

# What to Wear and Bring to Sea Squirts, Sea Safari, Sea Camp and Camp Sea SI

## What to Wear (make sure you are prepared)

- Bathing suit(s)
  - Girls should wear **modest swim suits** plus a t-shirt for sun protection. We recommend two-piece suits for convenience in restrooms.
  - Boys should wear **swim trunks** plus a t-shirt for sun protection
- Weather appropriate clothing that can get wet and muddy
  - Do not wear clothes that cannot be permanently stained or accidentally damaged
  - We conduct the camp “rain or shine”
- A hat with a visor
- If you wear glasses, bring a neck-strap
- Waterproof sunscreen (SPF 15 +)
- Closed-toed field shoes
  - water shoes with socks
  - old tennis shoes with laces
  - please note that although the “croc” style clog with ankle strap is very popular, children have a difficult time keeping them on when we explore the marsh.

## What to Bring (Make sure EVERYTHING has your campers' name clearly visible)

- Nutritious bagged lunch and beverage in a flexible container (full day camps only)
  - No glass bottles or caffeinated beverages
  - If not in a water-proof lunch box, please put lunch in a plastic bag
- Nutritious bagged snack and a beverage (1/2 day and full day camps)
  - No glass bottles or caffeinated beverages
  - If not in a water-proof lunch box, please put lunch in a plastic bag.
  - \*\*\***Please try to avoid snacks that contain peanuts for the safety of any fellow camper who has severe allergies.**
- Backpack containing...
  - Waterproof sunscreen (SPF 15 +)
  - Bug spray
  - If your child complains of the heat you may want to provide them with a small travel size hand-held fan that can only be used while riding in the bus (*please teach them how to use the fan properly and to avoid catching anyone's hair in the blades*)
  - Water bottle (must have at least one and we will refill them during the day)
  - Towel in water-proof bag
  - Sweatshirt or light jacket (weather indicates)
  - Change of clothes in a water-proof bag
  - Water-proof bags for wet or dirty clothes
  - Extra pair of closed-toe field shoes
- Any necessary medicines must be clearly labeled with camper's name and instructions for administering and must be handed directly to the counselor at the start of the day. It is the parent's responsibility to ask for the return of the medicines at the end of the day. At no time should campers have possession of the medicines themselves.

