



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Camp Olson Packing List

- Sleeping Bag or Bedding*
- Pillow & Pillowcase*
- Bath & Beach Towel*
- Shampoo/Conditioner/Soap*
- Comb or Brush*
- Toothbrush & Toothpaste*
- Deodorant
- Socks, Shoes & Sandals
 - Footwear is required everywhere at camp
 - Sturdy, close-toed shoes are required for horseback riding*
- T-shirts & Sweatshirts*
- Baseball Cap or Hat*
- Shorts & Pants*
 - Long pants are required for horseback riding
- Swimsuit
- Beach Towel
- Underwear
- Sleepwear
- Raingear*
- Headlamp or Flashlight* (*optional*)
- Sunscreen*
- Insect Repellent*
- Laundry Bag (*optional*)
- Medication**
 - **All medications must 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.**
- Rest Hour Activity (i.e. Book, Diary, Pre-addressed stamps and letter writing materials)

*If your camper forgets or does not have access to any of the above items, let us know and we can provide these for your camper.

We recommend that campers be sent with clothes to play and have fun in! Things will get dirty, things will get broken, and things will get lost! We do not recommend bringing anything valuable or brand-new for this adventure.

Please label your child's luggage with first and last name, address, and phone number. All items brought to camp should be labeled. We cannot guarantee that lost items will be returned.

Tips for the first time parent and camper!

1. 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.
2. 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.
3. 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. Please do not make promises to you camper, such as picking up them up early if they are not having a good time. Remind your child to ask questions if they don't understand or are concern about something at camp.
4. Get excited with your child, make a big deal of developing a checklist of list of items for camp and pack together. Encourage your child to bring a favorite book, stuffed animal, or photos from home.
5. Brainstorm with your camper about what positive and realistic goals they have. Try to list 5 specific goals about what they want to do during summer camp. For instance, shoot a bow and arrow, make a friend from another country, or lean a craft.
6. 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.
7. 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.