



Chef Camp **WHAT TO BRING TO CAMP**

- Health Form Waiver Form
and ***IF*** bringing Medication from home to camp:
 Medication Administration Permission Form
 Medication(s)

CLOTHING:

Pack enough clothing for the entire 2 week stay.

- | | |
|--|--|
| <input type="checkbox"/> Shorts: 1 per day | <input type="checkbox"/> Socks |
| <input type="checkbox"/> T-Shirts: 2 per day | <input type="checkbox"/> Underwear: enough for every day/night |
| <input type="checkbox"/> Pajamas | <input type="checkbox"/> Jeans/Long pants |
| <input type="checkbox"/> Sweatshirt/Jacket | <input type="checkbox"/> Raincoat/poncho |
| <input type="checkbox"/> Sneakers | <input type="checkbox"/> Swimsuit(s) |
| <input type="checkbox"/> Sweatpants/yoga pants | <input type="checkbox"/> Swimsuit cover-up for to/from beach |

*Sneakers are mandatory footwear for all culinary program activities, active recreational activities, and when on field trips. No sandals, open-toe shoes or slipper-type shoes-including "crocks"-are allowed. Flip flops or other open-toe shoes are permitted for swimming pool/beach areas, and in living areas.

PERSONAL ITEMS:

- | | | |
|-------------------------------------|---|---|
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Insect repellent | <input type="checkbox"/> Shampoo |
| <input type="checkbox"/> Soap | <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Toothpaste |
| <input type="checkbox"/> Hair Brush | <input type="checkbox"/> Deodorant | <input type="checkbox"/> Etc. as needed |

LINENS:

- Bed Linens: (to fit single bed): Bottom fitted sheet Top sheet Blanket Pillow
 Beach Towel Bath Towels: 2 Hand Towel Washcloth

OPTIONAL ITEMS:

- | | |
|---|---|
| <input type="checkbox"/> Camera (<i>inexpensive/disposable in case of loss</i>) | <input type="checkbox"/> Hat |
| <input type="checkbox"/> Notebook for journaling, recipe sharing, etc. | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Stationary, stamps, and addresses | <input type="checkbox"/> Pen/Pencil/Paper |
| <input type="checkbox"/> Flashlight & Batteries | |
| <input type="checkbox"/> Books, cards, or other quiet game for breaks/quiet down time/before "lights out" | |

SNACKS/CANDY/DRINKS(Optional):

Snacks/drinks are permitted to be brought. We ***strongly discourage*** energy drinks (such as Monster, Red Bull, etc.) and encourage bottled water and sports drinks, as these will help keep your child hydrated. Please pack all food in re-sealable containers or zipper top bags. Note that there is no refrigeration in the dorms.

**PLEASE MARK EVERY ITEM AND ARTICLE OF CLOTHING WITH
CAMPER'S NAME**