



# CAMP KANUGA

## CAMP KANUGA EXPEDITIONS 2024

**Camp Kanuga nurtures relationships within Christian community for transformation and growth.**

Our goal is to ensure your camper has the best possible experience. A great part of that is being prepared. Please take a few moments to read this helpful information.

### **Camp Kanuga Goals**

Camp Kanuga's primary goal is to provide space for developing healthy relationships. We desire that all persons involved grow in love with each other and with God. We provide age-appropriate activities that support our goals:

- Campers will connect more deeply with themselves. They will have an enjoyable, fun, and safe experience where they try new things and expand their "comfort circle" and sense of self.
- Campers will deepen their connection to one another, building social skills, relationship building skills, and resilience and confidence within relationships.
- Campers will experience connection to Creation. Campers will engage with, learn about, and gain appreciation for the outdoors.
- Campers will experience connection to spirituality and a community rooted in Christianity and the Episcopal Church.

### **Expedition's Age Groups**

EXPLORERS: Rising 10<sup>th</sup> – 12<sup>th</sup> graders

PINOEERS: Rising 7<sup>th</sup> – 9<sup>th</sup> graders

### **PISGAH EXPEDITION DATES**

Explorers (6 days): June 16<sup>th</sup>-21<sup>st</sup>, 2024

Pioneers (6 days): June 23<sup>rd</sup>-28<sup>th</sup>, 2024

### **APPALACHIAN EXPEDITION DATES**

Explorers (6 days): June 30<sup>th</sup> – July 5<sup>th</sup>, 2024

Pioneers (6 days): July 7<sup>th</sup> – July 12<sup>th</sup>, 2024

### **Fees**

The fees for the Expeditions include all meals, entrance fees, park passes, group gear, lodging and travel. The camper may want to have funds in their camp store account to buy snacks, t-shirts, souvenirs, etc.



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## CHECK-IN AND CHECKOUT INFORMATION

### **Arrival – Afternoon of Opening Day**

Check-in is between 3–4:30p.m. Please, no arrivals before 3:00 p.m.—the camp gates will remain closed until this time. If you arrive early, do NOT park on the main road in front of camp. This is a safety hazard!

- Sign your camper in with their trip leader at the floored rec where they will receive their health screening.
- Expedition campers carry all their belongings from the main campus to Meg's Outpost (it is only about 200 yards).
- When your child is settled, try to avoid long goodbyes. Encourage your camper to get involved immediately and make new friends.

### **Unexpected delays?**

**Please notify the Summer Staff Office immediately at [828-692-9137](tel:828-692-9137).** A telephone call will be made to any camper who has not arrived or telephoned by 4:30 p.m.

All fees paid will be forfeited if the camper does not check in on the opening day of his/her camp session or chooses to leave early. No refunds will be made for any reason after the start of the camp session.

### **Departure – Afternoon of Closing Day**

We invite you to participate in a celebration on Closing Day. Enjoy refreshments as you meet our staff, browse our booths, and pre-register for next year. This is a wonderful opportunity to share in your camper's experience, see a slide show of the session, and hear firsthand some of their life changing stories.

- 12:00 p.m. – Gates open.
- 12:00 – 1:00 p.m. – Meet our director and staff. Learn more about our Expeditions, pre-register, enjoy snacks and refreshments, and see what is to come for next year!
- 1:00 p.m. – Campers enter the Paved Rec. and the Closing Celebration Ceremony begins.
- 1:45 p.m. – Campers check out at their cabins with their trip leaders.

**\* Please double-check to make sure everything has made it to your car.** We are happy to ship any personal items left behind, at your expense, IF you have spoken with our Coordinator within 7 days. Items not claimed will be donated to a worthy charity.

### **Early and Late Departures**

**NO EARLY DEPARTURES** on Closing Day. Leaving early affects the entire Expedition group and Support Staff.

If you need to come the day before, or if there is an emergency, please contact the Camp Director. We will work out a time that least affects the cabin.

