



# Camp Olson YMCA

## Packing List



- ✓ Sleeping Bag
- ✓ Pillow & Pillowcase
- ✓ Towels/Washcloths/Soap
- ✓ Shampoo/Conditioner
- ✓ Comb or Brush
- ✓ Toothbrush & Toothpaste
- ✓ Deodorant
- ✓ Socks, Shoes and Sandals  
(Footwear is required everywhere in camp)
- ✓ T-shirts & Sweatshirts
- ✓ Cap or Hat
- ✓ Shorts & Jeans  
(Riding campers must wear pants daily)
- ✓ Swimsuit
- ✓ Towels
- ✓ Underwear
- ✓ Sleepwear
- ✓ Raingear
- ✓ Headlamp/Flashlight
- ✓ Sunscreen
- ✓ Laundry Bag (cloth or mesh)
- ✓ Insect Repellent

### ✓ Medications

(All medications be sent in their original Containers from the pharmacy) **Camp Olson YMCA is not able to administer homeopathic medications without a written prescription from a physician.**

- ✓ Book and/or Diary\*
  - ✓ Camera & Film\*  
(Also available for sale at the camp store)
- Fishing Gear\*
- \* Optional Items*

Please label your child's luggage with first and last name, address and phone number. All items brought to camp should be labeled.

## Tips for the first time parent and camper!

Going to an overnight camp is a big growth step for both the parent and the child. For a child, the independence is a thrilling experience combined with the opportunity to make new friends and learn many new outdoor skills. It can also be one of their biggest challenges. Over 10 million children go to summer camps each year, often with mixed feelings. Frequently, excitement can turn into anxiety. Here are a few tips to ensure it's a positive experience for everyone involved.

- 🌈 Set up a calendar and count down the days until camp begins and how long your child will be gone. Spend time talking to your child about what camp will be like and listen to any fears and concerns. Remind your child that apprehension and homesickness are perfectly normal feelings. For the younger camper, let them bring a special stuffed animal or special item from home. For the younger camper who is used to taking a bath and has never taken a shower, have him or her take a shower at home, prior to camp. If your child has never spent a night away from mom and dad, it is often a good idea to have the child spend 1 or 2 nights at a friend's home. Prior to camp, try to avoid dwelling on the "I'll miss you" feeling and focus on the excitement and anticipation of learning about your child's camp experience when they return. Remind your child to ask questions if they don't understand or are concern about something at camp.
- 🌈 If you went to camp, spend some time sharing your experiences and photos.
- 🌈 Get excited with your child; make a big deal of developing a checklist of items for camp, and work with your child in gathering them together. Encourage your child to bring favorite book and other reminders of home such as photos.
- 🌈 Don't buy a brand-new wardrobe. While one or two new items are fine, camp life can be a bit rough on clothing. Children, especially first-timers, will also find "old favorites" reassuring when away from home. Label all camp clothing and gear with your first initial and last name and send a laundry bag and expect some beach sand to come home in their luggage.
- 🌈 To maintain that family connection, send a few letters several days before arrival to camp so your child has mail on the first day. Pack fun paper, pre-addressed and stamped envelopes or postcards, and writing utensils so your child can easily write back. Compose a few letters, seal them, and pack them in your child's luggage to be opened after arrival. Send care packages (no food), mail call is always an exciting, hopeful event for every camper.
- 🌈 Encourage your child to take pictures of new friends and fun activities. Avoid sending an expensive digital camera. We recommend sending a disposable camera or your child can purchase one at the camp store.