

PACKING TIPS

Packing for camp is the start of your child's independent camp experience. Please have your child participate in packing for camp so that he/she knows where to find his/her clothing and other items. Campers who don't participate in packing often don't know what they have or where to find things at camp, which makes it harder to get acclimated to camp.

LUGGAGE

Most campers pack in duffel bags or suitcases. Shelves are provided in the cabins so there is room for everything to be unpacked. Luggage will be stored and inaccessible until the end of the session.

Please do not use hard trunks.

Labels

Please label all items (even underwear and socks). We are not responsible for any lost items. If any found items have a name that is clearly marked (no initials), we will do our best to get them back to you. You may be billed for postage. To order labels, visit www.cyjmid.labeldaddy.com.

What to Bring

We dress informally at camp; it is recommended that you do not buy or send new clothing for your camper. Simple, conservative and modest clothing is most appropriate.

Shabbat Attire

Since Shabbat is a special time, we "dress up" on Friday evenings. **We ask that everyone bring nice plain white shirts for Friday night Shabbat.** Nice pants or skirts can be worn with the white shirt.

Swim Suits

In the trend of more revealing swimsuits, we require one piece swimsuits or tankinis for campers to promote modesty.

Cell Phones

We continue to enforce a no cell-phone policy at CYJ. When your child comes to CYJ, you (and they) take a leap of faith and transfer primary care from you, as parents, to our counselors. Children learn to trust other caring, well trained adults who are concerned about their health and safety. Under the supervision of our staff, children learn, grow and become more independent. Temporarily suspending direct communication between parents and children while they are away at CYJ greatly enhances their development and reduces homesickness.

Sun Protection & Hygiene

For hygiene reasons, we do not allow campers to sleep in sleeping bags except on camp-outs. It is a requirement that everyone in Camp has a hat for protection from the sun; a visor will not do it! Please include a water bottle or canteen. Be sure to send plenty of sunscreen with at least an SPF of 15 and enough personal items (soap, toothpaste, shampoo, batteries, stationery, stamps, etc) to last the entire session.

What NOT to Bring

Tight or revealing clothing—as well as clothes that advertise cigarettes, alcohol, sex or drugs—are inappropriate for the CYJ community. Female campers will not be allowed to wear sheer shirts and dresses or skirts and dresses that are shorter than their fingertips.

DO NOT SEND

Electronics (except a simple iPod (not Touch) or digital camera), Food, Valuables/Jewelry, matches, lighters, fireworks, candles, Silly string, sling shots.

For campers traveling by air, iPod touches, cell phones and travel documents will be held in the camp office safe.

Bed Wetting

Our staff are trained in how to handle bed wetting issues. They know that bed wetting can happen & staff are taught to be discreet in such cases. The staff ensures that the camper's sheets are washed while the campers are out of the cabin. If you anticipate a case of bed wetting, please pack one extra set of sheets.

Packing List

The following list, recommended for **ALL** campers, is based on careful thought and experience. It takes into account the climate and the fact that we will do laundry **TWICE a session**. Shelf space is limited, and extra clothing makes it difficult for the bunk to remain clean, organized, and uncluttered. Therefore, we ask that you abide by this list, making certain that ALL of your child's clothing and belongings are **LABELED** with your child's full name.

CLOTHING

- 12-14 short-sleeved shirts
- 2 long-sleeved shirts
- 1 sweatshirt or light sweater
- 8 pairs of shorts
- 2 pairs of jeans/long pants
- 10-14 pairs of underwear
- 10-14 pairs of socks
- 1-2 nice plain white shirts for Fri night
- 1-2 nice pants/skirts for Fri night
- 2 sets pajamas
- 1 medium weight jacket
- 1 white t-shirt for tie-dye



SWIMGEAR

- 2 beach towels
- 3 swimsuits (one piece or tankini)
- required for girls)

FOOTWEAR

- 2 pairs tennis shoes (sneakers)
- 1 pair sandals/pool clogs/flip-flops
- 1 pair Rain Boots for rainy days (optional)



BATH

- 3 bath towels
- Toiletries & shower tote (including toothbrush, toothpaste, soap, shampoo, sunscreen, brush/comb)



BEDDING

- 1 sleeping bag
- 1 blanket
- 1 pillow
- 2 pillowcases
- 2 sets of twin sheets

EQUIPMENT

- 2 laundry bags
- 1 water bottle
- 2 hats
- 1 raincoat/poncho
- Flashlight & extra batteries
- Insect repellent/After-Bite

MISCELLANEOUS ITEMS

- Pens & pencils
- Postcards, stationary, stamps
- 4 Yarmulkes (kipot) for boys
- Extra pair of glasses/contacts

OPTIONAL ITEMS

- Camera
- Sunglasses
- Goggles
- Baseball Glove
- Tennis Racquet
- Books
- Comfort Item (stuffed animal, etc)
- Photos of family, friends, pets