

U.S.G.T.C. SUMMER CAMP INFORMATION

CAMPER BEHAVIOR

At camp we want to provide a positive experience for your child; therefore, we have rules and policies for campers. Any camper that does not follow these rules will be dismissed from camp without a refund.

Policies and Rules for camper behavior:

- Respect for other campers and staff
- No tobacco products, drugs or alcoholic beverages
- Campers are not allowed to leave camp and must attend all classes and dorm meetings
- Campers must remain in their assigned rooms, Male campers are not allowed in female camper rooms. Female campers are not allowed in male camper rooms

PACKING FOR CAMP

We recommend that you label everything your child brings to camp! Please no trunks.

Duffel bags or luggage with wheels are best. A deep plastic container is ideal for packing and storing toiletry items at camp. Put anything that may leak into zippered plastic bags before placing it into the container. All clothing for camp is casual. Laundry machines are available in each dorm and our staff will help campers to do their laundry when needed.

Please do not bring cell phones, DVD players, computers, skates, skateboards, expensive cameras and jewelry, chewing gum or glass containers to camp. Items left at camp will be donated to charity.

Clothing:

- Leotards (at least 3)
- Red Tee's & Blue Tee's for Color War
- Shorts
- Bathing suits (2 or 3 if swimming every day)
- Socks (inexpensive that all match)
- Underwear (lots)
- Pants (1 pair in case of a cool evening)
- Sweatshirt (1)
- Pajamas
- Flip-flops (for shower dorm)
- Sneakers (for walking to and from gym, flip-flops and sandals are not recommended for around campus)
- Rain poncho
- Mesh Laundry bag

Toiletries & Bedding:

- Liquid soap in a dispenser (bar soap gets mushy)
- Toothpaste (with a flip top)
- Toothbrush
- Shampoo & detangler for longer hair
- Brush or comb
- Sunscreen & lip balm
- Towels (3)
- Sleeping bag or bedding for twin size bed
- Pillow & pillowcase
- Athletic tape (if a sprain needs to be taped daily)
- Laundry powder (there are laundry machines in every dorm)
- Do not pack any medications, prescription or even over the counter drugs with your child. Please give any medication to our camp nurse to dispense and follow the previously outlined procedures

Other Stuff:

- Grips (if needed)
- Disposable camera
- Alarm clock
- Fan
- Small duffel bag for the gym
- Flashlight
- Swim goggles
- Drinking water bottle
- Room decorations for best room contest (optional)
- Note paper, envelopes and stamps for writing family and friends
- Decorations and some things that are all red and all blue for Color War, i.e. balloons, face paint, t-shirts, etc. (you will not know if your floor is Red or Blue team until the first day of camp)
- Spending money for the camp store and snack bar campers can buy leotards, t-shirts and lots more