

# Summer Camp Guide

## The Benefits of Summer Camp – Memories that last a Lifetime!

Many of us feel that our children long for freedom, disorderly environments, and all they want to do is play, play, play. This is only partially true. Deep down every kid yearns for a structured environment that is fun at the same time. Thanks to this concept, the idea of summer camp was born! Imagine a setting where your child gets to play, learn, grow and have fun all at once. This is exactly what summer camp will offer for your child.

Nowadays, there are a wide array of different summer camps, each tailored to meet your kid's needs – whatever they may be. In a nutshell, this means that not only will your child have the privilege of enjoying the outdoors, but they will get the opportunity to socialize, evolve and bond with like-minded kids within the same age group.

## Day Camp vs. Overnight Camp

The best way to select the perfect summer camp is to separate the extremes; Day Camps from Overnight Camps. Day Camps can be much more cost effective, but at the end of the day, your little one will still come home and may not get the experience they were hoping for. Overnight Camps tend to offer the full camp experience; truly being independent and away from home, but are much more costly and require rigorous planning (but once they're there, what a relief!).

Teamwork, self confidence, appreciation of nature and mother earth; these are all integral parts of your child's development into an adult, so before you worry about shipping them off for the coming weeks, remember that all children long to be in a structured but fun environment, and that is exactly what summer camp offers!

## Helpful Tips:

- Avoid packing any valuable items including cell phones, video games, iPods or jewellery.
- Kids love to get dirty at camp. Avoid packing new or expensive clothing if possible.
- Contact your child's camp if you have any questions about any of these items or any other items you may be considering sending along with your child.
- Make sure your child's camp & camp counselors are aware of all your child's important allergies. Consider using Oliver's Labels in any of our Allergy Designs to label your child's food containers, backpacks, or even on their person with Oliver's Labels Safety Wristbands.







## Overnight Camp Packing List

A well prepared camper is a happy camper. Make sure your child has everything they need to have a safe and enjoyable trip. Remember to label all your child's belongings before packing them. Check out **Oliver's Labels' Camp Package** for all the labels you'll need to make sure your child's stuff comes back home again!

### **Clothes** (for a 7 day trip)

- Jacket/Raincoat/Poncho
- 1-2 Baseball Caps
- 1 Sweatshirt/Warm Sweater
- 1 Long Sleeved Shirt
- 4 Short Sleeved Shirts
- 4 Pairs of Shorts
- 1-2 Bathing Suits
- 2 Sets of Pajamas
- 7 Pairs of Underwear & Undergarments
- 9 Pairs of Socks
- 1 Pair of Sneakers
- 1 Pair of Sandals or Crocs

### **Toiletries**

- Toothbrush & Toothpaste
- Shampoo/Conditioner
- Soap/Body Wash Deodorant
- Hair Bands/Elastics/Barrettes
- Inhalers/Prescription Medication
- Contact Lens Case/Solution
- Sunscreen/SPF Lip Balm
- Bug Repellent

### **Activities**

- Baseball Glove/Ball
- Bathing Suit & Towel
- Flashlight & Batteries
- Sleeping Bag
- Goggles/Snorkel
- Disposable Camera
- Stationery Kit (incl. addressed & stamped envelopes)
- Books & Magazines
- Playing Cards/Other Games

### **Other Items**

- Sunglasses
- Glasses/Contact Lenses
- Refillable Water Bottle
- Laundry Bag
- Backpack (to carry items around camp)



## Day Camp Packing List

### **Clothes** (appropriate for the weather)

- Shorts
- T-Shirt
- Long Sleeved Shirt
- Socks
- Long Sleeved Shirt
- Long Sleeved Pants
- Jacket or Poncho
- Sweater
- Rain Gear
- Running Shoes Waterproof Sandals/Crocs

### **Other Items**

- Bathing Suit & Towel
- Baseball Cap / Sun Hat
- Sunglasses
- Hair Bands/Elastics/Barrettes
- Inhalers/Prescription Medication
- Sunscreen/SPF Lip Balm
- Bug Repellent
- A Healthy & Filling Lunch / Snacks
- Refillable Water Bottle
- Backpack

