



CAMP PACKING LIST

BEFORE CAMP:

- Check that online registration is complete and all waivers have been signed.
- Fill out the camper medication forms for Drop-Off. Label your meds.
- Read the FAQ & DO NOT BRING sections before packing.
- Label your camper's belongings with a permanent marker.
- Complete and pack this list and our handy counselors will use it to ensure that your camper goes home with everything they brought!

Check out our private photo gallery throughout the week (you will receive the password via e-mail after your camper is registered.)

Clothing

- IN: OUT: Socks (+2 Extra)
- IN: OUT: Underwear (+2 Extra)
- IN: OUT: Pajamas
- IN: OUT: T-Shirts
- IN: OUT: Long-Sleeve Shirt
- IN: OUT: Hoodie/Sweater
- IN: OUT: Pants
- IN: OUT: Shorts
- IN: OUT: Dress Clothes (Optional for Banquet)
- IN: OUT: Dirty Laundry Bag

Outdoor Gear

- IN: OUT: Running Shoes
- IN: OUT: Sandals
- IN: OUT: Water Bottle (Name on It)
- IN: OUT: Hat & Sunglasses (Required)
- IN: OUT: Warm Jacket
- IN: OUT: Thermal/Warm Under Layer
- IN: OUT: Raincoat & Rubber Boots
- IN: OUT: Swim Towel
- IN: OUT: Swimsuit, Goggles (Optional)

Bathroom Kit

- IN: OUT: Hand Towel & Shower Towel
- IN: OUT: Shower Footwear
- IN: OUT: Shampoo & Conditioner
- IN: OUT: Soap & Face Wash
- IN: OUT: Toothbrush, Paste, & Floss
- IN: OUT: Feminine Hygiene Items, Razor
- IN: OUT: Hairbrush, Elastics, & Product
- IN: OUT: Blow Dryer, Straightener, Curler
- IN: OUT: Deodorant
- IN: OUT: Lotion, Aloe Gel
- IN: OUT: Bag to carry supplies to shower

Medications & Nutrition

- IN: OUT: Prescription & Necessary Meds
- IN: OUT: List of Dietary Accommodations
- IN: OUT: Special Foods/Snacks (Dietary)

Sleeping Gear

- IN: OUT: Sleeping Bag & Pillow
- IN: OUT: Flat Bed Sheet
- IN: OUT: Tissues
- IN: OUT: Flashlight

Optional Stuff

- IN: OUT: Inexpensive Camera
- IN: OUT: Costumes/Theatre Props
- IN: OUT: Musical Instruments
- IN: OUT: Stuffed Animal
- IN: OUT: Book, Magazines

IF YOU ARE PICKING UP YOUR CAMPER:

- Make sure that Renert School and KEC are aware of your plans.
- Arrive in time to see your camper participate in closing ceremonies.
- Sign out your camper(s) from their cabin leader. We may ask to see photo ID as part of ACA best practices.
- Pick up your camper medications from the office.
- Have a look at our lost and found display.



FREQUENTLY ASKED QUESTIONS

PACKING

What should my camper NOT bring to camp?

These items affect the camp atmosphere by distraction campers or compromising safety and privacy:

- Digital and Wi-Fi ready devices.
- Knives, weapons, imitation weapons, safety pins
- Sexually explicit, profane, violent, or drug/alcohol related apparel and magazines
- Illicit drugs or alcohol
- Money (you won't need any during camp)

Can I send snacks with my camper?

We'll keep your campers so well fed that they won't need snacks! Snacks attract mice and pests into our cabins. We also want to protect campers with allergies. If you do send snacks, we ask that you hand them in to us at Drop-Off. Campers can access their snacks throughout the day.



KEC is a no-nut facility! Do not send snacks with traces of peanuts and/or tree-nuts.

Should my camper bring a camera to camp?

Absolutely! Please keep in mind that campers don't always remember to protect their cameras from the elements.

KEC requires parents and campers with digital cameras to review our Internet & Media Privacy Policy.

