

# Summer Camp Check-List

Main Street Community Services recommends that all items brought to camp be labelled (clothes, bags, lunch packs, water bottles, shoes, etc.). Please pack healthy lunches and snacks as our campers are very active and spend a lot of time outside. Fresh drinking water is available on site.

A reminder that we are a peanut free environment. Please ensure all lunches and snacks are peanut free! Other allergies may be present at camp and we will provide each family with notice on which items are not allowed at camp.

Campers should remember to bring:

- A Swim suit
- Towel
- Plastic bag for wet swim suit
- Sandals
- Hat
- Sneakers
- Sun Block
- Bug Repellent
- Change of clothes
- Incontinence supplies if required
- Weather appropriate clothing
- Nutritious lunch
- Extra snacks and food
- Water bottle
- Your energy!

If day-time medication is required, please notify the office prior to arriving at camp. Please bring in the medication in the original container.