



## BACKPACK BASICS

### What to WEAR to camp:

- Bathing suit
- Shirt and shorts (camp shirt if going on a field trip)
- Sunblock
- Sneakers and socks

### What to BRING to camp in your backpack:

- Water bottle
- Additional swimsuit for 2<sup>nd</sup> swim
- Towel
- Camp Shalom wet bag for wet stuff
- Lunch with an ice pack (nut free)
- Undergarments
- Flip Flops/Sandals- mandatory for swimming
- Sunblock
- Bug spray (optional)

\*\*remember to label everything!

### What to LEAVE at home:

- Heelies
- Trading Cards, Games
- Electronics of any kind - including cell phones
- Stuffed animals or toys of any kind
- Money (unless on a trip - where specified)

\*if you need to get in touch with your child during the camp day, please contact the camp office. Campers will not be permitted to use their cell phones during camp hours. (There is very little reception at Meyer and the JCC anyway)