



# *Parent Handbook*

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[www.keystonecamp.com](http://www.keystonecamp.com)

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# WELCOME TO KEYSTONE

Dear Parents,

We are very pleased to have your family as a member of the Keystone Family for the coming summer. Keystone has been a leader in camping since its founding in 1916. We are so glad your family is a part of this tradition.

This guide contains important information for parents. It should answer most of the questions you have about preparing for camp, so please keep it for future reference. If you need any additional assistance, please feel free to contact us.

Sincerely,



Page Ives Lemel  
Director

## **KEYSTONE'S MISSION**

Steeped in a long family tradition, Keystone strives to develop the total girl on an individual basis. In a beautiful mountain setting, a Keystone girl learns the value of developing skills that last her lifetime. She learns the importance of friendships and the special feeling of being part of a group. She is challenged mentally and physically to become accomplished and through challenge she grows in wisdom and maturity.

## **KEYSTONE'S HISTORY**

Keystone Camp was established in the summer of 1916 by Miss Florence Ellis and Miss Fannie Holt, who brought a group of girls from Jacksonville, FL to Western North Carolina. By 1919, Keystone Camp found its permanent home on the current site in Brevard, North Carolina. Unfortunately, Florence Ellis died at an early age in 1926, but Fannie Holt continued to run Keystone until 1942. At that time, Catherine Ellis Ives, Florence's niece, purchased Keystone from Fannie Holt and remained the director until 1961. Catherine's son, William (Bill) Maner Ives, assumed the position of director and ran the camp from 1961 until 1984. The current director, Page Ives Lemel, is Bill's daughter and Florence Ellis's great great niece. Page became the fourth generation director in 1984 after her graduation from Duke University. Page grew up at Keystone and spent her summers as a camper, counselor, and Head Counselor before taking over the Director's position. Her love of Keystone is contagious. Keystone is the oldest private camp still in existence in the Southeast. This will be our 87<sup>th</sup> season!

# FEES

The camp fees are payable as follows:

Registration fee	\$750.00
By February 1 <sup>st</sup>	\$1/2 of the remaining balance
By April 1 <sup>st</sup>	Balance of Account

If you would like to pay a fixed amount each month, please contact the camp office for a payment schedule. A reminder will be mailed the month before payments are due. As of June 1<sup>st</sup> any past due accounts will result in cancellation of camper's enrollment with no refund of tuition.

A five percent reduction on tuition fees is made for two or more sisters who are attending camp. (Aides or CIT's with siblings at camp will not receive this discount, but the sibling will.)

## CANCELLATION and REFUND POLICY

If cancellation is necessary, the deposit, less a \$150 processing fee is refundable if written notice is received prior to February 1<sup>st</sup>. After February 1<sup>st</sup>, there will be no refunds for cancellation of registration since expenses are already contracted for the season. No refund or prorating will be made for late entrance or early departure except when caused by serious illness; in this case, the loss will be shared equally by the parent and the camp. No refund will be made in case of dismissal. The director reserves the right to dismiss any camper who violates the camp rules or is judged detrimental to the general welfare of the camp.

## OPENING DAY

Opening day is very exciting for everyone. Campers should plan to arrive **after** 9:00 a.m. but **before** 12:00 pm on the opening day of their session. Key Campers are asked to arrive **after** 1:00 pm but **before** 3:00 pm. (For campers who choose to fly, please refer to the Travel section of this handbook). As you drive in, we will greet you in the parking area and give your daughter her cabin assignment (cabin assignments are NOT given out before this time). Then, your daughter's counselor will take you to the cabin and help you get settled in. Since you will not be

able to drive through camp, our maintenance staff will be on hand to deliver your larger luggage to your daughter's cabin.

Opening day is a great time to look around the camp facility and meet other camp families, but we ask parents to limit their stay to one hour or less. Lunch for campers will be served at 12:30 pm. We have a busy schedule of activities planned all day, and it is important for your daughter to get involved in these activities after she settles in, as it will help ease initial bouts of homesickness.

Please let the Directors know about any issues or concerns you may have as you drop your camper off. Applications were likely received several months earlier, and it is helpful to be aware of any new developments or special instructions related to your daughter's health or well-being. Also, please be sure to visit the Infirmary to drop off any medications your daughter may be taking while she is at camp.

