

Shadow Mountain Summer Camp Checklist

Personal Items

Sleeping Bag	Pillow
Enough Clothing for 3 days	Pajamas
Warm Sweater or Sweatshirt	Hat & Coat & Ball Cap (Sun Visor)
Shoes (at least 1 pair that you can hike in)	Bathing suit or shorts

Personal Hygiene

Towel and Washcloth	Soap
Brush or Comb	Toothbrush and Paste
Kleenex or Handkerchief	Bag for Dirty Clothes
**Instructions with any Medications	

Miscellaneous Items

Flashlight	Insect Repellant with DEET
Sunscreen	Chapstick
Camera (optional)	Canteen (or 2 liter plastic bottle with cap)

* Cabins are provided for all campers

Do Not Bring....

Flip-flops or sandals that will not protect your feet or support your ankles
Knives, Slingshots, Guns, or other Weapons
Matches or Lighters
Gum (it gets stuck to everything) (a reasonable amount of other candy is O.K.)
Radios, Personal Stereo/CD players or Electronic Games
Card or Board Games (We have plenty of these at camp.)

*** PLEASE MARK ALL BELONGINGS CLEARLY ***

- * Safety is the top concern for all of us at Shadow Mountain. Parents, please talk to your child about the importance of obeying the camp instructors and following all camp rules.
- * Some past campers have not felt that it was their responsibility to pick up after themselves or to keep their cabins and grounds clean. **Please be aware that all campers will be expected to clean the cabins and grounds daily.** This is a matter of simple respect for themselves, others, and the outdoors.
- * Most children in this age group have spent very little time away from home on their own. Some deal with this first experience better than others. We cannot bring campers home except for in emergency health situations. It compromises our staff/student ratio. If you make it absolutely clear to your son or daughter that you expect them to stick it out for the entire camp, he/she will be much less likely to have serious problems with homesickness.

PLEASE SEE THE BACK SIDE OF THIS PAPER FOR MORE INFORMATION.....