



# FOOTHILL HORIZONS SUMMER CAMP PACKING LIST

**FRIENDSHIP ♦ FUN ♦ INDEPENDENCE ♦ IMAGINATION**

***Pack clothes that can get dirty! Your child will be exploring and learning in an outdoor setting.***

**DO NOT SEND OR PACK ANY EXPENSIVE ITEMS AND LABEL YOUR CHILD'S ITEMS WITH THEIR NAME.**

ESSENTIAL ITEMS	
<input type="checkbox"/> 1 pair of sneakers	<input type="checkbox"/> Sleeping bag
<input type="checkbox"/> 1 pair of sandals	<input type="checkbox"/> 1 pillow with case
<input type="checkbox"/> 5-7 T-shirts	<input type="checkbox"/> 1 pair of pajamas
<input type="checkbox"/> 5-7 pairs of shorts	<input type="checkbox"/> 5-7 pairs of socks
<input type="checkbox"/> 2 pairs of pants	<input type="checkbox"/> 5-7 underpants
<input type="checkbox"/> 1 warm sweatshirt	<input type="checkbox"/> Sun hat
<input type="checkbox"/> Swimsuit	<input type="checkbox"/> 1 wash cloth
<input type="checkbox"/> 1 large beach towel	<input type="checkbox"/> 1 large bath towel
<input type="checkbox"/> Sanitary napkins, if needed	<input type="checkbox"/> Toothbrush & toothpaste
<input type="checkbox"/> Shampoo	<input type="checkbox"/> Lip balm
<input type="checkbox"/> Hairbrush	<input type="checkbox"/> Sunscreen
<input type="checkbox"/> Body wash or soap	<input type="checkbox"/> Insect repellent
<input type="checkbox"/> Water bottle	<input type="checkbox"/> 2 lg heavy-duty trash bags
<input type="checkbox"/> Hand lotion	<input type="checkbox"/> Flashlight

OPTIONAL ITEMS	
<input type="checkbox"/> Bathrobe	<input type="checkbox"/> Journal
<input type="checkbox"/> Costume items for weekly theme	<input type="checkbox"/> Outfits for buddy dinner
<input type="checkbox"/> Books	<input type="checkbox"/> Musical instrument
<input type="checkbox"/> Water Shoes	<input type="checkbox"/> Camera

ITEMS PROHIBITED AT SUMMER CAMP	
• Money	• Candy or gum
• Tablets or smart watches	• Food or snacks
• Weapons	• Medicine
• Computers	• Drugs or paraphernalia

DRESS CODE
<p>Clothing should be appropriate for young children, ensuring coverage of private areas and undergarments. Swimsuits must be modestly cut.</p> <p>The following apparel is not permitted for staff, junior counselors, counselors in training, or campers:</p> <ul style="list-style-type: none"> <li>• Prohibited: Clothing featuring references to profanity, tobacco, alcohol, drugs, sex, or gangs.</li> <li>• Prohibited: Revealing breasts, buttocks, midriff, or genitalia.</li> <li>• Prohibited: Transparent clothing that exposes undergarments or genitalia.</li> <li>• Prohibited: String bikinis, thongs, and crocheted or transparent swimsuits.</li> </ul>

CHILDREN'S MEDICATION
<p>If your child needs to take <u>ANY KIND</u> of medication at Foothill (including over the counter drugs like Tylenol, Benadryl, vitamins, Tums, cough drops, etc.), you must have your doctor fill out our <b><i>“Request for Administration of Medication at Outdoor School”</i></b> available on our website.</p> <p><u>One month</u> before your child attends, start completing the medication form. You will need to:</p> <ol style="list-style-type: none"> <li>1. Read and complete the form accurately.</li> <li>2. Have it signed by your child's doctor and a parent.</li> <li>3. Package the form and medication, in its original container, in a Ziploc bag.</li> <li>4. Bring it with your child to Foothill and give to the person who checks you in.</li> </ol>

CELL PHONE POLICY
<p>Campers may bring cell phones to assist with pick and drop off times on Monday and Friday. However, during camp, cell phones will be off in and stores in the camper's luggage.</p> <ul style="list-style-type: none"> <li>• Phones <b>will not</b> be replaced if lost, broken, or stolen.               <ul style="list-style-type: none"> <li>• This includes other digital devices such as:                   <ul style="list-style-type: none"> <li>• watches, tablets, and computers.</li> </ul> </li> </ul> </li> <li>• <u>Send a phone at your own risk!</u></li> </ul>

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