

## One Session Bedding and Clothing List:

### Bedding:

- 2 sets of linens (cot or twin top sheet, bottom sheet and pillow case)
- 1 blankets
- 1 pillows
- 1 sleeping bag for out of camp trips or overnights

### Daily Apparel:

- 4 jeans or long pants
- 10 pairs of shorts
- 10 tee-shirts, 2 long sleeved shirts
- 15 pairs socks
- 10 pairs underwear
- 4 nicer outfits for socials & Shabbat dinner (khaki shorts and collared shirt, skirt or sundress)
- 4 pairs pajamas
- 4 sweatshirts
- 1 jacket
- 1 rain poncho
- 1 pairs of sneakers
- 1 pair of rainy day shoes/rain boots
- 1 pair of sandals for Shabbat / Social attire
- 4 bathing suits
- 1 bathing suit cover up
- 6 towels (3 for showers/3 for swim)
- 1 hat w/ brim

### Toiletries:

- Shower caddy
- Shampoo & conditioner
- 1 toothbrush, 1 tube toothpaste per session
- 1 soap dish/1 bar of soap per session
- Nail clippers
- Deodorant
- Hairbrush and Comb

1 bottle of sunscreen per week at camp  
Insect repellent  
Q-tips  
Shower shoes  
Laundry bag  
Tissues  
Washcloth  
Tampons, pads, liners.  
Shaving cream / razor  
String backpack  
1 pair of flip flops for shower house

Misc Items:

Stationary, stamps and pens  
Books  
Flashlight and batteries  
Sports equipment (Please know camp is not responsible for any lost sports equipment)  
Water bottle

Optional Items:

Our optional items list includes some electronics that are allowed at camp. If an electronic device is not on this list, it may not be brought to camp. We encourage you to think if your child really needs these items. Camp is a great place to disconnect from the world of electronics and enjoy human relationships, the environment and lots of great new activities. Most of us have had times in our lives when we did live without these kinds of electronics (in many cases because they were not invented). Camp may well be the opportunity in our children's lives to experience living without these devices. Also please, remember that camp can not be responsible for any lost, stolen or broken equipment that is sent to camp.

Battery operated fan

Battery operated reading light

Specific kinds of iPods: iPod Shuffle, iPod Nano and iPod Classic (all videos must be removed from the iPod Classic via iTunes before your child arrives at camp).

Digital Cameras/Cameras as long as photographs are not taken inside of cabins, tents, hotel rooms and shower houses. Any cameras used in such places will be confiscated.

Senior Unit campers may bring cell phones for the five day trips. These cell phones must be given to the Unit Leader upon arrival at camp.

### Things Not To Bring To Camp:

Below is a list of things not to bring to camp. We expect everyone to honor this list. In the event that an individual is suspected of having any of the items below, camp reserves the right to search for the items and remove them.

#### Food:

We will have lots of good food at camp and plenty of it. Food in cabins attracts critters, and also can harm children with food allergies. We want children to enjoy the wildlife at camp, but we don't want it in their bunks/shacks or cabins. Please do not send any food, candy, gum, drinks, or other food stuffs to camp. All packages sent to camp will be opened prior to delivery. We cannot store food so any food in packages will be disposed of and will not reach your child. Please let anyone sending a package to camp know this.

#### Drug, tobacco or alcohol:

No alcohol, tobacco products, drug or controlled substances are allowed at camp. Any camper violating this rule will be dismissed immediately.

#### Cell Phones/Electronics not on the Optional Item List:

Cell phones, smartphones, digital video players, e-readers (Kindle, Nook, etc), tablets (iPad, Galaxy Tab, iPod Touch, etc), laptops, video games and video cameras and any other electronics not on the list above are not allowed at camp. **Any** device that is equipped with a Wi-Fi connection or 3g/4g data connection is **NOT** permitted at camp. All tablets, smartphones, the iPod Touch and e-readers fall into this category. Please check your child's belongings to make sure they have not packed any of these devices.

Hot Pots and Hot Plates:

Hot pots and hot plates are not allowed at camp. When children have brought hot pots to camp, they ended up with second or third degree burns. Please do not send hot pots.

Animals and Cars:

No camper pets or cars in camp.