

CAMP CAYUGA'S RECOMMENDED CLOTHING LIST

This list is a general guide for articles the typical camper will need, based upon the understanding that the camp laundry is done once a week and returned within 2 days. For the most part, it makes no difference how long the camper is enrolled in camp. Our campers & staff dress comfortably which typically includes shorts and a t-shirt. The style we'd like to maintain at Cayuga is "down-to-earth" and practical. We discourage "high fashion".

CLOTHING

- ___ 9 t-shirts
- ___ 2 solid red t-shirts (no logos) or official Cayuga red t-shirts (Not including the free official Cayuga red t-shirt given at camp)
- ___ 4 sweatshirts or sweaters
- ___ 7 shorts
- ___ 2 "black" shorts with pockets (required for camp uniform)
- ___ 4 jeans and/or sweatpants
- ___ 1 belt
- ___ 14 underwear
- ___ 16 pair of socks (minimum)
- ___ 2 pair of pajamas (1-warm, 1-light weight)
- ___ 1 bathrobe (optional)
- ___ 4 swim suits
- ___ 1 light weight jacket or windbreaker
- ___ 1 warm jacket
- ___ dress clothes (For "farewell social" at end of 1st half session, and for "banquet & prom" at end of summer)

FOOTWEAR

- ___ 2 pair of sneakers
 - ___ 1 pair of shoes or boots with heels (for horseback riding)
 - ___ 1 pair of rubber boots or shoes (for rainy weather)
 - ___ dress shoes (for the "farewell social" & "banquet & prom")
 - ___ extra shoe laces
 - ___ 1 pair of aqua shoes or sandals with a heel strap
- Note: Flip flops and other footwear that do not have a heel strap are potentially dangerous due to the camp's terrain. We suggest you don't bring this type of footwear to camp.

BED & BATH

- ___ 4 sheets. (All campers are required to sleep between 2 sheets. Cot-sized mattress measures 75"x 30"x 5".)
- ___ 2 pillowcases (sold at camp)
- ___ 1 pillow (sold at camp)
- ___ 2 blankets (sold at camp)
- ___ 5 bath towels
- ___ 2 beach towels
- ___ 3 washcloths
- ___ 2 laundry bags
- ___ 2 mesh bags for socks (1 for white socks & 1 for colors). These mesh bags will keep your socks together during laundering.

TOILETRY ITEMS

- ___ toothbrush & storage holder (sold at camp)
- ___ toothpaste (sold at camp)
- ___ liquid soap (preferred) or bar of soap with storage container
- ___ plastic drinking cup
- ___ comb & hairbrush
- ___ shampoo/conditioner
- ___ tissues
- ___ deodorant
- ___ nail clipper

PERSONAL ITEMS

- ___ sunscreen lotion
- ___ insect repellent (for cabin overnights)
- ___ writing paper and/or postcards (sold at camp)
- ___ envelopes & stamps (sold at camp)
- ___ pens & pencils (sold at camp)
- ___ inexpensive camera (single-use cameras are sold at camp) See your Parent Handbook for camera restrictions.
- ___ baseball cap or tennis visor (sold at camp)
- ___ sunglasses
- ___ books, magazines, games, deck of cards, etc.
- ___ prepaid calling card (sold at camp)
- ___ extra pair of prescription glasses/contact lenses (if applicable)

CAMPING GEAR

- ___ sleeping bag (for overnights)
- ___ backpack, tote-bag, or carry-all bag for day trips (sold at camp)
- ___ water/sports bottle (sold at camp)
- ___ flashlight (sold at camp) & extra batteries (all sizes are sold at camp)
- ___ hooded raincoat or poncho (sold at camp)

REQUIRED ACTIVITY EQUIPMENT

These items are required only if you intend to participate in the activity:

- ___ skateboard
- ___ in-line skates, rollerblades
- ___ safety pads for wrists, elbows, knees
- ___ lacrosse gear (helmet, stick, all pads)

RECOMMENDED EQUIPMENT

- We recommend bringing these items only if you presently have them at home. You are not required to bring these items (unless otherwise indicated).
- ___ baseball glove or softball mitt (required)
 - ___ skate helmet, bike helmet
 - ___ horseback riding helmet (must be SEI and ASTM approved)
 - ___ shin guards
 - ___ athletic supporter (required for boys playing contact sports)