If you do not wish to attend the Celebration, campers will need to be signed-out **at the floored rec** by 1:45 p.m. on Closing Day. **Requests for late departures are STRONGLY discouraged;** our staff will need some well-deserved rest between sessions. Campers still on property after 3:00pm are considered Stayovers and your card on file will be charged \$200 whether they stay or not. Please feel free to walk the grounds or visit the Camp Store with your camper **after** signing out.



# CAMP KANUGA

## Physical Address to Camp Kanuga

225 Camp Kanuga Circle

Hendersonville, NC 28739

\*Note, this is different than the mailing address.

## Airport Transportation

Kanuga can provide transportation to and from Asheville Regional and Greenville/Spartanburg.

When travel plans are firm, please:

- Send a completed Transportation Form
- Send your payment made out to Camp Kanuga to the following address:

Camp Kanuga

C/O Transportation

130 Kanuga Chapel Dr., Hendersonville, NC 28739.

- You can also contact our coordinator for payment by credit card.
- If travel plans change or are confirmed less than two weeks before camp begins, please contact our coordinator.

Fees for Asheville Regional are \$75 one-way and \$150 round-trip per camper.

Fees for Greenville/Spartanburg are \$75 one-way, and \$150 round trip per camper.

Please book flights according to the camp schedule. Campers cannot arrive on property before 3:00pm on opening day.

## **EXPEDITION TRANSPORTATION AND TRAVEL INFORMATION**

### Transportation During Session

Expeditions will begin and end at Camp Kanuga. Camp staff trained in large vehicle driving and trailer towing will drive campers and staff in a 15-passenger van or 15-passenger bus between Camp Kanuga and the adventure activity sites.

### Trip Highlights

- Beautiful views in God's creation
- Grow in Christian leadership skills
- Spend time in an intentional Christian community that will foster spiritual exploration and growth



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## HEALTH AND SAFETY

**\*These procedures could change based on the status of COVID-19 and guidance from the CDC, ACA, and local health authorities**

Camp Kanuga provides age-appropriate activities for young people to develop Christian community, take on new responsibilities, gain independence and an appreciation of God's creation, as well as overcome challenges through safe and fun adventure-based programs. The ability to effectively interact in a small, group-based and community-living environment is important to the Kanuga experience. The Appalachian Expedition team includes up to 13 campers and two to three Trip Leaders. Campers will be expected to effectively interact with others to accomplish community-building goals, establish positive and healthy relationships, work as a team, and maintain emotional resilience. Camp Kanuga facilitates programs under "challenge-by-choice" practices. Please include in the registration system any information about special situations that might affect your child's experience while on expedition such as divorce, separation, new location or any mental, emotional, or social health issues. The more we know about your camper, the better we will know how to serve and care for them. There is space provided in the online registration system to provide this information.

### **Physical Demands**

There are considerable physical demands on some parts of this expedition. Prior physical conditioning and a positive attitude are necessary to be a helpful team member and to get all that you can out of this experience. The Trip Leaders will continuously monitor safety and assist campers as needed.

### **Physical by a Licensed Medical Provider Signature**

It is not required but is recommended to have had a physical by a Licensed Medical Provider (doctor, physician's assistant, nurse practitioner, etc.) within the last 12 months to attend the Appalachian Expedition. No proof of physical paperwork is required for this expedition.

### **Behavior**

This is not a rehabilitation program. This is not the place to quit smoking, drinking, or drugs or to work through behavioral or psychological challenges. If your camper's behavior puts the rest of the group or the expedition at risk, arrangements will be made to send the camper home at the camper's expense.

