




# One Week Packing List

Quantities are suggestions (see important guidelines on following pages)

## Camper

Please indicate the number of each item (including what they wear to Opening Day) and include this list with your camper's belongings. **Make sure to label!** Leave anything valuable at home.

### Clothing

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

### Footwear

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



### Swimgear

- 1 \_\_\_ Beach Towel
- 1 \_\_\_ One-Piece Swimsuit/Trunks
- 1 \_\_\_ UV shirt (recommended)

### Bath

- 2 \_\_\_ Bath Towel
- 1 \_\_\_ Toiletry Kit (Soap, Shampoo, Sunscreen, Toothbrush, Toothpaste, Bug Spray)  
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 online store

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

### Optional Items

- \_\_\_ Hat or Visor 
- \_\_\_ Camera
- \_\_\_ Watch (that doesn't connect to the internet)
- \_\_\_ Book
- \_\_\_ Stationery, Stamps & a Pencil
- \_\_\_ Deck of Cards or Community Game
- \_\_\_ Comfort Item (Teddy Bear, blankie etc.)
- \_\_\_ Swim Goggles
- \_\_\_ Accessories (for theme days & skits - goofy socks, school/sports logowear)
- \_\_\_ Belt
- \_\_\_ Bathrobe or Cover-up
- \_\_\_ Wash Cloths
- \_\_\_ 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. They will live out of their luggage for a week or two so make sure they know where everything is. 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

- Clothing must cover campers' undergarments. Shorts must cover campers' bottoms completely at all times (including while seated and while climbing in a harness).
- Logos / images on clothes must not show or advocate drugs, alcohol, tobacco, or be sexual or violent in nature
- Clothing should not be unsafe. Clothing must not include chains, spikes, safety pins, etc. or anything that can be a snagging risk.
- Keep jewelry to an absolute minimum and leave expensive jewelry at home. Kennolyn cannot be held responsible for jewelry that is lost or stolen
- Piercings should be limited to nose studs and for ears (2 earrings 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
- Proper footwear required at all times with socks - sneakers or athletic shoes for most activities (except riding, for which boots and helmets are supplied). Many campers like to wear crocs. These are acceptable as long as a foot strap is worn. Crocs cannot be worn while on our ropes course or climbing wall.
- Sandals or flip flops to and from the pool only. Our terrain is hilly, stubbed toes and falls are avoidable hazards!
- 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 see-through clothing
- Leave expensive or formal clothes at home. We get dirty!
- Athletic style one piece bathing suits or swim shorts are required. UV swim shirts are optional but highly recommended. No bikinis, tankinis, speedos or cut out swimsuits.

## 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).

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 does not 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 their 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 their 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 their 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. This is for outpost clothes and essentials only. Campers should not plan to wash all of their clothes. 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 bag. 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!

**LUGGAGE:** We recommend your campers use wheeled duffel trunks. 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 bottom sheets are highly recommended for comfort.

## WHAT TO BRING:

Everything on our Packing List! Please download the applicable packing list (1 or 2 week session) from our website or your online account.



## 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, SMARTPHONES 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. Like many camps, we actually suggest disposables camera (yes you can still buy them and get the film developed.)

**Phones:** At camp we intentionally unplug. For this reason, campers are not allowed to have phones. The staff are also not allowed to have phones near the campers. If a camper comes to camp with a phone we will keep it in the office until the end of the session.

**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.

### **A story about (and our policy on) iPods and MP3 players by Andrew Townsend**

*When Sony introduced the Walkman cassette player, we thought it was a great device for camp. With headphones, campers could listen to music quietly while resting or falling asleep. I had one at camp in 1985, my first year on staff. I only had one cassette, "Smokey Robinson's Greatest Hits", so I fell asleep to "Tracks of My Tears" and "I Second That Emotion" every night. Our bedtime is pretty early for some campers, so a device that plays music through headphones seemed like a winner. Fast forward 35 years... and we have the issue of how we regulate music players that also play video, games, and can connect to the internet?*

*We are not technophobes or Luddites, but we continue to believe that kids very much need a period of time unplugged from the electronic world. We also have a duty to regulate what your camper watches and plays with while in our care. Tiny technology devices make this very difficult. Finally, almost every incident of significant lost items we have encountered in the past 5 years involves an iPod or similar device. Sometimes these are worth hundreds of dollars. So, we suggest you make a very small investment in a music only MP3 player and load it with music and/or audiobooks. There are many models on Amazon.com for less than \$20. Devices that have additional functions are subject to use limitations or confiscation at our sole discretion. Content on all devices is also subject to our evaluation for suitability. For our part, we will encourage campers to read at rest time and bed time, and engage in conversations about their exciting day.*

*Camp is the perfect place for children to realize they don't need video games, computers, televisions and other techno gadgets to have a great time!*