleep wear
- ___ swim suit (for shower)
- ___ 2-4 pair durable long pants (4 in winter months)
- ___ 4 shirts . long and short sleeves
- ___ warm jacket
- ___ hat for shade in warm weather
- ___ beanie type hat for warmth on cold nights

Clothing

- ___ 2 pair of closed toed comfortable shoes suitable for hiking
- ___ shower/ swim shoes
- ___ 1 pair of shorts in warm weather

•Rain Gear . This is essential at any time of year.

- ___ waterproof rain coat and pants or poncho (ski jackets are not effective -imagine sitting on a wet log!)
- ___ rain hat
- ___ waterproof boots or at least a supply of plastic bags that would fit over feet to keep socks dry (once shoes are wet)

RECOMMENDED GEAR

- ___ pillow
- ___ chapstick
- ___ hand lotion
- ___ kleenex
- ___ shampoo
- ___ laundry/ plastic bag for wet/ dirty clothes

- ___ camera and film
- ___ small backpack (daypack)
- ___ stationery, stamps and pencil
- ___ a book, puzzles, magazines for rest hour
- ___ flashlight
- ___ gloves (recommended in colder months)

THE FOLLOWING ITEMS ARE NOT ALLOWED AT SCIENCE SCHOOL:

Aerosol cans, valuable items, knives, money, radios, jewelry, fishing gear, high heels, shoes with wheels, electronic games, electronic equipment (including cell phones and pagers) , hair dryers, curling irons, make-up, and / or candy & snacks (unless for medical reasons) . 5