



PACKING SUGGESTION LIST

General Packing Tips

- Campers should help pack their own clothes, so they will be more familiar with what items are theirs
- Campers must be able to dress and take care of basic hygiene needs for themselves independently
- Campers should avoid packing too many new items that they may not remember are theirs, or may not be the right size
- Label, label, label as much as possible with a sharpie marker (initials work well).
- Campers may bring 2 bags and 1 backpack to camp (ex. 1 bag for clothing, 1 bag for bedding, and 1 day bag/backpack)
- YMCA Buffalo Niagara assumes no responsibility for lost, missing, or damaged items and/or personal property brought to camp. Lost & Found items may be donated or discarded.

Suggested 6 Day Packing List

Clothing

- ___ 10 pairs of socks
- ___ 8 pairs of underwear
- ___ 4 pairs of shorts
- ___ 2 pairs of jeans
- ___ 1-2 bathing suits/trunks
- ___ 6 t-shirts
- ___ 1 sweatshirt
- ___ 1-2 long sleeve shirts
- ___ 2 pairs of sneakers
- ___ 1 heavier sweater or jacket
- ___ 1 raincoat
- ___ 1 pair of warm pajamas
- ___ 1 white shirt to tie-dye (must be labeled with camper's name)

Bathroom

- ___ Toothbrush and toothpaste
- ___ Soap, shampoo, conditioner, misc. hair products
- ___ Deodorant (non aerosol)
- ___ Hair brush/comb
- ___ 2 towels (pool & shower)
- ___ 1 washcloth (optional)
- ___ Shower shoes/flips-flops for shower
- ___ Female hygiene products

Bedding

- ___ sleeping bag or blankets
- ___ sheets (twin size)
- ___ light-weight blanket
- ___ 1 pillowcase
- ___ 1 pillow

Gear

- ___ Small backpack or bag to carry during the day
- ___ Laundry bag for dirty clothes
- ___ Durable reusable water bottle
- ___ Flashlight and batteries
- ___ Postcards with stamps & pens
- ___ Insect repellent (non aerosol)
- ___ Sunscreen
- ___ Hat

Optional Items

- ___ Deck of Cards
- ___ Books
- ___ Sunglasses



Additional Clothing Guidance

These policies have been established for safety and to help all our campers and staff feel most comfortable during their stay at camp.

- **Tops:** All attire should be casual or athletic. Shirts should cover the shoulders to provide the best protection from the sun- please avoid tanks or spaghetti straps.
- **Swimwear:** Campers are very active in the pool and on the water. One piece bathing suits, and board shorts/trunks are preferred.
- **Jewelry:** Jewelry is discouraged at camp, as we cannot be responsible for misplaced or damaged personal items, and can be dangerous during some activities; wearing any dangling, hanging or loose jewelry, such as necklaces or bracelets is not allowed. Earrings should be studs or very small hoops only.
- **Footwear:** To prevent injuries, all staff and campers are required to wear closed toed shoes (gym shoes, for example) at all times, except when in the pool, changing, or in their cabins. Flip flops/shower shoes are only permitted to be worn inside cabins, inside the shower house, or on the pool deck. Socks should be worn as well to help prevent blisters.
- **Laundry is not available to campers.** The only campers that may do laundry at camp are LITs and CITs over their weekend stayover; laundry detergent is provided.

If your camper does not have all of the necessary gear relevant to their programming at camp, please contact us in advance of the camp session, as we may be able to help provide the items needed while your camper is in attendance.

DO NOT BRING:

To ensure a successful week, the following items distract from the mission and goals of camp and should be avoided. If present, these items will be collected and held by the Camp Director, parents may be notified, and in extreme situations parents may be requested to pick their camper up.

- Electronics/ Technology devices of any type- to include, but not limited to cell phones, smart watches, laptops, portable video game systems, DVD, CD, MP3 players, video recording devices;
- Personal equipment (including sports and recreation), animals, trading cards or toys;
- Food, snacks, candy or other items that would contribute to attracting animals in the cabins.
- Weapons- Zero Tolerance
 - Knives (including pocket and Swiss Army), Firearms or ammunition
 - Fireworks, flares, sparklers
- Alcohol, Tobacco, and/or drugs- Zero Tolerance (All medications (prescription & non-prescription), including vitamins must be checked into the Health Center;)
- Animals or pets are not permitted at camp; for any questions on exceptions to that policy, please reach out to the Camp Program Director
- Campers may not park or use vehicles at camp;
- Pornography or other suggestive material;
- Clothing that has inappropriate sayings or logos.

Confiscated items will remain in the camp office until turned over to a camper's parent/guardian at pick-up. YMCA Buffalo Niagara is not responsible for these items or their storage. Bringing contraband items listed above may impact the ability of a camper to continue through the summer.