



Your child should wear

1. Your child should wear clothes that you don't mind getting dirty. Light colored, lightweight clothes are suggested for protection from insects and poison ivy.
2. Your child should wear comfortable shoes. It is important that your child wear comfortable shoes because they will be hiking. Sneakers are recommended. Please do not let them wear open sandals, flip-flops, or shoes with slippery bottoms.

Your child should bring (clearly label)

1. A water bottle (at least 1 liter capacity), preferably refillable, with water. Please, **no soda or disposable drink containers.**
2. Two healthy snacks (we may ask you to eliminate peanut/nut items for the health and safety of all our campers).
3. A lunch (Full Day campers). Place in a clearly labeled bag, lunch box or other container. Please use reusable/refillable containers with minimal packaging to reduce waste. (All waste is sent home in the box or bag it came in.)
4. A full set of extra clothes (socks, shirt, shorts and undergarments) which can be left in a bag at TNC for the duration of the week.
5. A second pair of shoes for getting wet (sneakers, rubber boots, or close-toed/hard-soled water sandals)-(can be left at TNC for the duration of the week).
6. Rain jacket or poncho (no umbrellas please).
7. A hat.
8. Plastic bag for wet/dirty clothing.
9. A large bag for everything, and a small backpack (with two shoulder straps is highly recommended) for trail essentials.

The following is a list of **optional** items your child may bring to camp:

- Hand Sanitizer
- Insect repellent sticks or bracelets (**no spray or pump repellents please**) When using sprays or pumps pre-treat your child's clothing **at home.**
- Sunscreen. Please put on before arriving at camp.

Please **clearly label** hats, lunch boxes, backpacks, clothing, water bottles, etc. so that your child will be able to find his/her items. The camp staff is not responsible for identifying or locating unlabelled items.

Do not send the following items to camp with your child:

- 1) Juice boxes (the straw wrappers tend to escape from children).
- 2) Electronic games or music players
- 3) Toy balls such as soccer ball, baseball, etc. They soar into poison ivy.
- 4) Aerosol containers of insect repellent. Please pre-treat at home.
- 5) Weapon-like items