

# What to bring and what NOT to bring to Camp Summer 2009

## NAU Centennial Forest Environmental Education Programs

In addition to clothing for each day and personal hygiene products, please also send the following items to camp with your child:

### Please bring:

- Sturdy shoes (tennis shoes are OK, hiking boots are better)
- Towel
- Sandals (flip-flop or “Teva” type for walking to and from showers, etc.)
- Small flashlight or headlamp with batteries
- Sleeping bag (rated for 30° or less) – please note that older sleeping bags lose warmth capability over time, a newer sleeping bag is best to send with children)
- Pillow
- Hat (for sun protection)
- Raincoat or poncho
- Warm clothes - Jacket and sweater or sweatshirt, warm pajamas and stocking or ski hat (average low temperatures for Flagstaff during June and July are between 41° and 50°)
- Daypack style backpack or large waist pack
- 2 one liter water bottles (if sending a “camelback” please also include a water bottle for gatorade)
- Sunscreen – SPF 30 or higher
- Chapstick – SPF 15 or higher
- Bug spray
- Camera – optional (disposable recommended)
- Small combination lock – optional (each camper will be provided drawer space where they can store any personal items securely with their own lock)
- Biodegradable soap, shampoo and toothpaste – this is important to maintain the health of our camp’s grey water system and its good for the environment
- Medications – both over the counter and doctor prescribed medications **MUST** be in the original bottle with the original label and dosage instructions and all medications **MUST** be declared to camp staff at time of camp check-in

### Please do **NOT** bring:

- Radios, CD/MP3 players, stereos, video games, or electronics of any kind
- Cellular phones or pagers
- Weapons (including pocket knives)
- Fireworks, matches or candles
- Expensive clothing or jewelry
- Toys
- Gum/candy/snacks (no food is allowed in tents)
- Tobacco, alcohol or illegal drugs
- Medications (that have not been declared to camp staff)

## TALENT SHOW!

We will be having a talent show during each session of camp. All campers are encouraged to bring items to camp if needed to showcase their talent (please note these items will probably get dirty).

## *Attention Senior Foresters & Outdoor Leaders!!*

*Please bring a bathing suit  
plus shorts and shoes/sandals  
appropriate for wading in the creek.*

Please note: The NAU Centennial Forest Environmental Education Program is not responsible for any items lost or stolen during camp. Campers will be provided with storage space where they can secure any valuable or personal items using their own small combination lock.

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