Due to staff time-off and meetings, we are unable to accommodate campers prior to opening day. CITs are asked to arrive by 12:00 pm the day before camp opens to attend staff meetings and prepare for opening day. On closing day we suggest all campers be picked up by 12:00 pm.

## TRAVEL

**BY AIRPLANE:** For campers who are flying by commercial airline or private plane, we will meet you at **Asheville Regional Airport or the Greenville/Spartanburg Airport** on Opening Day. A staff member in a uniform shirt will be waiting on the other side of the security gate for your daughter. The Airport is about 30 minutes-1 hour from Keystone, and your daughter will be instructed in safety rules for bus or car travel when she boards our camp vehicles.

Please try to schedule flights so that they arrive and depart Asheville or Greenville between 9:00 am and 3:00 pm. It is extremely important that we have your daughter's flight itinerary prior to opening day. If you decide to travel with your daughter and would like to accompany her to Keystone to help her get settled in, you will want to rent a car at the airport. We cannot provide shuttle service to and from the airport for parents, as our schedule is often quite rigid.

The Asheville Regional Airport is currently served by Continental Express, Delta Connection, Carriers ASA and COMAIR, US Airways, and US Express. You can visit the airport's webpage at [www.flyavl.com](http://www.flyavl.com) for more information. The Greenville/Spartanburg Airport is served by Allegiant, American Eagle, Continental, Delta, Northwest, United Express, and USAir.

### **Unaccompanied Minor**

If your daughter is 14 years of age or younger, she is required by the airlines to fly as an unaccompanied minor. **Please make sure you pay the unaccompanied minor fee for a round trip.** When filling out the unaccompanied minor form for your daughter's flight, the airline will require a specific name for the person meeting your daughter at the airport. Please put the Director's name, Page Lemel, down as the name of the responsible party. The Asheville and Greenville Airport officials are used to working with camps and our staff members will be at the airport in uniform with proper identification. **USAir does not accept unaccompanied minors on any flight that is not direct.**

Please be sure to pack a carry-on bag containing a change of clothes, tennis shoes, and a bathing suit.

**BY CAR:** If you are arriving by car, please arrive between 9 am and noon on opening day.

### **Driving Directions to Keystone:**

#### **From Atlanta, GA**

- ❖ Take I-85 North to South Carolina State line, and take exit #1 (SC Visitor's Center) and turn left onto Hwy 11.
- ❖ Travel on Hwy 11 for approximately 30 miles to the intersection of Hwy 11 and Hwy 130
- ❖ Take left onto Hwy 130
- ❖ Hwy 130 turns into NC 281 at the state line, and intersects US64 in Sapphire, NC.
- ❖ Take right onto US64 East
- ❖ In approximately 15 miles you will pass a grocery store on your right. Get into the left lane and make a left turn at the bottom of the hill onto **Nicholson Creek Rd.**
- ❖ This road dead-ends at a stop sign.

- ❖ Take left onto **Cashiers Valley Road**. Keystone's entrance is 0.4 miles on the left.

### From Asheville, NC

- ❖ Take I-240 or I-40 to I-26 East
- ❖ From I-26, take Exit # 40 (Brevard/Asheville Regional Airport, Hwy 280)
- ❖ In approximately 12 miles, NC280 intersects US64 and US276 at a traffic light.
- ❖ Go **straight** through light at intersection and follow 64 West through Brevard.
- ❖ As you leave Brevard, US64 makes a sharp right turn at a traffic light just beyond a gas station/convenience store. Take the right to stay on 64 West.
- ❖ About 1 mile ahead, look for a gas station on the right, where you will take a right onto **Carolina Avenue**.
- ❖ Carolina Avenue dead-ends at a stop sign.
- ❖ Take a left onto **Cashiers Valley Road**. Keystone's entrance is 0.4 miles on the left.

