

COMMERCE CITY SUMMER CAMP 2020

Are you ready for a day at Camp?

WHAT TO WEAR

- ✓ Dress appropriately for the outdoors, play and the weather.
- ✓ All shoes must be closed-toe. Sneakers are recommended.
- ✓ A cap or hat for sun protection is advisable.
- ✓ All clothing should be clearly marked with the child's name.

WHAT TO BRING

- ✓ All children should bring a backpack to carry their belongings. The backpack should be clearly marked with the child's name and phone number.
- ✓ Swimsuit and towel on swim days
- ✓ Campers should bring a water bottle that can be refilled at our many water fountains and cooler around camp.
- ✓ Sunglasses and Hat
- ✓ Extra clothing (if necessary)
 - Daily: Youth Camp and Adventure Trek
 - Appropriate clothing for fieldtrips
 - Appropriate clothing for activities of the day: If the activity seems messy, it is!
 - We recommend wearing a set of clothing that is OK to get dirty EVERY DAY



What NOT to Bring:

Each day at camp please be sure to campers ***do not*** bring with the following:

- * iPods & MP3 Players
- * Cell Phones
- * Hand held video games
- * Toys
- * Money

LUNCHES AND SNACKS

- We do not serve lunches. We do provide a morning and afternoon snack. ***Please pack a daily lunch for your camper(s).***
- Full-day participants should bring a nutritious lunch, beverages/water bottle and extra snacks. *Lunch must meet one-third of the child's daily nutritional needs.*
- We recommend small, cooler-type lunch boxes, clearly marked with the child's name and phone number.
- Non-perishable items are recommended since refrigeration is not available.
- Campers do not have access to a microwave.
- Healthy snack options include fresh fruit, raisins, pretzels, small granola bars and 100-calorie snack packs.
- Water, sugar-free beverages, and six-ounce servings of 100% fruit juice are healthy beverage options.
- Participants are not allowed to purchase items from the vending machines.
- We can make accommodations for campers with food allergies, i.e. peanut free table, etc. Please notify camp staff prior of any allergies we need to be aware of.
- *Please use throw away lunch bags during field trips*