



List of recommended items for your child to bring to camp

Please do not send expensive items to camp. Lots of things go missing unintentionally (the odd sock/tshirt/etc...). Don't want anything valuable to disappear. Also, not a bad idea to use a marker to put names/initials on items.

BEDDING/PERSONAL

Pillow

Sleeping Bag (most bring a sleeping bag, but you can bring twin sheets and blankets if you prefer) 2+

Towels

Toothbrush, toothpaste, soap, shampoo, deodorant, comb

Insect repellent

Flashlight

Sunscreen

Water Bottle

Do NOT bring a soccer ball - we provide one for each camper

CLOTHING/SHOES

10 T-shirts

3-4 pair soccer shorts

8 pair soccer socks

Regular socks

Shin pads (required)

Soccer cleats (remember, new cleats often cause blisters)

Sneakers or indoor shoes (we use several indoor areas)

Flip Flops / Crocs / Etc

Warm-up jacket

Bathing suit

1 Warm shirt / Sweatshirt

1 Pair long pants

CAMP CANTEEN

The camp provides 3 meals a day. There is a small canteen, which sells soft drinks, Gatorade, candy and chips after the morning and afternoon sessions and before movie night. Most children find \$20-30 ample. It is not recommended that your child come to camp with extra food.

PICTURES

We post pics daily on our Facebook page.

CAMPERS ARE NOT ALLOWED TO HAVE CELL PHONES / ELECTRONICS

We want campers to enjoy being away at camp and not on the phone. There are plenty of counselor cell phones if someone needs to call home (we don't want expensive electronic items to go missing).

Also, no electronics - games, etc. This is summer camp and a time to get away from phones, computers, television, and all the electronics that dominate our lives!.

PHONE CALL POLICY

We want kids to have fun and be independent. Our policy is no phone calls until after lunch on Thursday (2026). Nothing makes minor homesickness worse than a quick call home. If there's an important reason for some parent-camper communication, that won't be an issue.