

WHAT TO PACK FOR CAMP LAWRENCE & CAMP NOKOMIS

Parents are the best judge of what their child will need at camp. Two-week campers who plan carefully might not need to use the laundry service although it is available to everyone. See list of suggested items on page 2.

TRUNK INFORMATION

We recommend a trunk for ease of living at camp and for ease of transport between the mainland and the island. The **height of the trunk should not exceed 14"** in order to fit under the bed. Visit www.cnmfg.com to view options or to purchase a trunk.

LABEL ALL ITEMS

Please label everything clearly with the camper's name in indelible marker or on a name tag. Be sure to tape a list of your camper's belongings inside the trunk lid. Please also attach masking tape or labeled tape to all pieces of luggage. Secure luggage so that nothing falls out during the transportation process. **Trash bags do not constitute good luggage.**

STORE MONEY

This money may be mailed to camp or brought with the camper, preferably in the form of a check. This deposit covers laundry if needed, at \$15.00 per week, a camp t-shirt at \$12.00, and any camp store purchases. Our stores sell camp clothing, stamps, mementos, postcards, toiletries, sundries, and limited amounts of candy and health foods. We recommend \$50-\$75 for a two week session. Multiple sessions require additional money for laundry and/or essentials. Checks should be payable to the Merrimack Valley YMCA. Unspent funds, over \$3, will be refunded by check. Please discuss with your child how to manage this money.

WHAT TO NOT BRING LIST

- Food
- Cash
- Hair dryer
- Electric blanket
- Plastic drawer sets
- Cell phone, iPhone, iTouch, etc
- Valuables
- Fire crackers
- Knives or guns
- Skateboards or roller blades
- TVs
- Expensive cameras
- Electronic devices with internet capability

Camp cannot guarantee the security of these items.
We reserve the right to confiscate inappropriate materials or equipment.

WHAT TO BRING LIST

All campers must have sheets and blankets for their beds, and a pillow is recommended if the child uses one at home. Our recommendations are below in parentheses.

Clothing List

- Bathing Suit (minimum of two)
- Footwear
- Flip Flops (for going to & from the waterfront)
- Sneakers (sturdy; our terrain is rocky; two pair)
- Rubberized Shoes (for rainy days)
- Soft-soled slippers (for dance classes)
- Jeans; Long Pants
- Pajamas
- Robe (for going to shower or to the bathroom at night)
- Rainwear (poncho or long jacket)
- Shirts (t-shirts; tank tops)

- Shorts
- Socks
- Sweater &/or Sweatshirt (two)
- Underwear
- Warm Jacket (for cool nights)

For Hiking

- Hiking Shoes (broken in)
- Heavy Socks
- Heavy Sweater

Equipment

- Camp Trunk or Sturdy Suitcase (www.cnmfg.com)
- Sleeping Bag (used as an extra blanket or for camping out)
- Flashlight with Batteries
- Duffle Bag, Gym or Hockey Bag (if needed)

Linen & Toiletries

- Blankets (one light & one Heavy)
- Pillow
- Pillow Cases (two)
- Sheets, Cot or Twin Size (two sets)
- Towels
 - Beach (two)
 - Bath Size (two-three)
 - Washcloths (one-two)
- Toiletries (possibly a shower caddy)
- Toothbrush; Toothpaste
- Soap
- Sunscreen
- Insect repellent (especially July)

Uniform

- Camp T-shirt (sold in Camp Store)
 - (Required for out-of-camp activities)

It Would Be Nice to Have

- Writing Materials & Stamps; Stamped Postcards
- Camera & Film
- A Good Book & Some Games
- Favorite Stuffed Animal
- Baseball Glove and/or Tennis Racquet
- Water Bottle
- Laundry Bag