

# First Day Reminders / Suggested Items to Bring

Congratulations! You have signed your child up for a week or more of camp at Foundations and the first week is right around the corner! Now you are probably wondering, "Is there anything I need to know before I show up on Monday morning?" Here are some reminders and a suggested packing list. I have also attached 'Parent Information for 2016' to help answer any questions you may have. We are so excited to meet you or see you again!

## Some Reminders:

1. Make sure that the camp has an updated medical form for your child, INCLUDING a record of their immunizations. This can be faxed straight from your doctor's office to Camp Foundations (our fax number is 315-342-7771). It is important that the camp has both of these items by the Friday prior to your child's first day of camp so our camp nurse has enough time to look over each document.
2. Before your child will be allowed to attend camp, he/she must be paid in full for that week.
3. Please be mindful of your drop off and pick up times! The camp day runs from 9AM to 4PM. You may drop off your child as early as 8:50. However, if you must drop him/her off earlier than 8:50, you will be charged \$5 per hour for extended care. Likewise, pick up is from 4:00 – 4:15. If you are later than 4:15, you will be charged \$5 an hour for extended care. If you know that you will need earlier drop-off or later pickup times, extended care is available from 7:00AM – 9:00AM and from 4:00PM – 6:00PM.

It is our recommendation that you send your child to camp with a backpack to keep all of his/her belongings in. This is the best way to ensure that nothing he/she brought is lost or stolen. On the next page you will find a list of some other items that we suggest you send with your child.

Again, we are so excited that you are a part of our Camp family this year. If you have any questions or concerns, please feel free to contact us. We are here to help! Likewise, do not hesitate to call us if you have any concerns during the week, big or small. We are better able to serve your children when we work with you. My email is [contact@campfoundations.com](mailto:contact@campfoundations.com) and the camp phone number is 315-216-4021. You may also call me on my cell phone at 973-800-0743.

Be blessed!

**Melody Williams**

Camp Foundations Director

# Suggested Items to Bring

Be sure to write your child's name on ALL BELONGINGS in case they get lost. Also, make sure that each sibling has their own camp supplies as they may not be with their brothers/sisters for the whole day.

**1. LUNCH/ Water Bottle**– Foundations DOES NOT provide lunch for the campers so please be sure to pack them a lunch. All lunches are stored in camp refrigerators until lunch time. Keep in mind that you may receive an email the week before camp asking not to send peanut butter due to a camper with a severe peanut allergy attending that week. If you do not, assume peanut butter is fine.

**2. Sunscreen** – If it is not raining, your child will be outside for most of the day so make sure you pack them some sunscreen! Every child needs his/her OWN bottle of sunscreen labeled with their name. They will be collected and kept in their clubhouse for the week. This is to make sure they are using the type of sunscreen you want for them and that your bottle is not being “spent” on other children. If you do not want your child to use sunscreen, please send in a note saying so. Likewise, if you have any special instructions, please send in a note. (ex: how often you want them to apply sunblock, or if you do not want your son to take off his shirt) Otherwise, every child will have sunscreen applied twice during the camp day.

**3. Bathing suit / towel / change of clothes**– Make sure your child is prepared to get wet. Most camp days are filled with water balloons, water guns, slip and slides, or other water activities. Please pack a bathing suit, towel, or extra set of clothes with your camper. We ask that girls over the age of 10 wear a one-piece or a tankini, instead of a bikini. If they choose to bring a bikini to camp, please bring a shirt or tank top to wear over it while swimming.

**4. Water Shoes** – We have a Water Spray Zone here at camp. Because a part of it is cement to help drain water, we HIGHLY recommend no-slip water shoes. This will allow the kids to play in the park without worrying about their feet or slipping.

**5. Snack Shack Money** – Every afternoon, campers will have a short time to buy some candy, snacks, or drinks from the camp snack shack. Items range from 25 cents to two dollars. Campers will give money they have brought in to their counselor on Monday morning, and they will have that amount credited to their “Candy Card.” They may use this money all week at the snack shack instead of carrying around cash. Please send a note in with your child, if they have any snack restrictions that you would like the camp to enforce (for example, only one piece of candy per day).

**6. Sneakers** – We highly recommend your child wears sneakers, instead of flip-flops, to camp. If he/she does not wear sneakers, he/she may have to sit out on certain activities that require them for safety.