

# CAMP GRIZZLY

## Camper and CIT Clothing and Supply Checklist

(Mark all personal items with your child's full name on it. NorCal Camp Grizzly is not responsible for lost, stolen or damaged personal items. We do not provide or loan any sleeping bags, pillows, shoes, clothing or toiletries or batteries for back up.)

**CLOTHING and SLEEPING GEAR:** (Clothing must be in good repair, fitted to child's size with modest coverage):

- 1 Sleeping bag (or one fitted sheet and blanket)
- 1 Pillow with pillow case
- 1 Bath Towel & 1 Washcloth & 1 Swim towel
- 5 T-Shirts or tank tops (Each child will receive one Camp Grizzly with logo Shirt)
- 6 pairs of underwear
- 6 pairs of cotton socks
- 2-3 pairs of pants/jeans (fit to size, not loose or baggy)
- 2-3 pairs of modest shorts (no short shorts, must cover bottom)
- 1-2 Light jacket, sweater or sweatshirt
- 1-2 pairs of Pajamas
- 1 Swim-suit/shorts (modest, no thongs or strings)

### **TOILETRIES:**

- Soap (in soap container), Small bottle of Shampoo/Conditioner & Body Lotion
- Toothbrush & Toothpaste
- Hairbrush or Comb
- Deodorant
- Sanitary Products (as needed)

### **\*\*MANDATORY ITEMS:**

- 1- Large Water Bottle (preferably stainless steel or hard plastic, not disposable)**
- Chapstick/Lip balm**
- Sun Block (50 SPF or above recommended)**
- Flashlight with Batteries**
- Sneakers (tennis shoes) & 1 pair of aquatic shoes (flip flops ok at the beach)**

### **RECOMMENDED ADDITIONAL ITEMS:**

- Small backpack
- Insect (mosquito) repellent
- Costume/Accessories for the dance (optional). Theme: **"Masquerade Ball"**
- Chargers or batteries for your hearing aid or cochlear device

**MEDICATIONS:** (All prescription medications and over the counter medications must be secured with the Healthcare Manager station upon check-in where they will remain available to be taken at the time indicated on the medication container.) All medications must be in its original container with clear instructions printed on the bottle. Please place medicine items in a large Ziplock bag with your child's name written on it.

### **OPTIONAL ITEMS TO BRING:**

Watch (not Apple watch), Cameras (not cell phones). Books for quiet time, sketch pad/ coloring book/crayons and Playing cards.

### **WHAT NOT TO BRING:**

NO Knives, guns, drugs, alcohol, tobacco, vape, matches, lighters or pepper spray. Possession of any of these is grounds for immediate removal from camp with no refund.

NO Food, candy, or gum. Meals and snacks will be provided. (No food is allowed in the cabin.)

NO clothing or items that advertise/imply alcohol, tobacco/smoking, drugs, sex, violence, weapons, gangs and profanity.

NO display of undergarments, short shorts, tight or loose baggy clothing, must fit to size and modest dress and coverage.

NO Electronic devices, such as Cell phones, iPad, iPod, hand-held video game players, Mp3, Radios, etc.