### **Camp Kanuga Medical Services**

All Camp Kanuga Expeditions staff have at least First Aid and CPR certifications with a minimum of at least one Wilderness First Responder on every trip. Our staff is trained and equipped to always give basic medical treatments, evaluation, and medication distribution. Kanuga follows Standing Treatment Orders signed off by a local medical doctor. The Kanuga Health Form, acknowledgement of risk, release of liability waivers, permission-to-treat and photo release signatures were all completed online. There may be more waivers to be signed by the parent or guardian before departure. If your camper has any special medical needs, please specify in the appropriate sections in your online registration account.



## Updates or Changes to Health History

Our healthcare staff will review all information prior to your camper's arrival. Please update and make changes to your camper's health history at least 10 days **before arrival**.

You can do this by logging into your online Kanuga Account from the Dates & Rates page of our website. Click the Register Here button; make sure to click the ONLINE ACCOUNT button and **not** the Returning User button. This information is saved from year to year and will only need to be updated annually.

## Medications

All prescription medications must be checked in with the trip leader on the check-in day at the beginning of the expedition. Each parent checking in with a camper on check-in day can talk further with the Expeditions Director about medical issues. All medicine must be in the original packaging. Medicines will **NOT** be given to campers if they are not in their original packaging. When administering prescription medications, Kanuga's staff will only follow the directions printed on the original prescription box or bottle. Prescription medications will be dispensed by the trained Trip Leaders.

It is not permitted for campers to keep any medications in their cabins or on their person, including over-the-counter medications and vitamins. However, campers that bring inhalers or Epi-pens are required to always have them on their person. Camp Kanuga can provide campers with a carrying case for the Epi-pens and inhalers by request. Please do not bring over the counter (OTC) medications (aspirin, Tylenol, first-aid supplies) unless prescribed by a licensed medical provider.

## Opening Day Health Screening

It is our desire for all campers to have the best experience possible. **Please do not arrive at camp if your camper is sick or is showing signs of illness.** It is better to delay your camper's arrival a day or two to get completely healthy than to get the rest of the Expedition group sick.

We believe that the best way to ensure a healthy camper community is by keeping a healthy home before arrival. Please work to minimize Covid-19 exposures, and if you have a known exposure, close contact, or are displaying symptoms please let us know! Should something change, we will let you know as quickly as possible. Currently, we're grateful for our outdoor facility providing clean air to all. We will always support the decision of any camper or staff person to wear a mask, and we highly recommend getting vaccinated for all communicable diseases if the option is available to you.

Additionally, please inspect your camper for lice. Notify your trip leader if your child has been exposed within 10 days of your arrival to camp. We can help monitor your child and make sure they are cared for as well as protect other campers.

## Allergies

Due to nut allergies, **we no longer allow any food to be sent to camp. No outside food (store bought or homemade) allowed.** For this reason, all packages are opened to inspect for foods containing nuts. The kitchen and healthcare staff communicate with each other before your camper's arrival regarding food allergies and dietary needs.



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The Camp Kanuga Expeditions do have nut products due to the need for high protein during strenuous adventure activities. Please specify in your online registration account if your camper has nut allergies. Accommodations can be made. Expedition campers will be provided energy bars, GORP (good old-fashioned raisins & peanuts), etc. containing nuts, except expedition campers who have a nut allergy listed in their health form.

## Vaccinations/Immunizations

By attending Camp Kanuga programs, the parent/guardian is attesting that all immunizations **required** for school are up to date. During the registration process we will ask for the dates of the following vaccinations:

1. Tetanus (within the last 10 years)
2. MMR: measles, mumps, and rubella
3. Pertussis (whooping cough)

## Communicating with Parent/Guardian about a Child's Health Status

The phone numbers you provide on your campers online account will be used to contact you in case of an emergency, or if your child needs to see a health care provider other than Kanuga's staff. We do not contact you if your camper has a routine first aid need (e.g., skinned knee, sore throat, low grade fever, etc.). The decision to call parents is determined by the Camp Kanuga staff on a case-by-case basis.

## CORRESPONDING WITH YOUR CAMPER

Mail is especially important to your camper.

