

CAMP CAYUGA'S RECOMMENDED CLOTHING LIST

The following list is a general guide for articles the average child will need at camp 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. At Camp Cayuga, 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". We discourage "high fashion".

CLOTHING

- ___ 9 t-shirts
- ___ 2 solid red t-shirts 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 solid "black" shorts required for camp uniform
(“white” shorts are no longer required)
- ___ 4 jeans
- ___ 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 (Farewell Social/1st half. Banquet & Prom”/2nd half.)

FOOTWEAR

- ___ 2 pair of sneakers (only non-marking rubber soles are permitted on the tennis & basketball courts)
- ___ 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 don't have a heel strap are potentially dangerous due to the camp's terrain. For safety reasons we strongly encourage campers to bring footwear that has a heel strap and offers more support.

BED & BATH

- ___ 4 sheets (required)
The 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
- ___ 1 beach towel
- ___ 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 and/or pencils (sold at camp)
- ___ inexpensive camera (single-use cameras sold at camp)
- ___ baseball cap or tennis visor (sold at camp)
- ___ sunglasses
- ___ books, magazines, games, deck of cards, etc.
- ___ calling card (sold at camp)
- ___ extra pair of prescription glasses or contact lenses (if applicable)

CAMPING GEAR

- ___ 1 sleeping bag (for overnights/backpack trips)
- ___ 1 small backpack or carry-all bag for trips (sold at camp)
- ___ 1 water/sports bottle (sold at camp)
- ___ 1 flashlight with batteries (sold at camp)
- ___ extra batteries (all sizes are sold at camp)
- ___ 1 hooded raincoat or poncho (sold at camp)

ACTIVITY EQUIPMENT SUPPLIED BY CAMP

Camp Cayuga supplies all equipment & gear necessary for activity participation except for: baseball gloves, skateboards, sleeping bags, and plain white t-shirts (for air-brushing, fabric painting and tie-dyeing). Cayuga provides its campers helmets, tennis rackets, fishing poles, in-line skates (limited supply), shin guards, diabolos & devil sticks (for circus arts), life vests, as well as other standard equipment required to operate our featured activities.

ACTIVITY EQUIPMENT

- The items below are optional except for a baseball glove (or softball mitt) and skateboard (but only if your child intends to skateboard).
- ___ 1 baseball glove or softball mitt (not optional)
 - ___ skateboard (If you intend to skateboard, you must bring your own skateboard).
 - ___ in-line skates
 - ___ skate helmet and safety pads for knees, elbows, and wrists.
 - ___ tennis racket (don't forget to engrave your name!)
 - ___ fishing rod
 - ___ 1 pair of cleats
 - ___ shin guards
 - ___ horseback riding helmet (must be SEI and ASTM certified)
 - ___ 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)
 - ___ athletic supporter (for boys playing contact sports)
 - ___ plain white cotton t-shirt (sold at camp store for \$3 each)
(used for “t-shirt creations”: air-brushing, tie-dye, fabric painting)
 - ___ costumes & small props (for “wacky” events like halloween social, crazy hat day, tie-dye 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, palm pilots, and the like.
- ⊗ portable intercoms
- ⊗ hand-held 2-way radios
- ⊗ cell phones & beepers (see your Parent Handbook for explanation of exception)
- ⊗ computers & lap tops
- ⊗ portable DVD players & VCRs
- ⊗ televisions
- ⊗ video cameras, camcorders, & the like
- ⊗ video-type game units/consoles
(x box, play station, nintendo 64 and the like)
- ⊗ portable intercoms
- ⊗ hand-held 2-way radios
- ⊗ refrigerators & coolers
- ⊗ dressers, chest of drawers, or any storage container that doesn't fit under the bed.
- ⊗ air conditioners & large room fans
- ⊗ bicycles & scooters
- ⊗ music CDs with inappropriate language
- ⊗ clothing, posters, or any other item that contains inappropriate words, pictures, slogans, and/or logos.
- ⊗ provocative dress (speedos, short shorts, see-thru clothing, certain style tank tops, certain type of bikinis, & the like.)

PROHIBITED EDIBLE ITEMS

- (SEE CARE-PACKAGE POLICY)
- ⊗ chewing gum
 - ⊗ candy & other sugar-based items
 - ⊗ cakes & cookies
 - ⊗ perishable goods (meats, fruits, etc)

PROHIBITED ITEMS

EXPENSIVE OR IRREPLACEABLE

Expensive and/or irreplaceable items should not be brought to camp. If you bring it, you're responsible for it. Parents should caution their child that in a group-living situation, it is likely others will use his items. Expensive cameras, jewelry, tennis rackets, as well as irreplaceable items like gifted jewelry should not be brought to camp.

PROHIBITED ITEMS

THEY'RE UNSAFE

- ⊗ curling irons & straightening irons
- ⊗ hot-plates
- ⊗ electric blankets & space heaters
- ⊗ hair clippers
- ⊗ matches & lighters
- ⊗ fireworks
- ⊗ knives, axes, hatchets
- ⊗ martial arts weapons
- ⊗ paintball guns & pellets
- ⊗ firearms & ammunition
- ⊗ bows & arrows
- ⊗ roller shoes with retractable wheels
- ⊗ open toe footwear with no heel strap

PROHIBITED - POTENTIALLY DANGEROUS IF MISUSED

- ⊗ baseball & softball bats
- ⊗ water pistols
- ⊗ hair dye
- ⊗ depilatories (all hair removal agents)
- ⊗ permanent magic markers
- ⊗ temporary tattoo kits

NOT RECOMMENDED PERMITTED BUT RESTRICTED

- ⊗ Ipods & other MP3s (restricted to cabin)
- ⊗ Discmans (restricted to inside cabins)
- ⊗ CD players & music CDs (restricted to inside cabins only)
- ⊗ Game boys, PSPs, Nintendo DSs, and other hand-held personal video games (restricted to inside cabins only)
- ⊗ Playstation 2 and Nintendo 64 game cartridges (restricted to Cayuga's Game Room when using the camp's consoles.)
- ⊗ Expensive Musical instruments

PROHIBITED ITEMS FOR OBVIOUS REASONS

- ⊗ cigarettes & tobacco products
- ⊗ narcotics & alcohol
- ⊗ nonalcohol-type beer
- ⊗ pornography

RESTRICTED USE

Cameras, Ipods & other MP3s, Game Boys, PSPs, and DSs all have restricted usage. Refer to the Parent Handbook for details.