

# What to Bring to Camp

## UT Student Recreation Center- Summer Day Camp



### A Nutritious, Energy Filled Lunch (labeled with child's name)

Lunch occurs around 11:30 a.m. and is one of the most important times in your child's day. See the enclosed lunch handouts for some great ideas. Please try to include a cold pack in your child's lunch.

We understand that on occasion, you might like to bring your child lunch from their favorite fast food restaurant. In all fairness to the other campers, we ask that you avoid this temptation. Also, keep in mind that we have 55 campers, counselors and other SRC workers eating lunch. Getting access to the microwave is impossible!

### A LEAK- PROOF Filled Water Bottle (labeled with child's name)



Growing and active kids get thirsty and need to stay hydrated during hot summer days. Please avoid filling the bottle with anything other than water.

### A Bathing Suit, Towel (labeled with child's name) and Comb

Swimming is scheduled each day of camp in the indoor aquatic center at the Student Recreation Center. Please send a swimsuit (no cut offs) and a towel with your child. We will provide locks to secure their belongings in the locker rooms.



### A Backpack or Bag (labeled with child's name)

To transport all of their belongings, bring a backpack or bag.

### Play Clothes, Athletic Shoes (socks too!) & a Jacket (rooms are chilly)



Your child should wear clothing and athletic shoes appropriate for both indoor and outdoor activities. Art projects may involve products that may soil clothing. Sandals will not provide protection needed for the activities we have planned!



### Bottle of Sunscreen SPF 30 or Higher (labeled with child's name)

Lobsters should be red, not children. Please apply a layer to the face, neck, arms and legs when getting ready in the morning. We will reapply as needed.



### Book



Campers should bring a book or other appropriate reading material for reading time each day (3:30-4:00pm). A librarian or counselor will read to children who are interested during reading time.

### What to Leave at Home!



Gameboys, toys, trading cards, CD players, gum, candy, jewelry, and money. We provide a snack and drink; campers are not allowed to purchase items from the vending machines.

\$\$\$ Exception: Campers are allowed to bring money on field trips. Please put in an envelope or plastic bag with the child's name written on the outside.