



# One Week Packing List

Suggested guideline

Camper \_\_\_\_\_

Please indicate the number of each item (including what they wear to Opening Day), and include this list with your camper's belongings. **Please label everything.** You can keep twin sheet & sleeping bag separate from bag to set up on Opening Day.

## Clothing

- 1 \_\_\_ Kennolyn T-shirt ☞
- 1 \_\_\_ Kennolyn Sweatshirt ☞
- 1 \_\_\_ Long-sleeved Shirt (lightweight and light colored for Outpost) ☞
- 1 \_\_\_ Jacket
- 4 \_\_\_ Long Pants (ex. jeans, leggings)
- 3 \_\_\_ Shorts
- 8 \_\_\_ T-shirts
- 3 \_\_\_ Sweaters / Sweatshirt
- 8 \_\_\_ Pair of Underwear
- 2 \_\_\_ Pajamas

## Footwear

- 7 \_\_\_ Pairs of Socks (at least)
- 2 \_\_\_ Sneakers or Athletic Shoes
- 1 \_\_\_ Flip Flops or Water Shoes

## Swimgear

- 1 \_\_\_ Beach Towel
- 1 \_\_\_ One-Piece Swimsuit (any color)

## Bath

- 1 \_\_\_ Bathrobe or Coverup
- 1 \_\_\_ Bath Towel
- 1 \_\_\_ Toiletry Kit (Soap, Shampoo, Sunscreen, Chapstick, Toothbrush, Toothpaste, Bug Spray, Hairbrush/Comb)

Note: Bug repellent with DEET corresponds with recommendations from the Center for Disease Control and our local Health Department

## 1 \_\_\_ Completed Packing List

Place with clothes in luggage

## Bedding

- 1 \_\_\_ Sleeping Bag ☞  
(with stuff sack for easy carrying on Outpost)
- 1 \_\_\_ Blanket (lightweight for extra warmth)
- 1 \_\_\_ Fitted Twin Sheet
- 1 \_\_\_ Pillow
- 2 \_\_\_ Pillow Cases

## Equipment – ☞ All can be found at the online store

- 1 \_\_\_ Luggage Container (14" high or less, good to have on wheels for under-bed storage)
- 1 \_\_\_ Flashlight or Head Lamp (with new batteries)
- 1 \_\_\_ Outpost Kit (plate, cup, cutlery)
- 1 \_\_\_ Water Bottle (16 oz. recommended)
- 1 \_\_\_ Tarp (for under sleeping bag on Outpost)
- 1 \_\_\_ Backpack (for Outpost clothes)
- 1 \_\_\_ Laundry Bag

## Optional Items

- \_\_\_ Belt
- \_\_\_ Hat or Visor ☞
- \_\_\_ Wash Cloths
- \_\_\_ Camera
- \_\_\_ Book
- \_\_\_ Stationery, Stamps & a Pencil
- \_\_\_ Accessories (for theme days & skits)
- \_\_\_ Comfort Item (Teddy Bear, etc.)
- \_\_\_ Swim Goggles & Swim Shirt (UV protection)
- \_\_\_ Deck of Cards or Community Game
- \_\_\_ Bras

☞ These items are available at the online store

# PACKING GUIDELINES - Keepin it 'K' Rated

What is K-Rated? It is easy to understand once you're here! We embrace campers from 1<sup>st</sup> through 12th grades, from all different backgrounds. To ensure everyone is at ease, we have developed a set community standards to help guide the behavior and appearance of campers and staff.

Kennolyn is a wonderful place for children to discover, embrace and express themselves, but not through dramatic fads and fashion!! We lead an athletic lifestyle here at Kennolyn and we ask that you pack clothing that supports outdoor play and exploration. Thus we ask everyone to follow a simple dress code so that clothing is not a focus. It is important for families to support this dress code, so please do not bring campers wearing or having packed clothing not reflective of these community standards. If a camper does arrive with inappropriate attire, we will work with the camper and family to make sure they get replacement clothes suitable for camp.

Please make sure to include your camper in discussions about what they will pack for camp, and feel free to ask questions at any time. Our standards evolve and develop all the time, and we have ongoing discussions with our campers and their families.

## 'K' rated DRESS CODE FOR ALL CAMPERS

- No spaghetti straps, halter tops or low necklines. Tank top straps must be at least 2" wide
- No exposed midriffs (shirts should reach the top of pants)
- No excessively low-rise pants or tight clothing
- Clothing must cover camper's undergarments. Shorts must cover camper's bottom completely at all times (including while seated and while climbing in a harness).
- Logos / images on clothes must not show or advocate drugs, alcohol or tobacco, or be sexual or political in nature
- No gang, goth, grunge or style of dress representing a particular group, affiliation or identifiable sub-culture
- Keep jewelry to an absolute minimum and leave expensive jewelry at home. Kennolyn cannot be held responsible for jewelry that is lost or stolen
- Nothing may be worn in any pierced body part except for ears (1 earring per ear, no dangling jewelry - too dangerous!)
- Long hair must be kept tied back from breakfast through dinner for safety/hygiene reasons
- Hats and visors are encouraged, but should not be worn in the Caldwell Lodge
- No hanging chains on the outside of clothing for safety reasons
- Proper footwear required at all times with socks - sneakers or athletic shoes for most activities (except riding, for which boots and helmets are supplied)
- Sandals and flip-flops can be worn ONLY to and from the pool beach or lake. Our terrain is hilly, stubbed toes and falls are avoidable hazards!
- Leave expensive or formal clothes at home. We get dirty!
- BOYS: regular swim shorts only. No Speedo-type swim briefs
- GIRLS: one-piece bathing suits only. No bikinis, tankinis or revealing swimsuits
- GIRLS: Camp is a natural place, so make-up should be kept to a minimum

## **PLEASE LABEL EVERYTHING!**

Keeping track of clothing for hundreds of campers is a tremendous challenge, so **please label absolutely everything** (even toothbrushes!) with first and last names using a permanent pen or custom iron-on nametags available through our online store (allow 3-4 weeks for delivery).

