

## Summer Camp To-Bring List

Welcome to Summer Camp! We are so excited that your child has chosen to spend a week exploring the woods, playing in the creek and learning more about the natural world with us. While we have an indoor space to use if needed, please be aware that – rain or shine – we will be outside for the majority of our time together. It is therefore essential that each child comes prepared with the appropriate clothing and food to have a fun day. If your child arrives at program without the proper gear, our staff may decide it is not safe for them to stay and they will be sent home (no refund will be issued).

### *What to bring?*

- Weather appropriate and **layered clothing** that can get wet and/or muddy. Even on a hot day, children need a **warm, non-cotton layer** in case it rains or they get cold. Avoid clothing made of cotton, which steals away body heat when wet and takes a long time to dry. Even in hot weather, **long pants** are good to wear as they can protect legs from poison ivy and mosquitoes. Please pack extra dry, layers in a plastic bag in your child's backpack. Refer to our [Weather Dressing Chart](#) for more information on how to dress for all kinds of weather.
- **Socks**, preferably thin wool or a synthetic (like polyester or polypropylene). Please avoid sending your child in cotton socks if the forecast calls for chilly and/or wet weather.
- Durable **rain gear**, including a waterproof jacket, pants or suit along with rain boots.
- **Footwear** that let your child run around, splash in the creek and also hike through the woods. In warm and dry weather, please send your child in **sturdy and durable shoes or hiking boots** but also pack shoes they can wear in the creek (**rain boots or close-toed water shoes/sandals with a back strap. Please no flip-flops or Crocs; open-toed sandals are not recommended either**). In wet weather, your child should wear **rain boots or outdoor sandals that can get wet**. Refer to our [Weather Dressing Chart](#) for more information on footwear.
- **Snacks and lunch\*** in an easy-to-carry container (like Tupperware or a plastic bag) that can fit in a backpack. While heating food on a camp fire may be an option, please do not pack food that would rely on a fire to be cooked.
- **Water bottle(s)** that can hold about 1 liter/32 oz.
- **Small, non-breakable hot cup** for drinking wild tea.
- **Sunhat** (like a baseball cap) to keep cool and protect your child's face from the sun.
- **Sunscreen and/or bug repellent** that will be kept in bin along with your child's extra gear (see below) for the duration of the week to be used when needed.
- **Small backpack** to hold your child's gear that fits well and is easy for them to carry. Backpacks with zippers and padded straps are best.

### *Optional Items*

- Field guides
- Primitive crafts or tools

- Bandanas

**If possible, please label all items with your child's name.**

\*Bringing snack/treats for the whole group is a nice gesture, but please help out our staff by letting your child's instructor hold onto any such items. The instructor will decide when/if it is appropriate to hand them out.

Please note that it is not necessary to purchase any of the items above as new. Check out local thrift stores or ask family and friends for hand-me-downs. If you are looking for new gear, below is a list of some of our favorite brands, some of which are available locally (Ithaca, NY).

For rain gear- [L.L Bean](#) , [Puddlegear](#) , [Biddle & Bop](#), [Polarn O. Pyret](#)

For rain boots- [The Original Muck Boot Company](#) (can be found at Agway), [Bogs](#) (sold at Fontanas), [Kamik](#) , [L.L. Bean](#)

For other gear- [REI](#), [L.L. Bean](#)

### ***What NOT to bring?***

- No electronic devices or potentially hazardous objects (knives, for example) without checking in with an instructor.
- Cell phones are not recommended. If you must send your child with a cell phone, it must stay in the participant's bag out of sight with the ringer turned off during the program.
- Do not bring gum. Gum is a choking hazard in such an active program, and it creates litter.

If you have any questions, please feel free to call us at **607-272-2292**. We'll be happy to talk with you!

The Primitive Pursuits Team