

Shadow Mountain Summer Camp Checklist

Personal Items

Sleeping Bag and Pillow
Enough Clothing for 3 days--including Pajamas
Warm Sweater or Sweatshirt
Hat & Coat & Ball Cap (Sun Visor)
Shoes (at least 1 pair that you can hike in)—note: brand new shoes may result in blisters
Bathing suit or shorts

Personal Hygiene

Towel, Washcloth, and 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 and 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 poor phone reception at Shadow Mountain
Radios, Personal Stereo/CD players or Electronic Games
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. Please talk with your student about committing to the whole camp experience. If you help them understand coming home is not an option, he/she will be much less likely to have serious problems with homesickness.