OPTIONAL EQUIPMENT

- ___ tennis racket (don't forget to engrave your name)
- ___ fishing rod
- ___ pair of cleats (rubber not metal)
- ___ horseback riding crop
- ___ jodhpurs or breeches (for horse shows)
- ___ diabolo & devil sticks (for circus program)
- ___ leotards or bodysuit (preferably black) and footwear (for gymnastics, aerobics, yoga, and dance programs)
- ___ plain white cotton t-shirt (sold at camp store for \$3 each) (needed at the "t-shirt creations" activity for air-brushing, tie-dye, fabric painting)
- ___ costumes & small props (for "wacky" events like halloween social, crazy hat day, tie-dye t-shirt day, mustache day, etc.)

PROHIBITED ITEMS

THEY'RE INAPPROPRIATE

- ⊗ multi-media devices that support internet access, email, instant messaging, text messaging & the like.
- ⊗ blackberrys, T-mobile sidekicks, Ipad & other tablets, and the like.
- ⊗ cell phones (see "Restricted Items" section in Parent Handbook for exception).
- ⊗ video cameras, camcorders, & the like.
- ⊗ computers, lap tops, portable DVD players, televisions
- ⊗ video-type game units/consoles (x box, play station, nintendo 64 and the like)
- ⊗ hand-held 2-way radios, intercoms
- ⊗ refrigerators, coolers
- ⊗ dressers, chest of drawers, or any storage container that doesn't fit under the bed (15" or higher).
- ⊗ air conditioners, large room fans
- ⊗ bicycles, scooters
- ⊗ music with inappropriate language
- ⊗ clothing, posters, or any other article containing inappropriate words, pictures, slogans, and/or logos.
- ⊗ provocative dress (see-thru clothing, short shorts, certain style tank tops & bikinis, speedos, & the like.)

PROHIBITED EDIBLE ITEMS

- (See "Care-Package" section in Parent Handbook for more details).
- ⊗ chewing gum
 - ⊗ candy, cakes, cookies, and all other sugar-based items
 - ⊗ perishable goods (meats, fruits, etc)
 - ⊗ energy drinks

PROHIBITED ITEMS

EXPENSIVE OR IRREPLACEABLE

Expensive and/or irreplaceable items should not be brought to camp. If you bring it, you are responsible for it. Camp Cayuga is not responsible for any item said to be lost, damaged, or stolen.

PROHIBITED ITEMS

FOR OBVIOUS REASONS

- ⊗ cigarettes, tobacco products, narcotics, alcohol, nonalcohol-type beverages, pornography.

PROHIBITED ITEMS

THEY'RE UNSAFE

- ⊗ curling irons & straightening irons (see "Restricted Items" section in Parent Handbook for exception).
- ⊗ hot-plates
- ⊗ electric blankets, space heaters
- ⊗ hair clippers
- ⊗ fireworks, matches, lighters
- ⊗ knives, axes, hatchets
- ⊗ martial arts weapons
- ⊗ paintball guns & pellets
- ⊗ firearms, ammunition, bows, arrows
- ⊗ roller shoes with retractable wheels

PROHIBITED - POTENTIALLY DANGEROUS IF MISUSED

- ⊗ baseball & softball bats
- ⊗ water pistols
- ⊗ hair dye
- ⊗ depilatories (any type of hair removal agent)
- ⊗ permanent magic markers
- ⊗ temporary tattoo kits

NOT RECOMMENDED BUT PERMITTED

If your child brings any of these items, you need to engrave his/her name on it.

- ⊗ I-pods & other MP3s (see "Restricted Items" section in Parent Handbook.)
- ⊗ Game boys, PSPs, Nintendo DSs, and other hand-held personal video games (see "Restricted Items" section in Parent Handbook.)
- ⊗ Playstation 2 and Nintendo 64 game cartridges (restricted to Cayuga's Game Room when using the camp's consoles.)
- ⊗ Musical instruments
- ⊗ Set of golf clubs

RESTRICTED ITEMS

Keep in mind that certain items are permitted at camp, but their usage is restricted. These items are not prohibited, but will be confiscated if their usage violates camp policy. Note: certain items, which are "prohibited" on Junior Campus, are "permitted" on Teen Campus but have strict usage restrictions. Please refer to the "Restricted Items" section in the Parent Handbook for more details.