### From Spartanburg, SC

- ❖ Take I-26 West to Exit # 40 (Brevard/Asheville Regional Airport, Hwy 280)
- ❖ In approximately 12 miles, NC280 intersects US64 and US276 at a traffic light.
- ❖ Go **straight** through light at intersection and follow 64 West through Brevard.
- ❖ As you leave Brevard, US64 makes a sharp right turn at a traffic light just beyond a gas station/convenience store. Take the right to stay on 64 West.
- ❖ About 1 mile ahead, look for a gas station on the right, where you will take a right onto **Carolina Avenue**.
- ❖ Carolina Avenue dead-ends at a stop sign.
- ❖ Take a left onto **Cashiers Valley Road**. Keystone's entrance is 0.4 miles on the left.

## TRUNKS

Only one footlocker and one duffle bag may be brought to camp (or two comparable bags). Trunks may arrive at camp in your car, on the airplane, or shipped by courier. ALL baggage should be tagged with the bright orange Keystone Camp baggage tags. These tags will be mailed to you at a later time. We use these tags to identify luggage at the airport, but also to mark your daughter's cabin on it if it arrives by car or is shipped. Trunks will be delivered to your cabin by our maintenance crew upon arrival.

Please know that there is not a lot of room to unpack in the cabin. There are shelves for toiletries and linens and some closet space to hang up jackets or dresses. Other than that, your daughter will be living out of her trunk. It is helpful to remember this when packing. It is also helpful to let your daughter help you pack her trunk, so she will know where everything is.

We will send additional information on where trunks can be purchased in a later mailing.

## SHIPPING TRUNKS

Shipping trunks can be quite convenient. **We highly recommend shipping your trunk if your daughter is flying due to recent changes in airport security and luggage requirements. It makes airport procedures go much more smoothly to have the campers' major luggage already at camp.**

UPS, Federal Express and other couriers deliver to camp. The shipping address is:

Your daughter's name (first and last name)  
Keystone Camp  
101 Keystone Camp Road  
Brevard, NC 28712

If you ship your trunk to camp, you may also want to consider having us ship it home as well. We will ship trunks home UPS Ground. The cost for shipping will be the shipping cost + \$35 for packaging the trunk. We

will need your credit card information as well as the CID on your credit card in order to provide this service.

## **TUCK SHOP**

The Tuck Shop is our camp store, where campers can get one snack each day. They can also get incidentals such as batteries, stamps, pens or pencils, soap, shampoo, or any other necessity they may need. Parents will specify a spending limit for the Tuck Shop account prior to the camper's arrival. Campers will be allowed to charge against the pre-determined limit while they are at camp, so there is no need for any camper to have cash with them. Within five days after the session ends, we will charge the credit card on file for camper purchases at the Tuck Shop. On closing day you will receive an invoice. Only at this time will you have the option to pay with cash or check. We recommend \$20 *per week* as a gracious plenty.

## **MAIL**

Your daughter's mailing address while at camp is:

Your daughter's name (first and last name)  
Keystone Camp  
PO Box 829  
Brevard, NC 28712

When you write your daughter, it is generally best to ask about her experiences at camp or to comment on what she has already written. Numerous references to home, family, pets or saying "we miss you" excessively can turn a borderline homesickness case into a full-blown case. If you have concerns about the letters you receive, we are happy to help. You can call the camp office, which is open from 9:00 a.m. until 5:00 p.m. For additional news from camp, you will receive a letter from your daughter's counselor during the session.

## **NO PACKAGE POLICY**

Our philosophy is that allowing packages creates a competitive environment with campers trying to receive the best package or the most packages. Therefore, any package we receive **WILL BE RETURNED**

TO SENDER UNOPENED. We consider a package to be anything bigger than a standard sized envelope. Envelopes must also be **flat**, so please no pens, charms or other trinkets, magazines, books, cds, or forgotten articles of clothing. Absolutely no candy or gum please. Unless it is crucial to your daughter's health or hygiene, she will need to do without forgotten items for the short time that she is at camp. We encourage you to be mindful when packing to be sure that you have everything in order. *Please help us by letting any appropriate friends and family know about this policy.*

## PHONE

Since our phone facilities are very limited, we do not permit campers to use the phone except in the case of an emergency, and then the director must clear the call. If you have concerns about your daughter, please feel free to call the Directors at 828-884-9125.

## FAXES

Faxes will be received from 8:00 a.m. until Noon, Monday through Friday and will be included with the mail after lunch each day. We ask that you adhere to the 8:00 a.m. through 12:00 p.m. hours for sending faxes so that we are able to use our fax machine for other business purposes each afternoon. The charge for receiving a fax will be \$1.00 per page and will be taken out of your daughter's camp store account. The fax number at Keystone is 828-883-8234.

