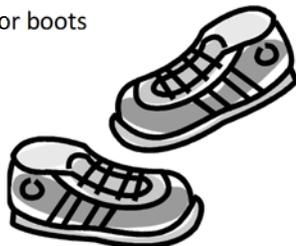


“Try Out Onas” Overnight Packing List

Bring a two-day (one night) supply or these items:

We will be sleeping indoors, and doing activities inside and outside. Plan to wear layers and have a back-up pair of pants and warm shirt in case things get wet or muddy.

- pants, sweats or jeans (2 pairs)
- T-shirts (3)
- Sweatshirt/ Fleece/ Long-Sleeve layer (2)
- underwear
- socks- (4 pairs)
- pajamas (or whatever you sleep in)
- winter coat
- hat
- mittens or gloves
- towel for showering (Showers are available, but showering is optional during this one-night event)
- toiletries (toothbrush, toothpaste, soap, shampoo, etc.)
- two pairs of sneakers, sturdy shoes, or boots
- flashlight (not a huge one)
- water bottle



FOR SLEEPING

Campers will be sleeping in heated indoor bunk rooms on bunk beds. Please remember to bring bedding for your camper. We recommend using sheets and blankets rather than sleeping bags as sleeping bags tend to slide around on the beds.

- set of sheets and one to two blankets (or a sleeping bag)
- pillow and pillow case

ADDITIONAL SUGGESTIONS

- camera that uses film or is an OLD digital camera (no Wi-Fi). Disposable cameras work well.
- playing cards, books
- bandana – we use these for camp games



DO NOT BRING!!

This is the same list we use during the summer

- CELL PHONE OR ANY Wi-Fi DEVICE
- ELECTRONIC GAMES and DEVICES
- E-READERS or DEVICES with SCREENS
- ANYTHING THAT NEEDS A PLUG
- FOOD, CANDY, GUM, DRINK MIX
- SKATEBOARDS/ROLLERBLADES
- KNIFE or WEAPONS
- VALUABLES or MONEY
- CANDLES/LIGHTERS
- AEROSOL CANS – Manual sprays are fine
- NICE THINGS – leave your favorite shirt/ pants/ toys/ jewelry, etc. at home.

Note: Personal music devices may be brought but can only be used during down time in the rooms. Camp Onas is not responsible for the loss or damage of these items.

PACK YOUR THINGS IN

A backpack for your clothing and personal items. Reusable tote or grocery bags work well for carrying sheets/ bedding.

When you arrive, we will check you in and welcome you. Parents/ Guardians will be invited to help their campers get situated in their room, help make their bed, and meet the counselors. Rooms may be on the second or third floor of the buildings, so please pack light.

MEDICATIONS

Camp Onas stocks standard over the counter medications for headaches, allergies, stomach upset, etc. If your child has a medication they need to take while staying with us, **please give it to the Directors at check-in. No medications are to be left with campers.** This includes inhalers and epi pens. *All medications must be in their original packaging with the patient and prescriber name as well as dosage.*

WE RECOMMEND:

MARK ALL YOUR CLOTHING AND BELONGINGS WITH YOUR NAME.

A permanent marker or laundry pen works well.