

# CYSC MAIN CAMPUS CAMPER PACKING LIST

**\*\*Please be sure all articles are marked with your name!\*\***

## **Items to Bring:**

Bedding: *Twin-sized bunk bed with mattress provided. Cabins do have A/C, but lightweight linens are recommended for the summer heat*

- Pillow
- Sleeping bag and/or bed linens and blankets.

## **Clothes:**

- Casual and comfortable clothes for high-adventure activities (t-shirts, shorts)
  - See modesty policy below for appropriate and dignified choices!
- Jeans/long pants for paintball
- Sweatshirt
- Appropriate sleepwear
- Large trash bags for dirty clothes
- 2 pairs of shoes and/or sandals (that can get dirty and wet!)
- Closed-toed shoes are required for activities
- Flip-flops are discouraged because of impracticality and safety concerns
- Beach: *We have lake time every day- please pack accordingly!*
  - Modest swimwear (one-piece/tankini for women; trunks for men)
  - 1-2 towels

## **Hygiene:**

- Bath towel and washcloth
- Personal hygiene items: soap, shampoo, toothbrush, toothpaste, deodorant

## **Miscellaneous:**

- Water bottle!!!
- Lightweight rain jacket or poncho (we play even in the rain!)
- Sunblock; aloe/burn cream
- Insect repellent; anti-itch cream
- Flashlight
- Small backpack or drawstring bag to carry your gear throughout the day

## **Optional:**

- Bible, journal, rosary
- Camera- disposable is best
- A few first aid items such as bandaids, small package of antibacterial wipes, tube of first aid cream (i.e. Neosporin) can be carried with the camper for convenience.
- Money for the Gift Shop, Snack Shack/Coffee Bar and vending machines
  - Items range from \$1-2 for stickers and candy, up to \$20-30 for tshirts and \$45-60 for sweatshirts.
  - Note: Vending machines only take \$1 bills and quarters.

### Items to leave at home:

- Pocket Knives or other weapons
- **Snacks containing or processed with nuts.** Thank you for your commitment to keeping all of our campers healthy!
- **Electronic devices of any type**, as they detract from the experience of a week of camp! Campers will not be permitted to have cell phones during the week. (Our Head Counselors will be able to facilitate communication between you and your camper if the need arises.)
  - This includes smart watches of any kind (i.e. fit bits, Apple Watches, etc.)
- Articles of clothing that display profanity, products or slogans that promote alcohol, drugs, sexuality, or indecency are prohibited.

### Modesty Policy: Clothing is to be modest, dignified, and appropriately suited to camp activities.

The following is expected of both ladies and gentlemen:

- Clothes that reveal the full body shape should be avoided. Tight form-fitted athletic apparel should not be worn as a normal clothing option.
- Shorts should be at fingertip length or longer when arms are held at the side. Pants may feature holes/rips only below fingertip length.
- It may be appropriate to wear compression shorts under loose-fitting shorts given the activities involved at camp.
- While indoors, shirts should be worn to cover swimsuits.
- Articles of clothing that display profanity, products or slogans that promote alcohol, drugs, sexuality, or indecency, or that communicates matters which contradict Church teaching are prohibited.
- Footwear is required at all times

For Ladies:

- Shirts should provide good coverage of chest and midriff (both front and back) throughout normal daily postures. Shirts should not be longer than shorts so as to give the appearance of not wearing shorts.
- Shirts that are considered undergarments are prohibited when worn as an outer layer. Spaghetti straps and bra straps must be covered. If sleeveless shirts are worn, they must not reveal undergarments.
- Leggings and similarly tight pants may not be worn unless a dress or top provides coverage of waist and butt.
- One-piece or tankini style suits are required for swimming activities. Suits should fully cover the chest and butt. If a swimsuit does not adequately cover either, shorts or a shirt will be required.

For Gentlemen:

- Shirts are to be worn by men at all times except when appropriate for activity participation
- Shirts should cover the full chest and should not be open at the sides, with arm-holes just below the collarbone or above.
- Trunks are required for swimming activities.

If not in compliance with the points outlined above, your camper will be asked to change, and if necessary, given something else to wear. Please check your child's bags before camp to save him/her the embarrassment and hassle of this having to be addressed. See Catechism of the Catholic Church, 2514-2527, for an understanding of modesty that is oriented toward respect for the human person.

**Important Note Regarding Medications:**

With the exception of asthma inhalers and EpiPens, no minor (under age 18) may possess any drugs, prescription or non-prescription, on their person or in their baggage at any time. Upon arrival at camp, all medications must be given to the nurse who will hold and disburse medications according to directives.

Medications must be registered online with your camper's reservation. (On your account, click on the camper's name, and find the Medications option underneath.)

All medications must be in the original container with the attached prescription directives. Medications not in an original container cannot be accepted. It is requested that all medications belonging to one camper be placed in one zip-lock bag and clearly labeled with the camper's name.