

CAMP CAYUGA'S RECOMMENDED CLOTHING LIST

This is a general guide for articles the average child will need at camp based on a 10-day rotation. That is, the camp laundry is picked-up every 7-8 days and returned in 2 days. This list is for all campers, regardless of their length of stay. Keep in mind our camp atmosphere is relaxed and everyone dresses comfortably in shorts and t-shirts. There's no emphasis on fashion.

CLOTHING

- ___ 9 t-shirts
- ___ 2 red t-shirts (Required for the camp uniform. They can be a solid red t-shirt without a logo, or the official Cayuga red t-shirt, which is available for purchase at the canteen. These 2 shirts are in addition to the official Cayuga red t-shirt given to each camper at camp.)
- ___ 4 sweatshirts or sweaters (preferably one red)
- ___ 7 shorts
- ___ 2 black shorts with pockets (required for camp uniform. Available for purchase at the canteen.)
- ___ 4 jeans and/or sweatpants
- ___ 1 belt
- ___ 14 underwear
- ___ 16 pair of socks (minimum)
- ___ 2 pair of pajamas (warm & light weight)
- ___ 1 bathrobe (optional)
- ___ 4 swim suits
- ___ 1 light weight jacket or windbreaker
- ___ 1 hooded raincoat or poncho (sold at camp)
- ___ 1 warm jacket
- ___ dress clothes (For "Farewell Social" at the end of first-half session, and "Prom" at end of summer)

FOOTWEAR

- ___ 2 pair of sneakers
- ___ 1 pair of shoes or boots with heels (Required for horseback riding.)
- ___ 1 pair of rubber boots or shoes (for rainy weather)
- ___ 1 pair of aqua shoes or sandals that have a heel strap
- ___ 1 pair of dress shoes (For the "Farewell Social" at end of first-half session & "Prom" at end of summer.)
- ___ extra shoe laces

Note: Flip flops and other footwear that do not have a heel strap are potentially dangerous due to the camp's terrain. We recommend aqua shoes or sandals that have a heel strap.

BED & BATH

- ___ 4 sheets. (Campers are required to sleep between 2 sheets. Mattress is "cot-size" & 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 (For "white" & "dark" socks when 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 (required)
- ___ insect repellent (for cabin overnights)
- ___ writing paper (required)
- ___ envelopes (required & sold at camp). For Juniors & Inters, please prepare pre-addressed pre-stamped envelopes.
- ___ postage stamps (required & sold at camp)
- ___ pens & pencils (sold at camp)
- ___ disposable camera (any camera not having video filming capability)
- ___ baseball cap or visor (sold at camp)
- ___ sunglasses
- ___ books, magazines, games, cards, etc.
- ___ prepaid calling card (required for international calls & sold at camp.)
- ___ extra pair of prescription glasses and/or contact lenses

CAMPING GEAR

- ___ water/sports bottle (required & sold at camp)
- ___ small backpack, tote-bag, carry-all bag for day trips (sold at camp)
- ___ sleeping bag (for optional overnights)
- ___ flashlight with batteries (sold at camp)
- ___ extra batteries (all sizes sold at camp)

ACTIVITY EQUIPMENT: REQUIRED if you intend to participate in the activity:

- ___ baseball glove or softball mitt
- ___ skateboard
- ___ in-line skates
- ___ lacrosse helmet & all pads
- ___ safety pads for skating/skateboarding (pads for knees, elbows, and wrists)

ACTIVITY EQUIPMENT: RECOMMENDED only if you already have them at home.

You do not need to purchase these items to participate in the activity.

- ___ horseback riding helmet (It must be SEI and ASTM certified)
- ___ skate helmet
- ___ bike helmet
- ___ shin guards
- ___ lacrosse stick
- ___ athletic supporter (for contact sports)
- ___ diabolo & devil sticks (circus program)
- ___ jodhpurs or breeches (equestrian program)
- ___ leotards or bodysuit (preferably black) and footwear (dance program)

ACTIVITY EQUIPMENT: OPTIONAL

- ___ fishing rod
- ___ pair of cleats (rubber, not metal)
- ___ horseback riding crop
- ___ tennis racket
- ___ plain white cotton t-shirt (For "T-Shirt Creations" activity: air brushing, tie-dyeing & fabric painting. Sold at camp.)
- ___ costumes & small props (For "wacky" events: halloween social, super hero social, crazy hat day, tie-dye t-shirt day.)

PROHIBITED ITEMS - THEY'RE INAPPROPRIATE

- ⊗ multi-media devices that support internet access, email, instant messaging, text messaging & the like.
- ⊗ iPads & other tablets, blackberrys, T-mobile sidekicks, and the like.
- ⊗ cell phones
- ⊗ cameras that have video filming capability
- ⊗ computers & laptops
- ⊗ portable DVD players
- ⊗ televisions
- ⊗ video-type game units/consoles (x box, play station, nintendo 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. (Must be 15" or less in height).
- ⊗ 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 Handbook
- ⊗ chewing gum
 - ⊗ peanuts & nut products
 - ⊗ candy, cakes, cookies, and all other sugar-based items (unless purchased from the canteen)
 - ⊗ perishable goods (meats, fruits, etc)
 - ⊗ energy drinks
 - ⊗ slim jims, potato chips, other junk food (unless purchased from the canteen)

PROHIBITED - IRREPLACEABLE AND EXPENSIVE ITEMS

Irreplaceable items (such as gifted jewelry) and expensive items (such as musical instruments) need to remain at home, and should not be brought to camp. If you bring it, you are responsible for it. As stated on the enrollment application, it's understood that Camp Cayuga is not responsible for any item said to be damaged, lost or stolen.

PROHIBITED - OBVIOUS REASONS:

- ⊗ cigarettes, tobacco products
- ⊗ narcotics, alcohol, pornography
- ⊗ nonalcoholic beer and wine

PROHIBITED - THEY'RE UNSAFE

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

PROHIBITED - POTENTIALLY DANGEROUS IF MISUSED

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

NOT RECOMMENDED BUT PERMITTED

These items have restrictions relating to their usage. If you permit your child to bring these items, you must engrave his/her name on it. Parents should caution their child that in a group-living situation, these items may be used by others.

- ⊗ ipods & other MP3s – as long as they don't have internet or video filming capability. (See "Restricted Items" section in Parent Handbook.)
- ⊗ Hand-held personal video games such as PSP's, Nintendo DS's, and Game Boys. (See "Restricted Items" section in Parent Handbook.)
- ⊗ Game cartridges for Xbox, Playstation 2, and Nintendo 64. (For use in the Game Room where consoles are located.)
- ⊗ Musical instruments
- ⊗ 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. Please refer to the "Restricted Items" section of the Parent Handbook for more details.