What about packing prescription medications?

We keep common over-the-counter (OTC) medications for aches and pains, coughs and colds, itches and scratches, and indigestion.

If your camper will require special OTC, or prescription medications during their stay, you must:

- Label each medication with the camper's name, medication, prescribing doctor and phone number, and brief directions for use.
- Fill out a Distribution of Medication Form and hand in ALL meds during Camper Drop-Off. You can specify if a camper needs to keep their inhaler or epi-pen on their person.

PICK-UP & DROP-OFF

What if I need to pick up my camper early?

Please notify the Summer Director during Camper Drop-Off. Alternately, you can contact the Summer Director by phone BEFORE you arrive to pick up your camper.

Can anyone drop my camper off for camp?

As long as all waivers, medical forms, and registration have been completed, you are welcome to send your camper to camp with someone you trust.

Can anyone pick-up my camper?

Only people you identify during registration, or on Drop-Off Night, can pick up a camper.

What if I'm running late on Pick-Up Day?

Contact the Summer Director ASAP so we can plan accordingly and let your camper know. Please understand that waiting for a late ride can be a very anxious experience for your camper.

PICK-UP & DROP-OFF

Can I leave notes/send e-mails for my camper?

Campers LOVE receiving surprise mail when they are at camp! You can contact your campers in 3 ways:

- Send us an e-mail for your camper. We'll deliver it within the day.
- Create notes in advance and put them in our Camper Mailbox during Drop-Off. We'll deliver your letters on the days you label them for.
- Make your camper a note at our Camper Mail station during Drop-Off.

Can I phone my camper during camp?

While we discourage phone calls because they disrupt the camp experience, we recognize that some campers might need to make or receive a call due to anxiety or special circumstances. We trust that you'll only make calls if necessary, and never deny you access to your camper! We will get your approval before letting a camper call home.



MEDIA & PRIVACY POLICY

This is a summary of many policies outlined in our staff manual including: *The Internet & Media Privacy Policy, Staff Social Media Responsibilities, and FOIP*. Everyone has a role to play in protecting our campers.

| <u>PARENTS</u> | <u>CAMPERS</u> | <u>STAFF</u> |
|--|---|--|
| <p>Give or deny consent for photos of your camper to be included in our</p> <ul style="list-style-type: none"> ● Secure Gallery (and/or) ● Web & Print Marketing <p>Go over these policies with your camper before and after camp.</p> <p>Do not discuss personal information about other campers.</p> | <p>Do not post photos or comments online while camp is in session.</p> <p>After camp, do not post personal photos that involve other campers without their guardians' permission.</p> <p>Do not post photos from KEC's secure online gallery.</p> <p>Do not share personal information about other campers.</p> | <p>We will not use camper photos for marketing with expressed consent from a parent/guardian.</p> <p>KEC will ensure that only photos of campers with consent will be published in the online gallery.</p> <p>Our staff will not post photos of, or discuss, campers in their personal social media.</p> |

KEC hosts campers who cannot have their images or names published online. By respecting these policies, you are helping protect vulnerable campers who trust that camp is a safe place for them.



ABOUT OUR ONLINE PHOTO GALLERY

Throughout the week we will post photos of all the camp action to our secure online gallery. You will receive the password from your Cabin Leader on Drop-Off day. Downloading and printing these photos for personal use is free! KEC retains the copyright to all photos in the gallery, so please do not post them online.

DIRECTIONS

| <u>SKIRTING SYLVAN LAKE</u> | <u>THROUGH SYLVAN LAKE</u> |
|--|---|
| <p>From Red Deer, follow Hwy 11 West. As you pass Sylvan Lake, take 60 St. to 11A. Turn North on RR21. Follow to the end of the gravel road, and make a right.</p> | <p>Follow Hwy 11 West. Take Hwy 781 North into Sylvan Lake. Turn West on Lakeshore Dr. Lakeshore Dr. turns into Hwy 11A. Turn North on RR21. Turn right at the end of the road.</p> |

