**Things to Bring to Camp**

**ATTENTION: newly added for Bicycling Camp! Please bring your bike helmet and your bike, if you have one. We will practice some skills on single bikes before learning to ride the tandems! If you have a tandem that you can bring to camp, please call or email Gwen right away:** **gwen@oubmichigan.org** **or 616-755-2221.**

* A great attitude and sense of adventure!
* Adequate clothing for the session. **Shorts and T-shirts, a pair of jeans or two, a sweatshirt or two, socks, underwear, nightclothes, etc**. **Make sure to bring sufficient clothing for all weather conditions. Camp is often a messy place, so don’t bring your best or your favorite clothes!**
* **Two pairs of tennis shoes** (in case one pair gets wet), as well as **appropriate footwear for waterfront**, such as flip-flops or water shoes. **Closed- toe shoes are required for all activities except waterfront**. (This is to prevent painful toe injuries!)
* Hat or visor
* Jacket or sweatshirt, preferably with a hood
* Rain poncho or umbrella
* Swimming suit and towel
* Flashlight, if needed, with extra batteries (Staff members do not have spare batteries for flashlights!)
* Plastic water bottle
* Towel for showering
* Toiletries (**Please, don’t forget deodorant**, shampoo or a toothbrush. No one likes it when you tell a staff member you did not bring deodorant. We love you, but we also have live with you for a week!).
* Sleeping bag and pillow or twin bedding (sheets, blankets, and a pillow). You will be sleeping in a tent. Sleeping pads are provided.
* **Enough medicine for the entire camp session**. Medicine must be in its original container with the camper’s name, doctor’s name and dosage instructions clearly marked, including over-the-counter medications. Medications will be given to the camp Medical Officer when you check in and will be administered by the Medical Officer only during your stay at camp.
* Musical instrument, if you play one
* Cane or any assistive mobility devices you may need
* Sunglasses, if needed (bringing an extra pair is recommended)
* Some spending money (Chicago and Adventure Trips only)
* A great big smile!

**PLEASE BE SURE TO MARK ALL YOUR CHILD’S POSSESSIONS WITH THEIR FIRST AND LAST NAME, INCLUDING THEIR CANE. RETURN ADDRESS LABELS ARE HELPFUL TOOLS. IF YOU OR YOUR CHILD IS MISSING SOMETHING AFTER CAMP, YOU NEED TO CALL US. PLEASE DO NOT WAIT FOR US TO FIND YOUR STUFF! WE HAVE BOXES OF LOST AND FOUND AFTER CAMP. ALL UNCLAIMED LOST AND FOUND ITEMS WILL BE DONATED AT THE END OF AUGUST.**

**Things you should NOT bring to camp**

* Do not bring food - do not bring snacks to eat in your tent – you, and your tent-mates – will have to live with 8-legged, 6-legged and 4-legged invaders! Do not leave any food of any kind in your tent. If you need special food, or if you want to bring snacks to share with everyone, please make arrangements with the Camp Director.
* Do not bring expensive jewelry
* Do not bring anything extremely valuable to you
* Do not bring any illegal drugs, alcohol or tobacco in any form to camp – you will be instantly removed from camp
* Do not bring any kind of e-cigarettes or vapor device
* Do not bring lighters, matches, fireworks or any fire starting equipment
* Do not bring any kind of weapon, including pocket knives
* Do not bring anything that may be harmful to yourself, other campers, or staff
* Do not bring any electronic devices, phones, or toys

\* Electronic devices may be allowed only if a parent or guardian writes a note specifying its necessity, e.g. an MP3 player that a camper needs to help him or her fall asleep. Non-approved electronic devices will not be allowed and will be confiscated and kept by the Camp Director until the end of the camp session. Cell phones will be kept by the Camp Director and may be used only at staff discretion during the camp session.

**Please note that Opportunities Unlimited for the Blind, Camp Optimist, and any other locations where we hold camp are not responsible for the loss, damage to, or theft of any items. We will try our best to help find your items, but they are your responsibility!**