

# Camper Packing List for YFC Camp - Sunstream Week 2 - 2022

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- **Please write your name on all your luggage. BOYS, please tag all of your luggage/bedding with something GREEN. GIRLS, please tag all of your luggage/baggage with something ORANGE. (can be ribbon, tape, yarn, a colored name tag, etc.)**
- **What To Pack:**
  - Bedding – pillow, sleeping bag, sheets, blankets, etc.
  - Toiletries (toothbrush, toothpaste, soap, shampoo, etc.)
  - 2 towels (1 shower towel and 1 pool towel)
  - Water bottle
  - Closed-Toe Shoes for some camp activities
  - Plenty of t-shirts and shorts – check the weather for Ogden, IA as we get close to camp
  - Underwear, socks, pajamas
  - Sandals for showers/pool
  - Swimsuit
  - Sunscreen & bug spray
  - Flashlight (remember you will not have your cell phone)
  - Sunglasses or a hat if you like to wear those
  - Wrist Watch- not a Smart Watch
  - Spending money for camp store, vending machines, etc.
  - Cell phones, electronics, etc. for traveling.
    - *All electronic devices will be turned in upon arrival at camp, including camper cell phones & smart watches. All items will be stored safely until they are returned at the end of the week, so please make sure everything is labeled with camper name and YFC ministry center name.*
  - **Costumes & Event Gear:**
    - Dark clothes that can get dirty
    - Cabin Uniform Costume (coordinate with your trip leader/cabin group)
    - “Messy Clothes”: Clothes that can get messy/thrown out/bagged/washed out & **shoes** able to get muddy. Can be the same as the dark clothes.
    - “Team Gear” – from a professional team, college, school, create your own, etc.
- **How to Pack & Label Medications –**
  - **ALL MEDS** (prescription **and** over the counter) will be turned in to the camp infirmary.
    - Exceptions to this rule are inhalers & epi-pens. However, these **MUST** be listed on your Camp Doc Profile and approved with the on-site medical staff
  - **How to pack medications –**
    - All meds (prescription and OTC) should come in their **original pharmacy container** with patient name and dosage info listed
    - Label all meds with camper name and YFC ministry center name
    - Parents, make sure all administration instructions are clearly written on your child’s CampDoc form describing all details of dosing and administering of the medications as well as any drug interactions you are aware of with your child’s prescription (i.e. with food, w/o food, time of day, things to consider, etc). This information helps to ensure accuracy and that nothing gets missed). You can print the “Medication Administration Form” from your child’s CampDoc profile to include with their medications for the best clarity.
    - Place all the above into a plastic Ziploc bag for camper to turn into camp infirmary