# Camp In Touch Instructions

Keystone Camp is using a new system for our emails, photos and newsletters in 2009! The new system is integrated into our online database, enrollment, and application system, CampMinder. This means that you will have ONE user name and password for all of your online dealings with Keystone.

The link to the new system is found on our website at [www.keystonecamp.com](http://www.keystonecamp.com). Click the “Camp In Touch” link on the left-hand side of the page. Use your user name and password to log in. Once you are logged in several sections will appear.

## **Your Family**

This section pertains to the information we have about your family in our database. You may change your personal information, billing information, and payment preferences under this heading.

## **Your Camper**

This sections contains the camper application for the current season and allows you to submit changes to your camper’s information.

## **Online Community**

This is the section with all of the links to our photo, email, and newsletter system. There will be more detailed information about this below.

## **Login Details**

You may use this section to change your user name or password for the Camp In Touch system.

The Online Community is separated into several different sections:

## One-Way Email

This is the system you will use to email your camper during her session. Click the “One-Way Email” icon to go to the email page.

- 1) You must purchase CampStamps in order to send email. Click the “CampStamps” link at the top of the page to manage your CampStamps
- 2) Select the check box next to the camper you wish to receive the email. You may select more than one camper. You will be charged one CampStamp for each camper you select.
- 3) You may also choose an optional stationery for an additional CampStamp. **\*\*We do not print our emails in color!\*\***
- 4) Write your message in the text box.
- 5) You may preview the email before you send. Hit the “Send Email” button at the end of the page to submit the email.
- 6) We will print emails at 10:00 AM each day. You must send the email before this time for it to arrive same-day.

## News

- 1) News will be divided into two categories: Kamp Key which will be the daily newsletter from camp and Keystone Klassifieds which will be for special announcements and will not be updated daily.
- 2) Click on the story to read the news!

## Photos

- 1) Photos will be displayed by date and album. There may be multiple albums for one date.
- 2) Use the drop-down menus to navigate the photo system.
- 3) Each photo in the gallery will have icons below it.
  - a) **Star**-use this icon to mark the photo as a favorite. The star will turn yellow when you mark it. These photos will be stored under the “Favorites” section for future viewing. Remove from Favorites by clicking the star again.
  - b) **Envelope**-use this icon to email this photo in low-res to a friend or relative
  - c) **Magnifying Glass**-view larger version in the slide show
  - d) **Down Arrow**-download an unlimited number of hi-res versions of this picture for \$1.69

- e) **Shopping Cart**-add the photo to your cart for purchase as a print or gift
- 4) Click on “Cart” at the top of page to purchase prints or gifts of your photo

### **Guest Accounts**

- 1) You may grant access to friends or relatives with this link. The guest must have a valid email address. After adding the guest you must click the “May Email” check box to give permission to the guest to email.
- 2) You may give CampStamps to your guests or purchase them for them.
- 3) Your guest may also purchase their own CampStamps and photos.

If you have any problems with the Online Community you may consult the Help section or contact CampMinder directly by creating a Help Ticket.

## **VISITS**

Attending camp provides an extraordinary opportunity for campers to gain the self-reliance, self-confidence, and independence important to a young girl’s development. Therefore, the camp program should not be interrupted with visits by parents and relatives. We highly recommend parents visit on opening and closing days of the camp session. At this time, parents are encouraged to meet the staff and view the facility. Unfortunately, there are no facilities for housing or feeding guests at camp.

If you are new to Keystone and would like to visit camp before the summer season, we would be happy to give you a tour. Simply call the camp office to make an appointment. Please be aware that the week before camp, as well as the day between sessions are busy planning times and are not convenient for visits.

## AREA ACCOMMODATIONS

If you will be driving to camp, you will want to *make your hotel reservations well in advance*. Hotels and Bed & Breakfasts can be found in Brevard, but you may also choose to stay in Hendersonville (30 minutes from camp), Asheville (45 minutes) or the Cashiers/Highlands area (1 hour). Keystone is a three-hour drive from Winston-Salem, NC and Atlanta, GA, and a two and a half hour drive from Columbia, SC and Knoxville, TN.

