

## Helpful Packing Tips

<p><b>Clothing</b></p> <ul style="list-style-type: none"> <li>● Sleepwear/Pajamas</li> <li>● Underwear and Socks</li> <li>● Short Sleeve Shirts</li> <li>● Pairs of Shorts</li> <li>● One lightweight long sleeve shirt or sweatshirt</li> <li>● Swimsuit</li> <li>● A pair of sneakers. Tennis shoes must be worn at all times at Jo-Ota</li> <li>● Flip flops for the shower only.</li> <li>● Pair of long pants</li> </ul> <p><b>Toiletries</b></p> <ul style="list-style-type: none"> <li>● Toothbrush and Toothpaste</li> <li>● Shampoo and Conditioner</li> <li>● Soap in a container</li> <li>● Bath Towel &amp; Washcloth</li> <li>● Beach Towel for the pool</li> </ul>	<p><b>Other Items</b></p> <ul style="list-style-type: none"> <li>● Bible</li> <li>● SUNSCREEN</li> <li>● Mask</li> <li>● Bedding – Sleeping Bag or sheets and blanket</li> <li>● Pillow and Pillowcase</li> <li>● Flashlight/extra batteries</li> <li>● Rain Jacket or Poncho</li> <li>● Bug Spray</li> </ul> <p><b>Optional Items</b></p> <p>---Hat &amp; Sunglasses --- Camera - -- Favorite Stuffed Animal--- Alarm clock (not phone)--- extension cord ---Paper, pen, pencil, stamps, pre-addressed envelopes---Mask if wanted</p> <p><b>Things to Leave AT Home</b></p> <ul style="list-style-type: none"> <li>● Food, snacks or candy (food and snacks are not permitted in the cabin due to critters)</li> <li>● <b>Cell Phones, Electronic Items</b></li> <li>● Anything which would result in tremendous unhappiness if it were lost, broken, or dirty.</li> </ul>
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### ✓ Pack with a parent or guardian

Packing with your child is a great way to build excitement about camp and also a great way to talk through any worries or anxieties your child may have about their time away at camp. In addition, it gives you the opportunity to make sure that they pack everything they need to bring and leave at home the stuff that should stay at home. It also helps the child to know where in their bag or suitcase all of their items are located.

### ✓ Pack a little extra but not TOO MUCH

Depending on the length of your camp it is always a good idea to pack a couple of extra sets of clothes, underwear, and socks. But DON'T GO OVERBOARD, TOO many clothes results in things being lost, thrown around the cabin, or "I didn't pack it"

### ✓ Label Everything You Can

Put your child's first and last name on everything you can using a permanent marker. Be sure to label your child's luggage. If your child loses something (and they usually do) it will turn up in Lost and Found. Having a name on the items makes it much simpler to return it to your child.

### ✓ Pack Appropriate Attire for Camp

Pack clothing that is comfortable in hot weather, suitable for outdoor games, and can get wet and/or dirty without being ruined. Trunks need to not be too short or too tight, 1-piece swim suits are preferred. If they are a two piece they need to be a tank-kini .

**\*Girls:** shorts/bottoms need to have at least 2½" inseam; no strapless/tube tops; bottom of shirt must cover the top of shorts or pants; \*\*\*\*\*"modest" swimsuit means one-piece suit or tankini without excessive cut-outs, not strapless and which provides adequate coverage.

**\*Boys:** shorts, swim suits, and pants should not expose undergarments, bottom of shirt must cover the top of shorts or pants; \*\*\*\*\*"modest" swimsuit means trunks with adequate coverage.

### ✓ Medications

All medications (prescription, non-prescription and over-the-counter) remain with and are dispensed by the Camp Medical Staff. Please pack ALL camper medications separately from your luggage so that you will be able to turn them in during Registration. Here is the form that must be included for PRESCRIPTION medication

### ✓ Things We Probably Do Not Need To Say (but we are going to anyway.)

*We are a program that practices ZERO tolerance to bullying in any form. Camp is an Alcohol and Tobacco free environment. And even though they are pretty....no fireworks*