

# YMCA Summer Day Camp

## Camp Essentials / Parent Check List



### MEDICAL FORM AND PHOTOS

Each camper must have a Medical Form completed at least five days prior to camp, and provide two small photos (which will not be returned).

### CAMPER PACKING LIST - LABEL ALL BELONGINGS

- Backpack or bag
- Water bottle
- Hat
- Sunscreen
- Appropriate outdoor clothing (including a jacket)
- Bug spray
- Lunch that does not require refrigeration or microwave, must be allergen-aware
- Two allergen-aware snacks
- Bathing Suit
- Towel
- Medication (if required; please notify counselor)

The YMCA will not be responsible for any lost or stolen items.

### WEATHER SENSE

YMCA Summer Day Camps are outdoor-based programs, so every camper must bring clothing suitable for all types of weather. Sunscreen, a hat, and a water bottle are also necessary. Campers must understand the importance of sunscreen and know how to apply it before coming to camp. Due to the nature of sunscreen allergies, YMCA staff will not provide or apply sunscreen.

### CAMPERS' BACKPACK ESSENTIALS

Please refer to your receipt/confirmation email for a complete list.

### CAMP RECREATIONAL SWIM

For the safety of all campers during rec swim, campers 3–7yrs will be required to wear a life jacket.

### LUNCH AND SNACKS

Campers are required to bring a nutritious and allergen-aware lunch, two snacks, and plenty of cool drinks. Lunch and snacks can also be purchased by parents before camp at the food service kiosks. Please note: microwaves will not be available to heat up food items.

### PRE-CARE AND POST-CARE

Both pre-care (7:30 am - 8:30 am) and post-care (4:30 pm - 5:30 pm) are available free of charge. Charges will apply to all late pick-ups after 5:30pm at a rate of \$1/minute.

### CAMP STAFF

Camp staff are carefully selected for their leadership skills, enthusiasm and their ability to work with children of all backgrounds and abilities. All staff members have completed the YMCA Day Camp Training Program, which includes safety and emergency training, standard first aid, CPR, WHMIS, behavior management, physical literacy (NCCP FMS), and YMCA Healthy Child Development. Camp staff are also required to pass a Police Security Clearance and a Vulnerable Sector Search.

Please keep this information sheet for reference.