

## Program at Camp Ramapo for Children

### What Do I Need To Bring?

The following is a suggested packing list for a two-day program. Please add or subtract items to meet your own needs.

- \*Check the weather report the day before camp.
- \*Dress in layers. Dress at camp is casual and comfortable – please bring clothes you can move around in and that you don't mind getting dirty (i.e. not your brand new sneakers).
- \*We also recommend that you bring extra clothes, as nights at camp can get cool and often an extra change of clothes is helpful after an active, outdoor day.

2 changes of underwear	Lightweight jacket
2 changes of socks	Laundry bag
Pajamas	Bath towel
Pair of sneakers	Tissues
Pair of hiking boots (if you have them)	Pillow
Raincoat	Comb or brush
Hat or hood	Toothbrush and toothpaste
1 pair of jeans	Water bottle
1 pair of shorts	Flashlight
Heavy sweater or sweatshirt	Soap
Long and short sleeve shirts	Shampoo

Only one small suitcase per student. We have very limited space. If necessary, we will call parents to bring home extra suitcases.

\*\*\* Sheets and blankets are provided.

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### **NOT ALLOWED**

Radio or tape players, ipods	Cell phones
Portable TV	Fireworks
Knives	Matches or lighters
Candy or gum	Pets
Money	Electronic games

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### **MEDICATION**

On the morning of our trip please bring medication to the following room:

October 15 - Kappa: Nurse's office

October 16 - Theta: Guidance office

Prescription medication must be in its original container with prescription attached. (Doctor's name, phone number and dosage.)

Both over the counter and prescription medication must be in a clear plastic bag. The plastic bag should have the student's name clearly written on it.

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### **BEHAVIOR**

We expect your best behavior. Remember that you are representing our school and our community. All school rules and consequences apply during your stay at the camp.

**Be Kind...Be Helpful...Be Respectful...Be Good Listeners...Say Thank You!!!**