

CYSC CAMPER PACKING LIST

PLEASE BE SURE ALL ARTICLES ARE MARKED WITH YOUR NAME

- Sleeping bag and or bed linens and blankets. Lightweight bedsheets for a good idea because of the summer heat.
- A twin sized bed with mattress (bunks) will be provided.
- Bed pillow (Label with name.)
- Casual, comfortable, clothes (shorts, t-shirts, etc.)
- Be sure you have at least one pair of jeans or long pants for paintball.
- 2 pair of shoes and/or sandals... that will get dirty and wet! Closed-toed foot ware are needed for rock climbing.
- 1 sweatshirt... just in case it gets cool.
- 1 lightweight rain jacket or poncho... because we play even in the rain!!
- NOTE: Flip-flops are discouraged because of impracticality and safety concerns.
- Appropriate sleepwear
- Modest swimwear
- 2 beach towels (Label with name.)
- A couple of large trash bags to put your dirty clothes in and to take your sleeping bag and bed linens home in.
- A good flashlight. (Label with name.) Be sure to bring extra batteries...
- Personal hygiene items: soap, toothpaste, toothbrush, shampoo, deodorant, etc.
- Sun block and something for sunburn. (Whatever items you need to protect your skin or to sooth it if you get too much sun.)
- Bath towels and washcloth (bring a couple)
- Camera (disposable-type cameras would be best... don't bring expensive digital equipment.) (Label with name.)
- Insect repellent (skin-so-soft, skintastic, etc.), a small tube of anti-itch cream or topical Benadryl for bug bites.
- A backpack to carry your gear throughout the day (Label with name.)
- 3-4 Band-aids, a small package of antibacterial wipes, and a tube of first aid cream (i.e. Neosporin) for convenience. There will be a full-time nurse on staff at all times at the First-Aid station, but sometimes a little cut or blister isn't worth the hike!
- A package of baby wipes is a good idea to have in your backpack for when you are not close to soap and water.
- A water bottle to carry along with you to daily activities (Label with name.)
- A Bible and Rosary... we'll be praying with scriptures and praying a decade of the rosary each night.
- A small notebook / journal (Label with name.) and pen
- Medications: Important note regarding medications:

- ❑ With the exception of asthma inhalers and EpiPens, no minor (under age 18) may possess any drugs (prescription or nonprescription) on their person or in their baggage at any time. Upon arrival to camp, all medications must be given to the camp nurse who will hold and disburse medications according to prescription directives.
- ❑ All medications must be in 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 using a label or permanent marker.
- ❑ Spending money for snacks at the camp store (around \$15... in quarters and \$1 bills)
- ❑ A few clothespins to hang wet clothing (clotheslines will be provided) Modesty Policy: Clothing is to be modest, dignified, and appropriately suited to camp activities.

Shirts are to be worn by men at all times except when appropriate for activity participation. (paint/mud/water...) Spaghetti straps, short shorts (5 inch inseam is a good standard), midriff, revealing shirts, and open back tops are prohibited. Shirts that are considered undergarments are prohibited when worn as outer layer. Leggings/Yoga pants should only be worn with special attention paid to modest/dignified presentation (longer top/shorts/skirt that covers the hips are super trendy and usually a good idea). If sleeveless shirts are worn, they must not reveal the chest or bra. One piece suits or modest tankini style suits for swimming and aquatic activities are required for ladies. Trunks are required for men. It may be appropriate to wear compression shorts under loose fitting shorts to avoid awkward moments. (climbing harnesses/impromptu headstands/zipline inversions/living the adventure) Articles of clothing that display profanity, products or slogans that promote alcohol, drugs, sexuality, or indecency are prohibited.

If there are any violations of this policy, 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.

NOTE: Electronic devices of any type are strictly forbidden. They detract from the experience of a week of camp. Please leave these at home. Also, campers will not be permitted to have cell phones. Anyone choosing to bring these items to camp will have them confiscated and returned before leaving camp on the last day.