

Shadow Mountain Summer Camp Checklist

* * CLEARLY MARK ALL BELONGINGS! * *

Personal Items/Hygiene

<input type="checkbox"/> Sleeping Bag/Pillow <input type="checkbox"/> Clothing for 3 days <input type="checkbox"/> Pajamas <input type="checkbox"/> Warm Sweater/Sweatshirt/Coat <input type="checkbox"/> Hat/Ball Cap/Sun Visor <input type="checkbox"/> Closed toe shoes (to wear around camp) <input type="checkbox"/> Sturdy hiking shoes <input type="checkbox"/> Water Shoes	<input type="checkbox"/> Bathing Suit/Shorts <input type="checkbox"/> Towel/Washcloth/Soap <input type="checkbox"/> Brush/Comb <input type="checkbox"/> Toothbrush/Toothpaste <input type="checkbox"/> Kleenex/Handkerchief <input type="checkbox"/> Bag for Dirty Clothes <input type="checkbox"/> Deodorant <input type="checkbox"/> Medications with instructions
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Miscellaneous Items

<input type="checkbox"/> Flashlight/Batteries <input type="checkbox"/> Insect Repellant with DEET <input type="checkbox"/> Sunscreen/Chapstick	<input type="checkbox"/> Camera (optional) <input type="checkbox"/> Canteen (or 2 liter plastic bottle with cap)
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Please Do Not Bring

<ul style="list-style-type: none">→ Cell Phones - Shadow Mountain does not have reception. 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.	<ul style="list-style-type: none">→ Weapons (Knives/Slingshots/Guns/Other Weapons)→ Matches/Lighters→ Gum - It sticks to everything. A reasonable amount of other candy is permitted.→ Card/Board Games - We have plenty of these at camp.
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- 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 camp rules.
- Everyone is responsible for keeping Shadow Mountain camp clean. Out of respect for themselves, others, and the outdoors, it is expected that campers will pick up after themselves, keep their cabins neat, and help maintain order in common areas. Daily chore assignments will be given as part of the communal camp experience.
- Spending three days away from home is a new experience for some of the campers. We have found that homesickness is greatly reduced when parents are absolutely clear with their camper that s/he is expected to stay for the entire camp experience.
- A camper will only be brought home due to an emergency health situation.