



YMCA SUMMER DAY CAMP

Camper Check List

Each day your camper should be dressed appropriately for the weather, and bring the following along in a backpack.

- SWIMSUIT & TOWEL**
For swimming and water play
- HAT**
Sun safety is important
- RUNNING SHOES**
To stay active all day long
- RAINCOAT**
To enjoy every day, rain or shine
- BUGSPRAY & SUNSCREEN**
To reapply throughout the day
- A HEARTY & HEALTHY LUNCH**
Peanut-free bagged lunch
- TWO HEALTHY SNACKS**
To keep energized all day
- REFILLABLE WATER BOTTLE**
To stay hydrated