

CNI Cochlear Kids Camps – “What to Bring” – for Families

For **all campers** -

1. Clothing for changing weather – it’s routinely quite cool in the mornings and evenings, and warm in the afternoons – brief, passing afternoon rain showers are typical are not uncommon
 - a. Bring clothes that will layer – such as T-shirts, sweatshirts, lightweight turtlenecks, jacket, shorts, pants – jeans, khakis, sweatpants, etc – whatever is comfortable. Please note that the Y has a coin-operated laundry.
2. Sturdy shoes, including a water-resistant pair; sandals are okay for the pool area but not for day camp or horseback riding
3. Rain gear – lightweight, waterproof jacket and hat or hooded poncho
4. Insect repellent
5. Sunscreen & sunglasses
6. Hat for protection against sun
7. Lip balm for protection against sun and dry climate
8. Lightweight pair of gloves
9. Water bottle (strongly recommended) labeled with the owner’s name
10. Any required medication, as well as any prescriptions that could potentially need to be filled at the nearby town pharmacy
11. Rechargers for cell phones, if you use them; also, be aware that reception is “iffy” in the mountains
12. Travel alarm clock and flashlight (and, of course, all the normal toiletries such as toothpaste, etc)
13. The Y has lots of great recreational facilities including a free indoor pool so bring your suit (towels are provided). There is also an outdoor, supervised skateboard park – participants must bring their own boards or rollerblades but helmets are required and provided. Beyond that, the Y has tennis, basketball, volleyball, mini-golf, indoor roller skating, and much, much more. All equipment can be checked out for a small, refundable deposit. You may also want to bring a Frisbee, Nerf football or other fun things to enjoy in the great outdoors. Be sure to label whatever you bring.

For **children**, please note the following **IN ADDITION TO THE ABOVE**

1. Day pack to carry jacket, water bottle, etc during Day Camp sessions
2. Consider bringing an extra change of clothes which can be carried in your child’s daypack for his/her use during Day Camp sessions – this is especially important for the younger ones
3. Pack a labeled set of diapers, baby wipes, diaper cream, formula, bottles, toys, videos, etc for use by your younger children during Day Care sessions
4. It is guaranteed that your child will get dirty, regardless of age! Please dress him/her accordingly.
5. Please label all of your child’s items – you and the folks at Lost & Found will appreciate this later
6. Toys, videos, DVDs, etc for use in the community rooms – please label these items so that you can find them when you pack up on Sunday
7. Most walking paths are paved so lightweight, foldable strollers are a good idea for very small children

For **teens** participating in the camp-out, please note the following in addition to all comments above:

1. **DO NOT** bring sleeping bags, pads and pillows – these will be provided for the teen sleep-over
2. If you have a small flashlight, you may wish to pack that with your teen’s things – the building in which the teens will be sleeping does have electricity and restrooms but a flashlight is always a good idea
3. Please be sure to send changes of clothing, toothbrush, toothpaste, etc with your teen – it will not be practical for the teens to return to their parents’ lodge rooms once the retreat begins – as noted on the general family list, it’s a good idea for each child to bring a small, day pack...this will be one of the times when it will be very useful for your teen
4. If your teen is on any prescription medication, please send the original container with your teen’s name clearly indicated; if your teen has any medical issues, please make sure the retreat counselors are informed at the time you sign-in your teen
5. Please be sure to send extra batteries, battery chargers, cables or any other items that may be needed during the retreat – there will not be an audiologist available during this time
6. Note: There are no showers at the teen camp-out

For those of you who will be **horseback riding** – adults or children, please note that long pants and sturdy shoes are required (boots or closed-toe shoes, such as sneakers are required). Wagon rides will involve sitting on flatbed wagons filled with straw...long pants are advised.

For those of you with a **cochlear implant**, please bring:

- a paper copy of your programming map
- spare cables, batteries (and battery chargers, if appropriate), other replaceable parts you may need