The following are local places you may want to try:

### Lodges and Motels:

Holiday Inn Express.....	828-862-4711
Hampton Inn.....	828-883-4800
Imperial Motor Lodge.....	828-884-2887

### Bed & Breakfasts:

The Inn at Brevard.....	828-884-2105
The Inn on Main St.....	828-884-4770
Greystone Inn (Lake Toxaway) .....	800-966-4700
Pines County Inn.....	828-877-3131

You may also want to look up Brevard's website. The address is: [www.brevardncchamber.org](http://www.brevardncchamber.org). This site will give you a better idea about what Brevard is like. It has area attractions, weather information, a visitor's guide, lodging, and other information, which you may find interesting.

## CLOTHING

You will find a complete packing list within this handbook. Our campers seem to enjoy having a good pair of tennis shoes and a pair of sandals of some sort at camp. In the name of safety, all sandals must have a back strap. Please leave those backless sandals at home! Teva-type sandals have backs and are still cool, comfortable, and waterproof making them our recommendation for a safe camp shoe. (Flip-flops may be worn back and forth to the swim lake only).

If your daughter wears eyeglasses, we recommend that she bring an extra pair with her or a strap for her glasses.

The camp uniform consists of a camp shirt, navy blue shorts and a camp tie. You may purchase camp shirt and tie on opening day. The shorts may also be purchased through the camp, although this is not required as any navy blue shorts are just fine. We wear uniforms on Sundays. Since laundry is done once a week for the girls, only one Uniform is necessary. *Uniforms can be picked up at the Tuck Shop on Opening Day.*

Keystone Camp sweatshirts, T-shirts, and other optional clothing may be purchased on opening and closing days at the camp store.

We like clothes that like to play and get dirty. Please be mindful when packing and leave “nicer” clothing at home.

## LAUNDRY

Laundry is a weekly service, done at camp at no additional charge for campers. We encourage you to send very durable, washable clothes. If an item of clothing should not go into a dryer, it is the camper's responsibility to not send it to the laundry. **It is important that all items of clothing and equipment be clearly marked with the camper's full name.** *Initials are not sufficient.* This includes socks, underwear, and any other item that you would like to return home with your camper.

## LINENS

We provide towels for all of our campers. This should help you as you pack and will assure you that your daughter will have a clean, dry towel each morning. You will want to bring your own sheets, blankets, washcloths, and pillows with you. These can be added to your daughter's laundry each week.

## ELECTRONICS/EQUIPMENT

Campers should leave expensive cameras, watches, jewelry, and electronic items at home. Disposable cameras are great for the camp environment. (We cannot have your film developed while you are at camp. You will need to wait until you get home to develop film.) Radios/CD players without headphones are permitted in the cabins where

music can be listened to collectively. Camp cannot be responsible for lost or damaged items.

**Absolutely NO digital cameras, cell phones, pagers, palm pilots, gameboys, personal music devices (IPods, walkmans, cd players with headsets) or other such electronics are permitted.**

Our weather is generally very temperate with lows in the 50's and highs in the upper 80's. If you feel the need to send a fan, only **battery-operated fans are permitted.**

Some additional the items you may want to begin looking for are:

Tennis racquet and can of unopened balls: These items are only necessary if your daughter will be taking tennis as one of her activities. The same applies for the 3 golf balls.

A coated nylon poncho or raincoat: A necessity a camp. Thin plastic ponchos or raincoats will not survive the first rainstorm.

## **HORSEBACK RIDING**

If your daughter plans on participating in our horseback riding program, please consider the following.

### **Hard-soled shoes for riding**

This should be a sturdy shoe, preferably a lace-up that has a square heel and a smooth sole. Saddle oxfords, paddock boots, and cowboy boots are recommended. Sebago shoes are not acceptable due to the fact that the heel is not squared off and hiking boots are not acceptable because the sole is not smooth. The heel must be such that the foot will catch on the riding stirrup, about ¼ inch thick.

### **Riding Helmet**

We provide riding helmets for all campers. Our helmets are ATSM and SEI certified. If your daughter would like to bring her own, please make sure that it has this certification. It must also have a chinstrap, preferably a harness-type chinstrap. If she chooses to use one of our helmets, we ask that she wear a bandana underneath, so make sure to pack one. (This goes for Rock Climbing helmets as well.)

