

Suggested Packing List

Below is a Checklist that can be used to pack your camper's belongings. Please be sure to mark all items with the camper's full name. If a lost item has the camper's name on it, we can return or mail the item. For two week camp programs, we recommend you double up on these items.

✓	CLOTHING ITEMS	✓	OPTIONAL / MISC ITEMS	✓	BEDDING / HYGENE ITEMS
	T Shirts (6-8)		Sunglasses		Pillow
	Shorts (5-7)		Tissues		Twin Sheet and Blanket - OR-
	Long Pants (1-2)		Wax Bands for Braces		Twin Sheet and Sleeping Bag
	Sneakers (1-2 pair)		Flashlight / Headlamp		Favorite Stuffed Animal
	Pajamas (1-2)		Addressed/Stamped Postcards		Shower Towel
	Rain Coat or Poncho		Fishing Pole / Tackle		Beach Towel
	Socks (6-8)		Book(s)		Shampoo / Conditioner
	Sandals w/ a back strap (1-2)		Disposable / Digital Camera		Soap / Body Wash
	Sweatshirt (1-2)		Small Plug-In Clip On Fan		Shower Caddy
	Swimsuit (1-2)		Swim Goggles		Toothbrush and Toothpaste
	Underwear (6-8)		Water Bottle		Comb / Brush
	Laundry Bag		Chapstick		Shower Shoes / Flops
	Hat (1-2)		White Shirt for Tie Dye		Bug Spray (No Aerosol if possible)
	Fun, Dressy clothes for the Dance		Cabin Games / Cards		Sun Screen (No Aerosol if possible)

Special Note for Campers Attending 2 Week and Adventure Sessions: If your camper is attending a two week session, we recommend doubling the clothing items. While Camp Duncan does have laundry machines, they are reserved for clothing and bedding emergencies.

If your camper is attending an Adventure Program, the Adventure Programs Director will be in touch with a specific packing list.

Core Value Colors: Red, Green, Blue, and Yellow. Here at YMCA Camp Duncan we play a lot of games and activities in teams. The teams are typically separated into the core-value colors. Bring solid color (Red, Green, Blue, and Yellow) shirts, bandanas, or other items along.

For your child's security and safety of other campers, please DO NOT pack these items to bring to Camp Duncan:

X	LEAVE AT HOME ITEMS	X	LEAVE AT HOME ITEMS
	Tobacco Products		Apple or Smart Watches
	Fireworks		Cell Phones
	Knives of Any Kind		Squirt Guns
	Expensive Clothes / Shoes		Alcohol
	Hoverboards		Laptops / Ipads / Tablets
	Gum and Sugar Drinks		Music Players (Ipod, Mp3)
	Weapons		Bikes, Rollerblades, etc.
	Animals (pets)		Bad Attitudes

- YMCA Camp Duncan is not responsible for damaged or lost items.
- Please do not pack medication in your camper's luggage.
- All medication will be checked in with the nurse.
- Personal items like sports equipment, archery bows, and slingshots should be left at home. Personal fishing poles are allowed but must be locked in the boathouse when not in use.
- Camp Duncan reserves the right to ask the camper to change their clothes if they are deemed inappropriate to foster values and appropriateness. This includes, but is not limited to, extremely short shorts, baggy pants worn too low, shirts with offensive or rude messages, and clothing/swimsuits that are too revealing.
- Any camper discovered with tobacco products, alcohol, non-prescription/illegal drugs, firearms, or knives is subject to immediate dismissal from camp.
- **We DO NOT allow CELL PHONES at camp.** If your camper is found to have a cell phone, it will be taken to the Camp Director's office, where it will be stored until check-out day. All phones will be returned at check-out to the parent / guardian.

NOTES FROM "EXPERIENCED" CAMP PARENTS

- Send self-addressed stamped post cards if you want to hear from your camper. Campers do not have access to email or to call home.
- Don't be surprised if you do not receive a letter. They are out being kids and having fun.
- Camp is about running and playing outside! Send old clothes. Your camper's stuff WILL get dirty.
- Make sure your camper knows that their cabin counselor(s) are there for them.
- Send two (2) swimsuits. Campers are in and out of the water all day long and it helps to prevent chafing.
- There are a lot of campers trying to get into the same skill periods. If your camper doesn't get what they want this year, encourage them to try the following summer again. Campers do most often get their first or second choices of activities.
- Be sure to send non-aerosol spray sunscreen, so the cabin counselors can help their campers be protected from the sun. Counselors are trained to help spray and the camper will rub it in.
- Keep it upbeat when sending mail/email, keep it positive and avoid telling your camper how much you miss them.
- Label everything and pack light.
- Camp is one of those great places where kids can escape the over-stimulation of gadgetry and become "unplugged." Leave cell phones and electronic things at home. Camp provides an opportunity for socialization without the need for electronic games.

