

INSIDE THE OUTDOORS
**SUMMER
DAY CAMP**

What to Bring

****Please write camper's name on everything!****

Essentials:

- Lunch
 - Bring lunch every morning
 - We suggest items that are healthy and filling
 - Our goal is to have a zero waste lunch, please use reusable containers if possible
 - Try not to pack food items that will be heat sensitive
 - NO soda, as it may attract insects
 - Water
- Sunscreen
 - It is recommended that campers come to camp with sunscreen already applied
 - We suggest sunscreen with insect repellent
- Clothing
 - Wear clothes that can get wet
 - Shorts are OK
 - No tank tops or skirts
 - Tennis Shoes or Hiking Boots (NO flip-flops, sandals or other open-toed shoes)

Optional:

- Lip Balm (with SPF)
- Sunglasses
- Hat
- A book to read

Do NOT bring*:

- Soda
- Candy or gum
- Money
- Pocket knives
- iPod, Electronic Games, Cell Phones

*It is not recommended that campers bring these items. Camp staff is not responsible for camper's personal belongings that may be lost or damaged.



Inside the Outdoors®
200 Kalmus Dr., P.O. Box 9050
Costa Mesa, CA 92628
www.insidetheoutdoors.org
Phone: 714-708-3885 Fax: 714-662-8716

