

### WHAT TO BRING CHECKLIST *(we recommend that you label every item with labels or laundry marker)*

- Warm sleeping bag (it gets cold at night)
- Pillow
- Soft luggage is best for tipi living
- Shorts, t-shirts, tanktops and casual clothing appropriate for hot days (please send sturdy, well-marked, washable clothing and enough to last for the Camp session)
- Warm clothes, including long pants, long sleeves & a jacket, sweatshirt or sweater for cool evenings
- Warm pajamas
- Socks & underwear
- Bag for dirty laundry
- Swim gear
- 2 towels (one for showering, one for swimming)
- Flashlight (w/extra batteries)
- Two sets of footwear. A pair of sandals & a pair of tennis shoes is ideal (send at least one set of closed-toed, sturdy shoes for stiling and unicycling).
- Rain gear (rain is unlikely, though possible)
- Toiletries (toothpaste, toothbrush, soap, deodorant, hairbrush, hair ties, shampoo & conditioner)
- Toiletry bag or large ziplock for above items
- Sunblock & chapstick
- Insect repellent
- Reusable water bottle with strap

#### Optional:

- White cotton clothing for tie-dye
- Hat
- Pre-addressed stationery/postcards and stamps
- Earplugs may be useful if you child is a light sleeper
- Disposable or digital camera
- Books
- Feminine hygiene products

Campers are welcome to bring their bikes and required helmets if they wish. It is important that bikes and helmets be labeled and that the camper agrees to abide by bike-riding and parking agreements.

Some campers may wish to bring along a special costume or outfit. Please be aware that we cannot be responsible for expensive items that require special handling. Personal projects and instruments are also welcome. **However, we cannot assume responsibility for breakage of valuable items brought to Camp. You do so at your own risk.**

**Do not** pack any medicine in your camper's luggage. This includes non-prescription drugs of *any kind*. Medications and instructions for their use *must* be given to the Camp Nurse at registration. Please pack with your camper so both of you are familiar with what they have brought.



## Family Handbook

### WHAT NOT TO BRING:

- \*Any sort of sugar treats.
- \*Matches, fireworks or explosives.
- \*Cell phones or pagers.
- \*PSP, Nintendo DS, Gameboy or other electronic toys.
- \*Pocketknives or weapons of any kind, even toys that look like weapons. For instance, don't send a comb that looks like a switchblade, or a squirt gun.
- \*Money (unless it is left in the camper's account at the Camp Store).

We strongly discourage the bringing of CD & MP3 players. If you choose to bring music, it is at your own risk and you must follow our appropriateness guidelines. Music that accompanies campers must have lyrics that are appropriate for all ages of campers at Winnarainbow. We do not support censorship of the arts, but have to balance that point of view with the reality of a Camp that is wholesome for 7 year olds as well as 14 year olds. If your camper chooses to bring an MP3 player, they MAY NOT watch or download videos on the device. Do not bring pets. **DO NOT SEND VALUABLE ITEMS, SUCH AS EXPENSIVE JEWELRY, TO CAMP WITH YOUR CHILD.** Also, please do not bring irreplaceable collections to Camp. Of course it goes without saying that campers may not bring or use cigarettes, alcohol or drugs. Parents, House Rules of Camp Winnarainbow require that we bring no alcoholic beverages onto the property. Please respect this request.

### RULES

Campers will be briefed on Camp Rules at orientation and by their counselor. However, here's the short of it:

**We ask all persons at Camp - campers and staff alike - to strive for an attitude of cooperation, respect and acceptance toward all participants. We would like this extended to the natural world - plants, animals and the environment - as well.**

Campers must respect the Camp boundaries and must refrain from using foul language. They must not bring anything on the "Don't Bring" list. Problem situations are handled with an emphasis on group problem solving. Camp provides a kind of discipline that teaches responsibility for one's behavior, and the ability to express emotions with control. Campers are given an opportunity to work off misdeeds ("strikes") in an atmosphere of encouragement. Extraordinarily helpful deeds are acknowledged by campers receiving "strokes" at meal circle. Extreme misconduct is rare at Camp Winnarainbow, but when it does occur, it must be addressed. Campers who involve themselves in illegal drugs, physical violence, overt sexual activity, or endangering other campers, the Facility or the environment may be dismissed from Camp upon the directors' discretion. Situations will be evaluated individually along with parent conferences.

**We are looking forward to another wonderful summer!  
We're glad that you will be part of it!!**