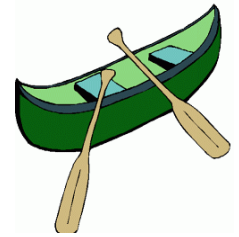




# CAMP BIRCHROCK



## Day Camp Checklist

### THE DAILY NECESSETIES

- Backpack or duffel bag (to carry everything)
- Bathing Suit (1 piece preferred, must be appropriate)
- Towel
- Extra change of clothes
- Good tennis shoes or hikers
- Warm jacket/Windbreaker/Raincoat
- Hat
- Sunscreen (Spray preferred, minimum SPF 15)
- Insect repellant
- Water bottle
- 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!!**

### PLEASE REMEMBER:

Campers will be taking part in many different activities and spending much of their time outdoors. Please make sure they are dressed appropriately for the weather and activities.  
If arriving after 8:30 AM, please be sure campers have a healthy breakfast so they have the necessary energy to keep up with a day full of activities!

### DO NOT BRING TO CAMP:

- Candy, chewing gum or other snacks
- Money
- 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 DAY!**

**NO EXCEPTIONS!**