

## Summer Camp Packing List – Day Camp

What your child will need to bring with them to a day camp will vary depending on the type of camp (if is a specialty camp such as soccer camp or art camp) and what age your child is. The below is a general suggested list to begin with, however the camp of your choice will be able to provide you with a detailed list.

We suggest that you label all of your child's clothing and belongings. If you don't you might be amazed at what your child brings home (or leaves behind).

One complete change of cloths to keep at the camp

- socks,
- underwear
- shorts
- t-shirt
- sweat top and bottoms
- light jacket or windbreaker
- bathing suit and towel
- sun hat
- sunscreen
- insect repellent
- running shoes
- rain coat, hat and boots (depending on weather)
- nutritious lunch and snack (if not provided by camp)
- filled water bottle

### IMPORTANT NOTES

#### Camp Lunches and Snacks

Pack your child a healthy bag lunch that they will enjoy and that will give them energy for all the activities they'll be involved in. Do not pack items that require heating or refrigeration.

Some children that attend camp may have severe, life-threatening allergies to all forms of nuts and nut products. When packing lunches, please **do not** include any of the following products in your child's lunch

- peanut butter
- Nutella
- peanuts
- all tree nuts
- any product that contains traces of nuts (check ingredients please)

#### Does your child take medication?

If so, make sure it is given to a counselor immediately. At most camps, all medication - even vitamins - must be stored with the camp counselors , the first aid or nurses station where it is available and administered safely.

Clearly label the medication with your child's name, exact dosage and what time it should be administered.

If your child requires an EpiPen, send two with them — one to be stored in the First Aid or nurses station and one to be carried by the child's camp counselor.



#### Don't forget to pack

Summer camp means lots of outdoor fun—but with that comes triggers for allergic reactions. Keep **Benadryl** on your packing list for your kids' summer adventures. Learn more.