

## **ACTIVITIES**

A well-rounded program has been developed for your child. Each camper will vote for the activities he/she prefers to participate in. We will be offering a variety of activities, which are both informative and fun. Please go over the "What To Bring" list carefully; bring all essentials, and leave non-essentials at home.

## **WHAT TO BRING**

**ESSENTIAL ITEMS:** (Please bring ALL of these items)

- **Lunch** for the first day
- Water bottle/canteen
- Warm sleeping bag, or: 1 or 2 single sheets, 2 blankets or 1 quilt
- Day pack
- Plenty of socks (both heavy & light)
- Toothbrush and toothpaste
- Clothes appropriate for **warm and cold** weather, **that can get dirty**
- Long pants for protection against poison oak
- Underwear for 5 days
- Pajamas
- Swimsuit and Shorts
- Warm jacket and sweater (very important)
- Sturdy walking shoes that are comfortable for hiking (must have laces)
- Backup pair of shoes to get wet (preferably tennies or Teva-like sandals)
- Hat or cap with brim
- Soap in container, shampoo
- 2 towels
- Sunscreen
- Camp Soulajule Souvenir Order Form with payment (see form)

## **OPTIONAL ITEMS:**

- Flashlight and extra batteries
- Pillow and pillow case
- Binoculars and handlens
- Camera and film (please label disposable cameras with your child's name)
- Reading and writing material, stamps
- Sandals for shower and beach

## **PLEASE LEAVE AT HOME:**

- Radios, walkmans, or electronic games of any kind
- Candy or any food or drink item not intended for Monday lunch
- Money or any other valuable items
- Knives of any kind

Please be sure to label all items, and remember that snacks or treats that are stored in cabins are an invitation for critters to make pests of themselves; so kindly do not send any goodies to your child while they are at camp. Thank you.

CS110:10/04