## INFIRMARY

Keystone has a Registered Nurse who lives on the camp property and is available to us 24 hours a day. She is responsible for dispensing any medications your daughter may need while she is at camp.

**Absolutely no medications are allowed to be kept in the cabin;** they must be turned into the Infirmary on opening day. This includes vitamins and any over the counter drugs. The Infirmary is stocked with the following medications: Acetaminophen, Ibuprofen, antibiotic cream, itch relief lotion, antacid tablets, antihistamines, decongestants, anti-nausea, throat lozenges, epinephrine, and an assortment of first aid supplies.

Should your daughter need to be seen by a doctor, we will arrange an appointment for her. You will be responsible for paying all medical bills promptly. (The services of the camp infirmary are furnished without charge). The local doctors offices and pharmacies will not file insurance claims for campers. We will keep copies of all receipts, however, so you will be able to file these claims on your own.

If your daughter spends the night in the Infirmary, needs to be seen by a doctor, or has excessive visits to the Infirmary, we will certainly call and notify you.

## HEALTH FORMS

The health form is to be completed by you and your daughter's physician. It is to be returned to camp by May 1<sup>st</sup>. You complete the outer four pages and your physician should complete the inserted page. **We must have signed and completed health forms by the time your daughter arrives at camp.**

Please note that your signature is required. In the event of an emergency, every effort will be made to contact you. However, if you cannot be reached, it will not be possible to obtain medical treatment for your daughter without your signature providing the camp director with emergency authorization.

## PREPARING YOUR DAUGHTER FOR CAMP

Going away to camp is a big step for the entire family, particularly if this is the first experience. You can help your daughter most by talking with her and expressing your confidence about her ability to succeed at the new challenges camp will offer. Homesickness may occur. Our staff members are trained to work with homesick campers, and we usually cure the homesickness in a few days. One thing to keep in mind is that homesickness is completely normal. It will take some time to adjust to the new environment and routine.

If you receive a letter that is less than positive, please don't be too worried. Homesickness usually occurs during rest hour and at nighttime when campers are less busy which is also a time when many letters are written. We know that it is difficult to receive homesick letters from your daughter, but please don't be too alarmed. Quite often, the homesickness has passed by the time the letter reaches home. Please notify the Director if you have concerns about the letters you receive.

We do not recommend telling your daughter that she can call home anytime she needs to, or that you will come pick her up early. As stated earlier, campers are not allowed to use the telephone except in the case of an emergency, and suggesting an early pick up gives your daughter the notion that she does not have to try. Although these statements are usually made with good intentions, it makes adjusting to camp life much more difficult. Instead, you will want to encourage your daughter to try new activities, make new friends, and discover new things about herself. Gaining independence from family and gaining self-confidence are important steps in a child's development that must be faced at some point. Camp is an ideal environment to take those steps.

Other ways to help your daughter prepare for camp are: Let her help pack her own trunk, have open discussions about concerns she may have about being away, and talk about both the ups and downs of being at camp. The American Camping Association has a terrific website full of articles that can help parents prepare both themselves and their camper for the upcoming camp experience. Find them at [www.acacamps.org/parents](http://www.acacamps.org/parents).

# TIPS TO PARENTS, FROM PARENTS

## **Marian Doszkewycz**

- Make sure your daughter's full name is on everything.
- Start packing a couple of weeks before opening day.
- Bring an inexpensive camera with plenty of film to take pictures. Disposable cameras are good but put her name on it.
- Pack extra flashlight batteries.
- Make sure your daughter has adequate toilet items. (I.e. shampoo, soap, hairbrush, etc.)

## **Jane Brown**

- Make shopping and packing for camp a project that you and your daughter can do together.
- We used a trunk that I took to camp and Grace loved it. She didn't want a new one.

## **Nancy Ewing**

- We contacted and visited a previous camper before coming to camp.
- We read a couple of books on a little girl who goes away to camp.
- Pack extra socks and underwear.
- Pack small games to play with cabinmates. (I.e. cards, board games, etc..)

## **Grace Robbins**

- Pack an extra toothbrush.
- Pack sweatpants for the cooler evenings.
- As Tuck Mom, I would tell parents not to send candy because it breaks the girls' hearts when they have to give it up.

