

# Shadow Mountain Summer Camp Checklist

## Personal Items

Sleeping Bag Pillow

Enough Clothing for 3 days Pajamas

Warm Sweater or Sweatshirt

Hat & Coat & Ball Cap (Sun Visor)

Shoes (at least 1 pair that you can hike in) Try to avoid brand new shoes as they may result in blisters.

Bathing suit or shorts

## Personal Hygiene

Towel and Washcloth Soap

Brush or Comb Toothbrush and Paste

Kleenex or Handkerchief Bag for Dirty Clothes

\*\*Instructions with any Medications

## Miscellaneous Items

Flashlight Insect Repellant with DEET

Sunscreen Chapstick

Camera (optional)

Canteen (or 2 liter plastic bottle with cap)

\* Cabins are provided for all campers

## Please Do Not Bring....

Cell Phones- there is no phone reception at Shadow Mountain. We have tried all services.

IPODs, personal video games, personal stereo systems etc.

Flip-flops or sandals that will not protect your feet or support your ankles

Knives, Slingshots, Guns, or other Weapons

Matches or Lighters

Gum (it gets stuck to everything) (a reasonable amount of other candy is O.K.)

Card or Board Games (We have plenty of these at camp.)

**\*\*\* PLEASE MARK ALL BELONGINGS CLEARLY \*\*\***

\* Safety is the top concern for all of us at Shadow Mountain. Parents, please talk to your child about the importance of obeying the camp instructors and following all camp rules.

\* Some past campers have not felt that it was their responsibility to pick up after themselves or to keep their cabins and grounds clean. **Please be aware that all campers will be expected to clean the cabins and grounds daily.** This is a matter of simple respect for themselves, others, and the outdoors.

\* Most children in this age group have spent very little time away from home on their own. Some deal with this first experience better than others. We cannot bring campers home except for in emergency health situations. It compromises our staff/student ratio. If you make it absolutely clear to your son or daughter that you expect them to stick it out for the entire camp, he/she will be much less likely to have serious problems with homesickness.