

Get Ready for Overnight Camp



Label everything with camper's first and last name

Clothing

- | | | |
|--|--|--|
| <input type="checkbox"/> Pajamas x3 | <input type="checkbox"/> Hat/bandana/visor | <input type="checkbox"/> Shower Shoes (flip flops/crocs) |
| <input type="checkbox"/> Socks x7 pair | <input type="checkbox"/> Raincoat/Poncho | <input type="checkbox"/> Rain Boots (optional) |
| <input type="checkbox"/> Underwear x9 | <input type="checkbox"/> Swimsuit x2 | <input type="checkbox"/> Hiking Boots (optional) |
| <input type="checkbox"/> Shorts x7 | <input type="checkbox"/> Swimming Towel x1 | <input type="checkbox"/> 2nd pair of sneakers (optional) |
| <input type="checkbox"/> Pants x1 | <input type="checkbox"/> Athletic Shoes/Sneakers | |
| <input type="checkbox"/> Tops x7 | <input type="checkbox"/> Water Shoes | |

Toiletries

- | | | |
|--------------------------------------|---|---|
| <input type="checkbox"/> Soap | <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Shower Towel x1 |
| <input type="checkbox"/> Wash cloth | <input type="checkbox"/> Hair Brush/comb | <input type="checkbox"/> Bag to carry items to shower |
| <input type="checkbox"/> Shampoo | <input type="checkbox"/> Deodorant | |
| <input type="checkbox"/> Conditioner | <input type="checkbox"/> Menstrual Products | |
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Chapstick | |

Bedding

- | | |
|--|---|
| <input type="checkbox"/> Sleeping Bag or blanket | <input type="checkbox"/> Pillow |
| <input type="checkbox"/> Twin Sheet | <input type="checkbox"/> Stuffed Animal |

Miscellaneous

- | | | |
|---------------------------------------|--|--|
| <input type="checkbox"/> Day pack | <input type="checkbox"/> Extra batteries | <input type="checkbox"/> Laundry bag for dirty clothes |
| <input type="checkbox"/> Water bottle | <input type="checkbox"/> Playing cards | <input type="checkbox"/> Camera |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Letters, pen, and stamps | <input type="checkbox"/> Photo of family/friends |
| <input type="checkbox"/> Bug Spray | <input type="checkbox"/> Fan (battery or rechargeable) | <input type="checkbox"/> Book |
| <input type="checkbox"/> Flashlight | | |

Packing Tips

- Put each day's clothes in a gallon bag and label M, T, W, TH, F, Extra.
- Pack a bag specifically for your camper's dirty clothes after wearing them. Mesh/breath is the best.
- Place your pillow in a trash bag to keep it safe from any dust and dirt during transport to your sleeping area.
- If you are coming to camp with a buddy or a sibling, please be sure to bring your own bug spray and sunscreen.
- Have your camper pack her own bag (or pack the bag with you) so she knows exactly what she brought to camp and where to find it
- Consider packing a lantern or battery-operated string lights to light up your tent/adirondack and make it homey.

Sunscreen

- Send enough sunscreen and insect repellent each day. Campers will be instructed to put on sunscreen throughout the day.
- Campers that are sensitive to the sun should wear hats, sleeved shirts and a swim shirt for water activities.
- Staff will encourage the use of sunscreen but will not apply the sunscreen.

What NOT to Bring

Please note that any material which we perceive as inappropriate for camp will be held in the office until the end of the week or when arrangements have been made for the guardian to pick up. GSCB is not responsible for lost, stolen or damaged items. The use or possession of cigarettes, alcohol, drugs, knives, guns, or other weapons will result in immediate dismissal from camp. The guardian is responsible to pick up camper within 3 hours.

- Personal sports equipment
- Jewelry or other valuables
- Pets
- Weapons
- Aerosol products
- Unauthorized electronics

Camp is intentionally a screen-free environment designed to foster independence, resilience, leadership, and community connection. Limiting personal electronic devices supports camper safety, social development, and full engagement in outdoor programming.

In accordance with the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act, camp will provide reasonable accommodations for campers who require electronic devices due to a documented disability.

Electronic devices may be permitted when they are:

- Medically necessary (e.g., insulin pumps, continuous glucose monitors, seizure-alert devices)
- Required for communication access (e.g., AAC devices)
- Part of an established IEP or 504 accommodation plan
- Recommended by a licensed provider for disability-related support

Families must disclose accommodation needs prior to camp. Camp leadership will engage in an interactive process to determine reasonable accommodations that support participation while maintaining program integrity and safety.