- Write soon, often, and cheerfully.
- Do not write anything that may cause them to worry or stress such as, "I am so sad you are gone" or "I just miss you so much and worry about you."
- Take a moment to teach your child how to address an envelope or post card properly.
- Postcards work better than envelopes as they tend to seal due to the moisture in our mountain air.
- Mail received on the last day of the session **will not be delivered** to your camper – however, you may pick it up at check out along with any medications.

## Care Packages and Mail

Families may send one package per session. **WE NO LONGER ALLOW ANY OUTSIDE FOOD OR CANDY SENT TO CAMPERS.** This includes home baked goods as well as store bought items. Many of our campers have **severe and life-threatening allergies** to many different food items. Please do not send any food items (such as candy, pre-packaged and home-baked foods,) as well as water guns, fireworks, or other valuables.

**THE CAMP STAFF OPENS AND INSPECTS ALL PACKAGES BEFORE THEY ARE GIVEN TO CAMPERS.**



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## Mail and Packages on Opening Day of Camp

Camper mail first arrives through the Kanuga Conferences central mail distribution center. Due to the mail system here at Kanuga, letters and packages may take 3 extra days to be delivered. This especially affects shorter sessions.

The easiest way to ensure your camper receives their mail is to pre-write your letters or pre-pack packages and bring them with you on Opening Day. We will have bins available for you to drop off letters/packages during check-in. Each day of the session will have its own bins.

If you decide to use the Post Office or other mail carriers, please use the following address.

Camper First and Last Name

Camp Kanuga Expeditions

130 Kanuga Chapel Drive

Hendersonville, NC 28739

\*Note, this is a different address than the physical address.

## Visitation and Communication

At Kanuga, campers enjoy the outdoors and develop a greater appreciation for the environment. They also experience the companionship of other children as they acquire skills that improve self-confidence, increase self-reliance, and enhance the ability to cooperate with others.

Being away from your child can be hard, and they are sure to miss you. However, visiting can cause many disruptions in their acclimation to the camp environment.

- Camp Kanuga does not allow campers to receive calls or make calls to anyone off property.
- We do not allow any outside visitors to visit campers during the camp session.
- Campers may not come and go throughout the session. If a camper must leave camp for any reason, they are not able to check back into camp.

## **OTHER IMPORTANT INFORMATION**

### **Bullying Policy**

Bullying is the antithesis of what the Camp Kanuga community seeks to be. Please speak to your children about being a source of love and kindness within the camp community before they arrive. Encourage your camper to communicate any negative behaviors to their counselors. If someone's behavior brings harm to the community, it may result in dismissal from camp. Campers excused from camp for behavioral reasons are not eligible for a refund and may not be eligible to attend in future years.



## Camp Store

CK Outfitters, located in the Camp Office building, is where campers may purchase merchandise. Campers **DO NOT** need to bring cash but will have access to their Camp Store Account.

To add funds to your camper's store account, log in to your Camp Kanuga registration account and add funds when you register. If you want to add additional funds to your camper's account, you may call the Camp Coordinator or stop by the Camp Office on Opening Day.

Camp store balances not spent will not be refunded at the end of the sessions and will be considered donations to future camper scholarships.

The Camp Store is open to Appalachian Expedition Campers for the days they are on site. Some examples of what we carry in the camp store:

- CK branded t-shirts, pajama pants, hoodies, caps, bandanas
- CK Nalgene water bottles
- CK Crazy Creek Chairs
- CK Stuffed Animals, games
- CK posters, decals, magnets, playing cards
- CK wristbands, lanyards, carabineers,
- CK postcards, pens and pencils and much more...

The camp store will be open to families for purchase on Opening and Closing Day - cash/credit/ check only.

You are welcome to purchase items on Opening Day for your camper and simply drop items in the designated mail bins to be delivered to the Expeditions Outpost on the day of your choice.

## Dining

Some days, Appalachian Expedition campers eat meals in the Camp Kanuga Dining Hall with all the other traditional residential campers during the days that they are on site. Some days, the Appalachian Expedition campers eat off site at camp sites. Trip leaders lead the campers in back country cooking.

