

Older Camper Weekend @ Onas

Packing List

Plan to wear layers and bring a warm sleeping bag. It can be quite warm during the day, and quite cold at night in early June.

Bring a three-day (two night) supply of:

- pants, sweats or jeans
- shorts
- T-shirts
- Sweatshirt/ Fleece/ Long-Sleeve layer
- underwear
- socks- lots
- pajamas (or whatever you sleep in)
- towel for showering
- bathing suit & towel for the pool
- toiletries (toothbrush, toothpaste, soap, shampoo, etc.)
- flip flops or slides for the Showerhouse & Pool (flip flops may not be worn around camp/ to activities).
- two pairs of sneakers or sturdy shoes/ boots
- rain jacket or poncho. (We never let a little rain stop the fun!)
- flashlight
- water bottle with your name on it
- Sunscreen
- Bug Spray* (we recommend one specifically for repelling ticks.



*If you are able to, we recommend pre-treating clothing with permethrin, a long-lasting tick and insect repellent. Permethrin is one of the CDC's recommendations to prevent Lyme Disease. It is easy to find online and in sporting goods sections or stores.



FOR SLEEPING

Campers will be sleeping outdoor sleeping pavilions or tents, on bunk beds. We recommend bringing an outdoor-rated sleeping bag and an extra blanket, as it can get quite cool at night.

- An outdoor sleeping bag
- An extra blanket
- 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 at the Penn Pavilion. Parents/ Guardians will be invited to help their campers get situated in their bunk and then say goodbye. You will be asked to carry your belongings to the bunk.

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 works well for this.