## **REQUIRED KENNOLYN SWEATSHIRTS AND T-SHIRTS**

Two Kennolyn t-shirts and one Kennolyn sweatshirt are required for 2 week sessions, and one of each are required for 1 week sessions. They are used on Closing Day, Special Days, for any excursions away from Kennolyn and for campers who arrive at camp by bus or air. They **MUST be purchased through the online store prior to camp**, as they are not available for purchase on Opening Day.

**Important note about outgrown Kennolyn shirts:** You are welcome to bring or send them to camp rather than donating them to Goodwill, etc. so that we may recycle and reuse them here.

## **PACKING SUGGESTIONS**

Bring lots of long pants, T-shirts, and long shorts, and please remember that this is camp. Send well used clothing and towels, and nothing that requires ironing. Please wash any new clothing so it doesn't color bleed in the camp laundry!

**SPECIAL NOTES TO PARENTS:** Help your camper avoid poor choices and potential embarrassment. Please review our dress code and guidelines and supervise your camper's packing!

On Opening Day, each camper's belongings will be unpacked with his or her counselor and checked against the Packing List, both to ensure accuracy and for the safety of all campers. Anything not conducive to our camp community will be withheld until Closing Day. Counselors must be aware of everything his or her campers have brought with them, and we reserve the right to see all items brought to camp (your camper may request privacy during this process if uncomfortable unpacking in front of others). We also reserve the right to search a camper's belongings at any time if our staff has reason to believe the health and welfare of any member of our camp community is threatened by items believed to be in his or her possession.

**PACKING LIST:** Please refer to our list of everything that is mandatory or suggested to bring to camp. Please don't forget to send along the completed Packing List in your camper's luggage.

**LAUNDRY:** During 2 week sessions, all campers use our laundry service at the mid-point of the session. We do not do camper laundry during 1 week sessions, so please send ample clothing. At the end of the session, dirty outpost clothes will be packed in camper's luggage in a plastic bags. Take care handling these items! Due to the enormous amount of laundry, Kennolyn cannot be held responsible for clothing that needs special handling, or for items lost or damaged. Please label everything! For campers staying more than one session, additional laundry will be provided as needed.

**LUGGAGE:** We recommend your campers use wheeled duffel trunks like the one at the online store. But, as long as the luggage height does not exceed 14" (so that it can be stored underneath the bunk beds), belongings can be packed in any type of luggage that is most convenient.

**TARP:** A light plastic cloth, approximately 6'x8', is used on the ground to keep sleeping bags warm and dry on Outpost and any other outside overnights. Drop cloths or plastic shower curtains are both acceptable.

**SLEEPING BAGS:** Kennolyn cabins have double-decker bunk beds with mattresses, but campers must bring sleeping bags and pillows. Bulky bags are very difficult for campers to roll and carry to Outpost, so a sleeping bag with a stuff sack works best. An extra blanket is good for rest period and on cold nights, and bottomsheets are highly recommended for comfort.

**WHAT NOT TO BRING:**

- Candy, gum, soda or food of any kind
- Cell phones, smartphones, tablets, laptops, portable game systems. E-readers are OK as long as they're not loaded with games and videos. We recommend bound books!
- Anything that connects to the internet or cell phone network (i.e. Apple watches)
- Mini TVs, Portable DVD Players, Video Cameras, Radios
- Skateboards or Rollerblades
- Cash, expensive clothing, jewelry or anything else too valuable to have at camp
- Clothing dye or hair dye
- Inappropriate clothing (see dress code on previous page)
- Silly string, water balloons, water guns – don't worry, we provide all the fun you need!
- Pets of any kind (prohibited and would need to be collected by parents immediately)

It will be no surprise to anyone that the following items are prohibited and possession or use of items on this list will result in a camper's dismissal from camp:

- Lighters, fireworks or anything that generates smoke or fire!
- Firearms, tomahawks or dangerous weapons of any kind, illegal drugs, marijuana, tobacco, e-cigarettes, alcohol, solvents/inhalants etc. (possession will result in immediate dismissal from camp). We know e-cigarettes have become prevalent among camp-aged children. We have a zero tolerance policy on smoking of any kind.
- Note about Pocket Knives: a small pocketknife (maximum 3 inches) is okay for Outpost, but it must be checked in with counselor on Opening Day.

**ABOUT CAMERAS AND IPODS**

**Cameras:** Camp is a wonderful place to make memories, but a difficult place to keep track of expensive items, so please do not send expensive cameras. It's natural for campers to want to take photos, but we also want to respect everyone's sense of privacy. We ask that if you send a camera, it clearly be a camera (not a phone, ipod, etc) so people know when they are being photographed.

**Ipod/MP3 Player:** We do allow iPods / MP3 Players, but request that you remove all videos. Music and/or audio books only can be played in cabins (and only with earphones), but they may never be played on the grounds, at the pool, beach or on Outpost. We prefer to listen to the sounds of the woods and to each other! We retain absolute right to restrict camper access to any equipment or material they bring with them.