## Laundry

Appalachian Expedition campers are at camp for 6 days and will not need to do laundry. Therefore, campers ought to pack the correct amount of clothes for the 6-day Expedition. If, however, the camper is registered for multiple camp sessions, then the camper will be able to do laundry on site during the weekend stayover session.

## Living and Daily Conditions

While participating in this expedition, campers will sleep outdoors, and experience long and physically demanding days. Weather conditions can be extreme. You must have all the required gear listed on the packing list. Each camper is expected to take good care of themselves. Campers are expected to participate fully in the expedition experience, including; camp chores; use zip line gear properly; uses kayaking gear properly; follow instructions from Camp Kanuga staff and outside contracted vendor staff.



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- Temp Range: High: 85 degrees F Low: 55 degrees F
- Average Rain Fall: 1" (average of 7 days)
- Average amount of sunlight per day: 14 hours day

## **Lodging**

Expedition campers lodge at Camp Kanuga's Meg's Outpost on the Camp Kanuga Campus. The Outpost consists of 3-wall open air sleeper shelters (modeled after shelters on the Appalachian Trail), 2 large community lodges for activities and small group time, a fire ring and benches, trails, a stream to play in, a rustic stone wall sink (with running water), a shower house (campers will have opportunities to shower in standard cabin bathrooms when they are not in use), and 2 privies (again, campers will have opportunities through each day to use flushing toilets).

## **Social Media Policy**

With the prevalence of social media and the internet in our daily lives, Kanuga has identified some expectations for how staff and campers conduct themselves on the internet when any reference to Camp Kanuga is being made (mentioning CK, wearing CK merchandise, engaging with other CK people etc).

If a camper chooses to identify themselves as a camper at Kanuga on the internet, it is our hope that they be intentional about what it is they're publishing or posting. Avoid posts that are:

- Pertaining to illegal and immoral acts as defined by the law and society
- About alcohol, drugs, and/or sexual behavior
- Anything that may put the safety of others at risk
- Anything that may be interpreted as belittling, bullying, aggression, or being violent towards any others
- Jokes, comments, or gestures of a sexist or sexualized nature
- Slurs, phrases, or expressions of attitudes that marginalize or perpetuate any stereotype
- Avoid posting anything that does not align with Camp Kanuga's mission and values.

It is important to note that photographs are for personal memories; please do not post pictures on the internet of another camper without their permission. Kanuga may monitor the internet for information pertaining to its programs. If any material posted by a camper is found to be questionable, problematic, risking the safety and wellbeing of any CK constituent, specifically, as it relates to the use of the Camp Kanuga name, brand or logo, the camper's family may be notified.

## **Swimming**

Campers are not required to swim throughout the session. They can participate in other opportunities at the waterfront, such as wading, fishing, and canoeing. It is a great skill for all campers to know how to swim, and we encourage all campers to learn before they arrive at camp. Campers will participate in a swim check on opening day.

\*A note about swimwear: Swimming at Camp Kanuga is active, fun, and often athletic. There may be swim races, diving boards, or games that require swim attire. Swimsuits should be comfortable, reliable, fit appropriately, and support athletic or playful activities.



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## Technology Policy

Camp Kanuga programs are an “unplugged” experience. We intend to carry this concept with us offsite on all our Expeditions. Please help us to create this environment where new friendships can blossom, and each camper has a unique and special outdoor experience. Participants may not bring a cell phone, iPod, or any other Wi-Fi/cell service electronic device. We ask that campers bring a separate camera other than their cell phones.

Camp is a unique environment. During the camp experience, youth develop life skills including independence and self-reliance. If campers are to enjoy camp fully, they must be able to develop this independence. For this reason, we ask that campers do not bring their cell phones to camp.

