

# Final Checklist

## Mail to Camp Hidden Meadows by May 31st

- Final payments & Camp Store deposit
- Completed medical form (download from website)
- Copy of insurance card (front & back)
- White Water Rafting Waiver (only if entering 7th grade or older)
- Airport Flight Details form (if necessary)
- Special Check Out form (if necessary)

## One Week Prior to Camp

- Parents - mail a letter to your camper so he/she will have mail the first day of camp
- Give the camp address to family and friends who may wish to write (please remind them of package policy)
- Have medication ready in original packaging

## The Night Before Camp Hidden Meadows

- Is everything on the "What To Bring" list packed and ready to go?
- Do you have directions to camp?
- Do you have your camper's luggage?
- Do you have your camper's medication?
- Are you excited?

## WHAT TO BRING

These items and supplies are recommended for campers in 2-week programs. Campers staying for 1 week will need less clothing. Please **label everything** with your full name (even socks, underwear and towels.)

Laundry will be done in the middle of the 2-week sessions. One week families be prepared for some dirty clothes being sent home!

### Clothing

- 5 t-shirts
- 7 pairs of socks
- 7 pairs of underwear
- 2 pairs of shorts
- 1 pairs of jeans
- 1 swimsuits - **No bikinis that tie or are skimpy**
- sweatshirt or jacket
- long-sleeved shirt
- WATERPROOF raincoat or poncho
- pajamas
- 2 pairs of tennis shoes/sneakers
- water shoes/sandals

## Bedding & Linens

- sleeping bag & twin sheets
- pillow & pillow cases
- 1 bath towels
- 1 beach towels

## Other Equipment

- laundry bag- clearly labeled with name
- flashlight & extra batteries
- toiletries (soap, shampoo, toothbrush, toothpaste, comb, etc.)
- any medication needed
- plastic water bottle or canteen
- stamps and envelopes, postcards, etc.
- small backpack/day pack
- insect repellent
- sunscreen
- bandana or hat

## Optional Items

- sunglasses
- 100% cotton white t-shirt (for tie dye)
- camera
- books, magazines, cards, small games

## Notes about above items:

- Hiking boots/shoes (should provide good ankle support and be broken in before camp to avoid blisters)
- Caving : be prepared to get some of your clothes very muddy and permanently stained if you choose to go caving
- Water shoes should stay on your feet during water activities- Tevas, Aqua socks, or tennis shoes. *No flip-flops except for taking a shower!*

## Additional Items for Horseback Riding

- long pants/jeans
- hard-soled boots/shoes with a heel (not tennis shoes)

## Packing for Camp

Please note the following guidelines in preparing your child's belongings for camp:

Camp Hidden Meadows is an informal environment. "The less the better." No fancy dress clothes.

Trunks? Duffels? Suitcases? Any is fine with us.

We do laundry for campers staying longer than one week, so avoid packing too much.

To assist with laundry, **please label all items with camper's name.**

Do not send valuable items or anything of sentimental value. It is best to leave these items at home. Camp is **Not** responsible for any lost items, **Unless** they are stored in our office.

## Does your child wear eyeglasses?

If this is the case, please pack a second pair just in case.

## Does your child wear an orthodontic retainer?

Please talk to him/her about caring for it as part of the camp routine and not losing it.

## What Not to Bring

**Do Not** bring cell phones, walkmans, pets, weapons, fireworks, cosmetics, curling irons, boom boxes, valuable jewelry or other items you would hate to lose.

**Do Not** send valuable possessions with your camper. Camp Hidden Meadows and its staff cannot be held responsible for lost or damaged possessions.

### Why not MP3 players, iPods, or Walkmans?

We do not allow headset musical devices (walkmans, Discmans, MP3 players) or radios on our programs. There are a couple of reasons for this. First of all, this is a time to be in and enjoy the outdoors. It is also a time to be with a new group of people. It is hard to enjoy either if your headset closes you off. It can also be frustrating for others in your group because the music cannot be shared. If you do bring a headset to accompany you on your plane or train, we will ask you to put it away for the duration of your program. We can also put it in safe keeping in the office if you are concerned about any damages of keeping it in your bags.

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## Knives

While we rarely get questions as to what kind of knife to bring along, we do feel that this is an important issue to note. A knife is not needed, but a Swiss-army knife is appropriate. You will use a knife in the case you need to cut a piece of cord, or open a package of food on the trail. **Large knives are not appropriate!** We rarely have to fight off bears or sasquatch! Anyone who uses a knife in a hazardous manner will be asked to turn it in.

## Preparation and Packing

We have put together this list of helpful hints and recommendations to help you better prepare for your program. We ask you to read through this carefully as there are some things we do require of you to make your experience with us as comfortable as possible.

## Rain Gear

It is essential that you have **WATERPROOF** rain gear - both top and bottom. Waterproof and water-resistant are *not* the same. If you bring a water-resistant jacket, you *will* get wet. We typically continue our activities rain or shine (we do make other arrangements for severe weather conditions). You do not need to be concerned about being too warm in waterproof gear. Typically when it rains, it is colder and you will appreciate the extra warmth that waterproof gear holds.

## Cooler Temperatures

The mountains of West Virginia are susceptible to cooler temperatures in the summer time. The area of our camp in particular has a very high average elevation for the East. This means we enjoy cool mornings and evenings. It will most likely be cooler than it is for you at home. The clothing list we provide you includes extra layers for these temperatures. It is important that you have the extra warmth so that you will be comfortable and healthy throughout the program.