



REMINDERS

1. If possible, bring belongings in one (1) duffel bag or suitcase (wheels are encouraged). Students will be carrying his/her luggage around camp. Include a list of what you bring, so when student's pack to go home s/he will take home what was brought.
2. Don't forget a warm jacket, hat, rain gear, and two (2) pair of comfortable closed toed shoes.
3. Put your child's **name on everything**: clothing, suitcase, towel, sleeping bag, camera etc.
4. If you bring a pillow, tie it to your sleeping bag. (Hint: put it in a plastic bag to keep it clean.) Label the bag with your name in large print. Bring a plastic garbage bag for your laundry. During the rainy season (November-April) sleeping bags should always be in a plastic garbage bag, with your camper's name taped to the outside.
5. 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.
6. Bring note paper and a stamped envelope or postcard to write a letter home.
7. Please help ensure your child's success at the YMCA by keeping mail upbeat, encouraging and positive. Be excited for them for taking a big step toward independence. Try to avoid topics that might make your child miss home.
8. Mail sent to students at camp should be sent 1 week in advance to ensure its arrival during your child's stay at camp. Please **do not send candy or food items**! All mail should be addressed like this:

YMCA Camp Campbell Outdoor Science School
student's name/name of your school
16275 Highway 9
Boulder Creek, CA 95006



What to Bring to YMCA Camp Campbell Outdoor Science School

Notes for Parents

- Turn in all forms
- Write name and school on all belongings
- Give all medications and written instructions for use to your classroom teacher - do NOT pack in student's belongings

Clothing

- 4 changes of underwear
- 6 pairs of socks (8 during Nov.-April)
- 4 shirts, short & long sleeve
- 2 to 4 pairs of durable, long pants (4 during Nov.-April)
- 1 pair of shorts (during warm weather)
- Hat for shade in warm weather
- Hat for warmth in cool weather
- Warm jacket
- Sleep wear
- 2 pairs of closed-toe, comfortable shoes (suitable for hiking)
- Sandals (for showers and swim time only)
- Swim suit (for showers and swim time)

Rain Gear (essential all year round)

- Waterproof rain pants, coat, and/or poncho
- Rain hat (if coat or poncho has no hood)
- Waterproof boots/shoes (if you own them)
- Recycled plastic bags (to cover feet or hold wet clothing)

Bedding and Toiletries

- Sleeping bag, or sheets and warm blanket
- 2 bath towels
- Toothbrush and toothpaste
- Brush and/or comb
- Soap
- Shampoo
- Deodorant (if desired)

Additional Gear

- Water bottle or canteen
- Flashlight
- Small backpack (daypack)

Recommended Gear

- Camera
- Pillow
- Laundry bag, or plastic bag for dirty clothes
- Books, puzzles and magazines for quiet time
- Stationery and pre-addressed, stamped envelopes (if student wants to write letters home)
- Long underwear and/or gloves (Nov.-April)
- Insect repellent (non-aerosol only)
- Sunscreen

The following items are prohibited at

YMCA Camp Campbell Outdoor Science School:

Sports equipment, alcohol, drugs, cigarettes, pets, aerosol cans, valuable items, weapons, money, radios, jewelry, fishing gear, high heels, shoes with wheels, electronic games, electronic equipment (including cell phones, mp3 players, and pagers), hair dryers, flat irons, make-up, and /or candy and snacks (unless for medical reasons).