We appreciate that most families will honor our request and support our reasoning for not allowing cell phones at camp. We also recognize that some families may feel that hiding a cell phone in camper luggage is OK. Keep in mind that by doing this, YOU are teaching your campers that it is OK to break the rules as well as creating a level of distrust between the camper and trip leader. If you are unable to send your camper to camp without a cell phone, then you or your camper may not be ready for the camp experience.

## PACKING INFORMATION

Getting your gear right can make or break a trip. The weather in the western North Carolina mountains changes daily and often. The Camp staff will train campers how to be comfortable in all weather. However, you must have the right gear. Please follow this list carefully. We suggest that campers purchase gear at Recreational Equipment Inc. (REI) or a similar gear store.

### Important Things to Consider

- **Base Layer:** The base layer is meant to help regulate body temperature by wicking moisture away from the skin. Merino wool and synthetic fabrics are great for this. Try to avoid cotton as it will retain moisture and can leave you feeling cold and wet. This piece of clothing should be snug as you will often wear other layers over it.
- **Insulation Layer:** This layer will help you retain heat by trapping it close to your body. Fleece or wool jackets are the best fabrics for this.
- **Shell Layer: This is your most important piece of equipment.** The shell layer, or top layer, is meant to protect you from wind, rain, etc. This layer should be big enough to fit over both the base and insulation layers that you will wear underneath. A shell should be wind resistant, waterproof and insulated.

### Bags and Packs

- Duffel Bag (60-90 liter): travel with all your gear in a duffel bag. This bag should be strong enough to withstand airline travel and big enough to hold all your stuff. Be sure to check with your airline to determine size and weight restrictions.
- Small Daypack Backpack (25-35 liter): Campers will be doing offsite day trips and may want to bring a daypack to carry a lunch bag, rain gear, camera, two 1-liter water bottles, and other personal gear.



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**-Trunk:** Do not bring a trunk if you are only registered for CK Expeditions. Expedition campers carry all their belongings from the main campus to Meg's Outpost (it is only about 200 yards). Trunks are heavy and bulky and do not transport well out to Meg's Outpost (where Expeditions campers sleep). If your camper is registered for both an Expedition and a traditional residential camp session and connecting the two with a weekend stayover session, then please do pack for your traditional residential session in a trunk (trunks are the norm for residential cabins). Staff will transport the trunk to Outpost.

## PACKING LIST

### CLOTHING

<u>Item</u>	<u>Quantity</u>	<u>Description</u>
<input type="checkbox"/> Base Layer (long underwear top)	1	Light weight, warm, synthetic, or wool long sleeve shirt
<input type="checkbox"/> Base Layer (long underwear bottoms)	1	Light weight, warm, synthetic long pants, tightly fitted
<input type="checkbox"/> T-shirt	5	Lightweight shirts, at least 3 should be non-cotton
<input type="checkbox"/> Wind shirt/jacket	1	Nylon shell that can fit over your base layers
<input type="checkbox"/> Rainproof Jacket	1	Should be large enough to fit over all bottom layers
<input type="checkbox"/> Fleece/Insulated Jacket	1	Light or mid weight jacket that fits over your base layers
<input type="checkbox"/> Insulated/Fleece Pants	1	Medium weight, synthetic long pants, non-cotton
<input type="checkbox"/> Rain Pants	1	A waterproof outer layer that can fit over all base layers
<input type="checkbox"/> Hiking Pants	1	Lightweight, nylon hiking pants
<input type="checkbox"/> Hiking Shorts	3	Lightweight, nylon hiking shorts
<input type="checkbox"/> Pajamas	1	You can sleep in your long underwear and fleeces if you like, but you may want to bring other comfortable clothing as well
<input type="checkbox"/> Casual Outfit	2	Bring two outfits to wear
<input type="checkbox"/> County Fair Outfit	1	Overalls/jeans, straw hat, and/or bandana
<input type="checkbox"/> Swimsuit	1	Comfortable, reliable, fit appropriately, and support athletic or playful activities

### SHOES/SOCKS

<u>Item</u>	<u>Quantity</u>	<u>Description</u>
<input type="checkbox"/> Camp Shoes	1	Any comfortable shoe with back strap and covers toes
<input type="checkbox"/> Day Hiker Shoes	1	Look for heavy duty/ trail running shoes. These will generally have a thicker sole and more support than a standard running shoe. You do not need full hiking boots (that cover the ankle) but you are welcome to bring them if you would like.



