## 2023 Day Camp Packing List and Other Important Info

WHAT TO BRING TO DAY CAMP	
	Make sure all your child's belongings are labelled!  Backpack (all items for the day must fit in the backpack)  Water bottle (filled with water!)  Lunch and snacks (campers will be active and tend to eat more
	while at camp) * No food with nuts/peanuts Clothing suitable for the weather and activities Raincoat
	Old clothes for VERY muddy days Shoes (running shoes and sandals) Sunscreen Hat (campers must have HATS for being outside in the sun!)
	Swimsuit (fully functional) Towel Mask (in case needed)
Optional  □ Boots	
	Insect repellent (especially in July) Book for writing in or reading
Do NOT Bring	
X X X	Junk food or food with nuts/peanuts  Money or any valuable items  Any electronics: phones, video games, tablets, etc.
We encourage all campers to leave electronic devices (including cell phones) at home.	

## **Important Day Camp Information:**

Drop-off and pick-up details, a schedule of activities and other information, will be emailed to you <u>2 weeks prior to camp</u>.

**Arrival/Departure:** Drop-off is between 8:30 and 9am each morning. After checking in and a welcome, campers will be directed to their counsellors and the rest of their group. Typically, pick-up time is between 4-4:30pm.

**Cohort Assignments:** Groups are decided before each camp, using a variety of criteria. It may not be possible to accommodate special requests.

**Swimming:** It is unclear at this time whether swimming will be available at any given location. Two weeks prior to the camp, communication about swimming will be included in the final email. **IF** there is swimming, we want your camper(s) to have **lots of fun!** Please bring only **functional** swimsuits that allow your camper(s) to comfortably go down a water slide, play water volleyball, or jump in the water.

## **Health and Medical:**

- Contact Silver Lake with any **changes in your camper's health and medication** between now and arrival at camp. Any medication brought to camp must be in original packaging, and prescriptions must in your child's name.
- Contact Silver Lake if your child has any serious allergies (i.e. bees). Campers with such allergies
  must bring 2 ANA Kits or Epipens to camp. There are campers and staff who have life
  threatening allergies to peanuts and other nut products. Please note that facilities will not
  necessarily be nut-free but all staff and campers are expected to refrain from bringing nuts or
  products containing nuts.
- Contact Silver Lake for any **inclusion information** that you want to share in addition to what is filled out on the registration forms.

Please don't hesitate to contact Silver Lake at **519-422-1401** or by email at daycamp@slmc.ca.

Looking forward to Silver Lake Adventures this summer!