## **Brenda Gerding**

- We send a fruit basket early in the session.
- Parents need to write to their daughters as often as possible.
- Pack plastic bags for wet/muddy items.

## **Karen Smith**

- Pack misc. items in zip-loc bags to keep them together.

**Lin Melchionna**

- Mesh lingerie bags are great. We use one for socks, one for bras, and one for underwear.
- I recommend clear ventilated mesh laundry bags to help with mildew.
- Let your daughter pack her own trunk.
- We use zip-loc bags for packing things like camera and film.
- Pack stationery in zip-loc bags to protect them from the moisture. Use peel and stick stamps.
- Pack together shirt and shorts that your daughter will wear together.
- We brought a small laundry basket that will fit under the bunk to keep shoes in.
- Have daughter address postcards and envelopes before they leave for camp.
- Pack a utility caddy without a lid for shower articles.
- We bring an extra pillow to prop up in bed and read.

**Lori Greenwald**

- Pack warm pajamas with long sleeves and long pants.

**Deborah Sitkoff**

- Be careful not to over pack. Girls always bring more home than what they took. (i.e. Arts & Crafts projects.)
- For the Florida girls, pack heavy blankets.

**Jackie Rubin**

- Sneak a letter or a little something in your daughter's trunk for her to find when she opens the trunk.
- Always make a list of what she takes to check off as she packs the trunk to return home.

**Kathy Spencer**

- Label Shampoo bottle with a # 1 and Conditioner bottle with a # 2 so that your daughter can easily distinguish between them.

## RECOMMENDED PACKING LIST

- \_\_\_\_\_ 1 camp uniform shirt & tie
- \_\_\_\_\_ 1 pair navy blue shorts (not denim)
- \_\_\_\_\_ 7 pairs shorts
- \_\_\_\_\_ 2 sweatshirts
- \_\_\_\_\_ 1 jacket
- \_\_\_\_\_ 3 or 4 pair jeans
- \_\_\_\_\_ 8 shirts
- \_\_\_\_\_ 2 bathing suits
- \_\_\_\_\_ pajamas
- \_\_\_\_\_ 10 pair underwear
- \_\_\_\_\_ 10 pair socks
- \_\_\_\_\_ bras
- \_\_\_\_\_ bathrobe
- \_\_\_\_\_ 1 outfit for dances (casual)
- \_\_\_\_\_ toilet articles
- \_\_\_\_\_ shower caddy
- \_\_\_\_\_ raincoat
- \_\_\_\_\_ 2 pair tennis shoes
- \_\_\_\_\_ 1 pair riding shoes (if taking horseback riding)
- \_\_\_\_\_ 1 pair Teva-type sandals (water shoes)
- \_\_\_\_\_ 1 white 100% cotton t-shirt for tie dying (if taking Art)
- \_\_\_\_\_ 1 empty shoebox (if taking Art)
- \_\_\_\_\_ 1 tennis racquet (if taking tennis)
- \_\_\_\_\_ 1 can unopened tennis balls (if taking tennis)
- \_\_\_\_\_ 3 golf balls (if taking golf)
- \_\_\_\_\_ 2 laundry bags
- \_\_\_\_\_ 1 or 2 lingerie (mesh) bags for sending socks and underwear to laundry
- \_\_\_\_\_ 1 water bottle
- \_\_\_\_\_ flashlight
- \_\_\_\_\_ sleeping bag
- \_\_\_\_\_ sunvisor or hat
- \_\_\_\_\_ sunscreen
- \_\_\_\_\_ insect repellent
- \_\_\_\_\_ fingernail brush
- \_\_\_\_\_ camera & film (optional)
- \_\_\_\_\_ 2 bandanas
- \_\_\_\_\_ writing paper, pen, & envelopes (stamped & preaddressed)

### Linens: **NO GOOSE DOWN!**

- \_\_\_\_\_ 2 sets of sheets (cot or twin size)
- \_\_\_\_\_ 3 wash cloths
- \_\_\_\_\_ 1 comforter or 2 heavy blankets
- \_\_\_\_\_ 1 pillow with two cases
- \_\_\_\_\_ sleeping bag (optional)