

## What Should Campers Bring To Camp?

In order to have the best camping experience, here are a few things you need to bring with

Please put your full name on everything you want back if lost, misplaced, or left behind.

### Have Ready When You Arrive:

- Any waivers and/or forms sent to you from Lakeside
- Medications (*All medicines are to be turned over to the nurse upon arrival at camp unless a physician recommends that your child self-medicate, for example, with an inhaler or Epipens. Please send enough medication for the entire time at camp in the **original package/bottle** that identifies the prescribing physician, name of drug, dosage, and frequency.*) Medications are kept in a Ziploc bag with the camper's full name written on front.

### Small Backpack Or Drawstring Bag: (*for carrying shower items or other needed items around camp*)

- Bible, notebook, and pen (*If a camper does not have a Bible we have one for them*)
- Sunscreen and Bug Spray
- Water bottle
- A Flashlight with new batteries
- Optional items: Camera, Book (*for horizontal hour*), Paper, envelopes (*pre addressed*), and stamps (*write during down times to family, friends, and those that sent you to camp*)

### Packed In A Duffel Or Drawstring Trash Bag:

- Bedding/Sleeping Bag and Pillow
- Rain poncho or light waterproof jacket

### Packed In A Suitcase:

- Comfortable clothes (*suitable for hiking and being outdoors*)
  - o Shorts AND Pants (*some nights and mornings are cool*)
  - o T-Shirts
  - o Long-sleeved shirt, sweatshirt, and/or a light jacket (*again, it can get cool*)
  - o Underwear and socks
  - o Pajamas
  - o Sturdy tennis shoes (*bring an extra pair in case one gets wet or muddy*)
  - o Sandals or flip flops (*only for pool, water games, and shower times*)
- Toiletries (*packing in a gallon size Ziploc is ideal if you do not have a separate toiletries bag*)
  - o Toothbrush and Toothpaste
  - o Soap and Shampoo
  - o Deodorant
  - o Shower towel and Washcloth
  - o Feminine hygiene products
  - o Etc....
- ONE PIECE** or **MODEST** Swimming Suit/Beach Towel (*a shirt may be needed for other water activities, it may get muddy too*)
- Bag for dirty clothes
- Other special items listed within the letter.

*\*If campers drive themselves to camp, vehicles should not be driven until the camp session has ended.*



## What Campers Should Not Bring To Camp Lakeside:

- Anything you are not willing to lose (Camp Lakeside cannot be held responsible for missing items)
- Soda Pop, Snacks, gum or candy of any kind
- Money (unless otherwise directed in letter. Our camp store will be open during registration or at closing. The store will not be open during the week)
- ANY personal electronics (any brought will be held in a baggy for you until you are picked up, including cell phones.)
- *Illegal drugs, alcohol, fireworks, knives—anything illegal or dangerous are grounds for dismissal from camp!*

## A Special Note For Parents & Guardians:

The health and welfare of your child is a priority. Notification of parents will be attempted for allergic reactions, if EMS is contacted, for decisions on a trip to the hospital, and for any questions on medications or proper treatment.

If your camper is nervous about being away from home, feel free to have them bring along a favorite “sleep aid,” like a stuffed animal, blanket or family picture; anything you think will help them feel closer to home without causing homesickness. That item should fit into a pillowcase and can be felt when trying to fall asleep. We have lots of experience working with children, so we will make sure your child feels safe and has as much fun as he/she possibly can! Remember to write or e-mail your camper to encourage to them stay but PLEASE tell your child that they will **not be allowed to call home** and that “no news is good news.” We are way too busy having fun to spend any time on the phone. In case of emergency the number at Camp Lakeside is (620) 872-2021. You will talk to a staff person. We strongly recommend not speaking to your child. As we said, we’re going to be too busy to pull kids away from the fun to talk to a “homesick” parent. You can also email the camp at [camplakeside@GreatPlainsUMC.org](mailto:camplakeside@GreatPlainsUMC.org) for any questions you have and WE HIGHLY ENCOURAGE you to send an e-mail to your camper while they are at camp (just put their name in the subject box so we can deliver to the proper person).