

Day/ Track Camp Pack List

- ❖ **Lunch:** Please pack a lunch for your child every day, including a morning snack and plenty of healthy items. Please do not pack items that need refrigeration or heat-up. We will provide an afternoon snack for the campers. (**Track campers (Island Escape, Catawba Ventures, and Frontier Camp won't need a lunch Friday. We provide Dinner Thur and Breakfast and Lunch Friday for their program)*)
- ❖ **Water:** The Summer time is roasting hot and we make it a top priority to keep every camper hydrated throughout the day. **Campers will need to have a water bottle with them at all times.** Please label their water bottle with their name and telephone number.
- ❖ **Clothes:** Please make sure that your child wears appropriate clothing for outdoor summer weather. T-shirts, shorts, hats, visors, etc. are acceptable. Tennis shoes need to be worn to camp everyday. Note: Extremely short shorts and “halter tops” for girls are not permitted.
- ❖ **Swimming:** Bring swimming attire EVERY DAY - a Swimsuit, a Towel, Sunscreen and Sandals. You will also need to come dressed in dry clothes or plan to pack some for your child each day. Note: Sandals or water shoes must have a back to them to prevent loss in water (closed-toe shoes are encouraged).

Track Camps (One overnight stay)

In addition to the items mentioned above, Track Campers (Catawba Ventures, Island Escape, and Frontier Camp) will need the following items for their one overnight stay Thursday:

- ❖ Clothes: Pajamas for Thursday night and clothes for Friday
- ❖ Sleeping Bag and Pillow
- ❖ Toothbrush, toothpaste, deodorant (if needed)
- ❖ Flashlight w/batteries
- ❖ Any required medications (labeled and in water-tight bag)

What Not To Bring

(Parents, please help us to better serve your child by adhering to the pack list. Counselors will help campers each day upon arrival and if any of these items below are found, they will be confiscated and returned to parent/guardian at the close of the day.)

- ❖ Knives, paintball guns or anything representing a weapon
- ❖ Money (*No money is needed during camp programs- Canteen items and apparel can be purchased at the start and end of each week*)
- ❖ Candy, gum, soda and energy drinks (*care packages can be mailed or dropped off*)
- ❖ Electronic games, IPODs and MP3 players
- ❖ NO CELL PHONES, Laptops or I-Pads
- ❖ Tobacco products, alcohol or fireworks
- ❖ Toys, Pokemon cards and Beyblades
- ❖ Inappropriate clothing

Note: Please examine your camper's selection of clothing and determine if it has offensive symbols/ language OR if it is too revealing. If we decide that something worn or brought to the camp is not tasteful, we do require for it to be replaced with temporary clothing until the close of the day.

Resident Camp Pack List

- ❖ **Water:** The Summer time is roasting hot and we make it a top priority to keep every camper hydrated throughout the day. **Campers will need to have a water bottle with them at all times.** Please label their water bottle with their name and telephone number.
- ❖ **Clothes:** Please make sure that your child wears appropriate clothing for outdoor summer weather. T-shirts, shorts, hats, visors, etc. are acceptable. Tennis shoes need to be worn to camp everyday. Note: Extremely short shorts and “halter tops” for girls are not permitted.
 - Paintball registrants: bring a pair of jeans and long sleeve t-shirt
 - Horseback riding registrants: bring a pair of jeans
- ❖ **Swimming:** Pack swimming attire - a Swimsuit, 1-2 Towels, Sunscreen and Sandals. Note: Sandals or water shoes must have a back to them to prevent loss in water (closed-toe shoes are encouraged).
- ❖ **Care packages:** letters from home, non-perishable treats, little gifts, campers love opening a package from home in the evenings; packages may be mailed OR labeled and slipped to us during check-in to save on postage.

In addition to the items mentioned above, Resident Campers will need the following items for their week stay at Canaan:

- ❖ Reuseable water bottle (labeled with camper’s name)
- ❖ Sleeping Bag or Sheets
- ❖ Pillow
- ❖ ENO Hammock (optional)
- ❖ Soap, shampoo, toothbrush, toothpaste, deodorant (if needed)
- ❖ Clothes, underwear and socks for 6 days
- ❖ A pair of closed-toed tennis shoes and flip-flops (for pool and shower)
- ❖ Swim suit and river shoes (closed toe recommended)
- ❖ Bath towel and two pool towels (recommended)
- ❖ Flashlight w/ batteries
- ❖ Bugspray and sunscreen
- ❖ Bible/ journal/ book/ Pen or pencil

What Not To Bring

(Parents, please help us to better serve your child by adhering to the pack list. Counselors will help campers each day upon arrival and if any of these items below are found, they will be confiscated and returned to parent/guardian at the close of the day.)

- ❖ Knives, paintball guns or anything representing a weapon
- ❖ Money *(No money is needed during camp programs- Canteen items and apparel can be purchased at the start and end of each week)*
- ❖ Candy, gum, soda and energy drinks *(care packages can be mailed or dropped off)*
- ❖ Electronic games, IPODs and MP3 players
- ❖ NO CELL PHONES, Laptops or I-Pads
- ❖ Tobacco products, alcohol or fireworks
- ❖ Toys, Pokemon cards and Beyblades

❖ Inappropriate clothing

Note: Please examine your camper's selection of clothing and determine if it has offensive symbols/ language OR if it is too revealing. If we decide that something worn or brought to the camp is not tasteful, we do require for it to be replaced with temporary clothing until the close of the day.