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<input type="checkbox"/> Sandals	1	Sandals with a backstrap that you are comfortable getting wet
<input type="checkbox"/> Hiking Socks	5	Lightweight, yet warm, non-cotton socks. It is helpful to choose socks that come above the ankle, to prevent burrs and small rocks from entering the shoe
<input type="checkbox"/> Warm Socks	2	A thicker style of sock, usually wool, that can be worn around camp or when sleeping

## GEAR

<u>Item</u>	<u>Quantity</u>	<u>Description</u>
<input type="checkbox"/> Sleeping bag	1	Minimum temperature rating of 30 degrees F or colder
<input type="checkbox"/> Sleeping pad	1	A lightweight, foam pad that does not need to be inflated or can do so by breath, this is not an air mattress
<input type="checkbox"/> Pillow	1	Used for sleeping at Meg's Outpost
<input type="checkbox"/> Sleeping Bag Stuff Sack	1	A small bag to carry your sleeping bag in. Will be included with your sleeping bag when you buy it.
<input type="checkbox"/> Large Duffel Bag (60-90 liter)	1	You will use this to store all your gear at Meg's Outpost
<input type="checkbox"/> Day Pack (25-35 liter)	1	A lightweight backpack (preferably with a waist strap) that can be used to carry daily gear such as extra layers, water bottle, sunscreen, or a camera
<input type="checkbox"/> Bathroom Kit	1	Travel size liquid bottle shampoo, body soap, toothpaste, toothbrush, deodorant
<input type="checkbox"/> Headlamp and batteries	1	
<input type="checkbox"/> Water bottle	1-2	Minimum of 1 L each
<input type="checkbox"/> Crazy creek	1	Travel chair
<input type="checkbox"/> Rag/Bandana	2	Multipurpose use for cleaning hands, face, dishes
<input type="checkbox"/> Waterproof Bag Liner	6	Plastic Contractor trash bags, gear dry
<input type="checkbox"/> Sunscreen	1	Minimum of 50spf, 8-10oz container
<input type="checkbox"/> Insect Repellent	1	2-4oz container
<input type="checkbox"/> Sunglasses	1	100% UV protection recommended
<input type="checkbox"/> Sun hat	1	Baseball caps or bucket hat
<input type="checkbox"/> Warm Hat	1	Fleece or wool hat that covers ears
<input type="checkbox"/> Towel	2	Lightweight, quick dry travel towels are best
<input type="checkbox"/> Journal and Pen	1	Bring it!

## OPTIONAL

<u>Item</u>	<u>Quantity</u>	<u>Description</u>
<input type="checkbox"/> Compression Stuff Sacks	1-2	Medium (10-15 liter) and larger (20-22 liter)
<input type="checkbox"/> Camera	1	
<input type="checkbox"/> Cards/travel-friendly games	1	



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<input type="checkbox"/> Book	1	
<input type="checkbox"/> Addressed post cards and stamps		
<input type="checkbox"/> Bible/Book of Common Prayer	1	

## WHAT NOT TO BRING

**Cell phones, iPods** or other portable music players, **computers, video games**, electric devices, **food**, pets, revealing and offensive clothing, firearms, fireworks, fixed blade knives, inappropriate music or magazines. Tobacco products, alcohol, illegal drugs, and non-prescription drugs are prohibited. Kanuga will not be responsible for damaged or stolen jewelry and other valuables. The camp will provide all sports and safety equipment; campers should leave theirs at home.