



Sage YMCA Day Camp Frequently Asked Questions

What to Wear

- Comfortable clothing and shoes should allow campers to be active.
- Closed-toe shoes are required. No “Heeley’s” or wheeled shoes, please.
- The majority of each day will spent outside, so please dress your camper appropriately for the weather.
- Sunscreen should be applied each day before arriving at camp.
- All clothing should be appropriate for the camp environment.
 - Bare midriffs, shirts advertising drugs or alcohol, or clothing containing vulgar or offensive language will not be allowed.
 - If these types of items are worn to camp, the parent will receive a phone call to bring a change of clothing for the camper.
- Please pack your camper’s swimsuit separately; it is not necessary or recommended to wear it underneath clothing or in replacement of clothing.

**All 5 day campers at the YMCA will receive a t-shirt during the first session that they attend.

The camp t-shirt must be worn on field trip days.

What to Bring

Please label all items sent to camp with your camper’s full name.

- Bag or backpack
- Swimsuit
- Towel
- Non-perishable lunch with drink packed in soft-sided, insulated lunch bag (no refrigeration available for lunches)
- Water bottle
- Non-perishable snack for afternoon
- Hat
- Sunglasses
- Light jacket or sweatshirt, if weather requires
- Poncho or raincoat, if weather requires
- Bug repellent (no aerosol cans)

- Sunscreen (minimum of SPF 15 is recommended)
- Water bottle
- Values, Morals, Good Listening Ears, Smiles :)

Additional Information for Discovery Camp

In addition to the information for Camp Sage parents and campers, Discovery Campers will also need to bring daily:

- Small blanket, pillow, stuffed animal to rest with (full-day only)
- Complete change of clothes
- Meals are provided by the YMCA.

Leave At Home

- Electronic equipment, MP3 players, games, etc - Sporting equipment, games or toys
- Knives (pocket, Swiss Army, etc) and other weapons
- Water guns or toy guns
- Money (except on field trip days)
- Cell phone, digital camera, camera phones
- Pets or wild animals
- Trading cards of any kind
- Inappropriate behavior, language or clothing

Lunch, Snack, and Water

Refrigeration is not available. Please pack your campers lunch/snack in a soft-sided, insulated lunch bag. It is also recommended that you pack a small ice pack to help keep food chilled if necessary. **Please label your camper's lunch bag with his or her full name.** Please do not send glass bottles or containers to camp.

Campers who forget their lunches will be given a Lunchable or suitable replacement. Parents will be charged a \$5 fee per child if a lunch is provided by the YMCA. This fee must be paid by drop-off the next morning.

Each camper is required to bring a water bottle to camp every day. Please label your camper's water bottle with his or her full name. Camp Sage staff will encourage campers to drink water frequently. Please stress to your child the importance of drinking water in order to stay hydrated.

Sunscreen and Bug Repellent Policy

The YMCA does not provide sunscreen or bug repellent. Each camper should be sent to camp with his or her own bottle of sunscreen and bug repellent. Please label these bottles with your camper's full name. We recommend sending your camper with a spray/no-run sunscreen for ease of application.

Sunscreen and bug spray should be applied before your child arrives at camp. Please remember to cover all exposed skin, including ears, shoulders, backs of knees and legs, and back, when necessary.

Staff will apply sunscreen or bug repellent to only the youngest campers who are not able to apply it themselves. Staff will supervise and ensure that older campers apply sunscreen. Staff will only reapply sunscreen after 12PM if they are remaining outside, and also after swimming (unless the provided sunscreen is sufficiently waterproof). In accordance with the policy RISK 001 – Prevention of Child Abuse, sunscreen application will always occur in groups, in an open, observable area, with at least two staff present.

In order for staff to apply sunscreen to a camper, parents/guardians must sign an Authorization for Sunscreen Form. This form will be included in your camp registration packet.