



CAMP BIRCHROCK



Resident Camp Checklist

The Necessities

- Duffel bag or suitcase** that everything will fit into
- Sleeping bag or Sheets & Blankets** (We are not allowed to provide these, all beds are twin sized)
- Pillow**
- Sunscreen** (Spray preferred minimum SPF 15)
- Insect repellent**
- Water bottle**
- Disposable camera**
- Flashlight with extra batteries**
- Notepad and pencil or pen**
- Personal hygiene and bathroom supplies**
 - Soap & Shampoo
 - Deodorant
 - Toothpaste and toothbrush
 - Any other necessary personal hygiene products
- 2 Towels** (for both bathing and swimming)
- Warm jacket/Windbreaker/Raincoat**
- Hat**
- Bathing Suit** (1 piece preferred, must be appropriate)
- Pajamas or other appropriate sleep attire**
- Several sets of socks and underwear**
- Several T-shirts, sweatshirts, shorts and at least 2 pairs of long pants**
- Two pairs of comfortable shoes** (including good tennis shoes or hikers)
- \$10 for Canteen** (Canteen money will be collected when campers are dropped off. Items will be available in the evening and include; chips, candy and soda. Unused money at the end of each week will be placed into a fund for those unable to pay.)
- MEDICATION – MUST MEET THE FOLLOWING RULES**
 - **Over the Counter Medication**
 - Must be in original containers that are clearly labeled and include the name of the camper, the medication name, dosage, and administration instructions
 - **Physician Prescribed Medication**
 - Must be in original containers that are clearly labeled and include the name of the camper, the medication name, dosage, and administration instructions
 - Must be labeled to include the name of the prescribing physician, prescription number, date prescribed, possible adverse reactions, and conditions when physician contact should be made
 - No mixing of multiple medications in any single container, they must be in separate containers with information listed above
 - **All Medication will be collected by medical staff at check in and placed in safe secure storage**
- One excited camper with a great attitude!!**

DO NOT BRING TO CAMP:

- **Candy, chewing gum or other snacks**
(If you would like to bring snacks for your camper, bring enough for the whole cabin and they must be left at the camp office at check-in.)
- **Money** (Canteen money collected at drop-off)
- **Jewelry**
- **Electronic Devices**
 - Includes all Cell phones, iPods and other music players, electronic games, gaming systems, computers, iPads and Tablets
- **Cologne, perfume or body sprays**
- **Aerosol spray cans**
- **Flip-flops or open toed sandals** (Water shoes/closed toe sandals are best for beach use)

IF ANY OF THESE ITEMS ARE FOUND, THEY WILL BE CONFISCATED AND RETURNED TO PARENTS AT THE END OF THE WEEK!
NO EXCEPTIONS!