

Camp Sycamore Hills Information Guide

GIRL SCOUTS OF MIDDLE TENNESSEE works year round to provide an exceptional summer camp program for everyone. We consider it an honor and a privilege to serve your camper at Camp Sycamore Hills. We strive to create a loving and fun-filled atmosphere where your camper feels at home and can flourish.

Whether it's canoeing, horseback riding, or aiming for the target on the archery range, Camp Sycamore Hills has what you want. We have been bringing once in a lifetime opportunities to girls for 60 years. Camp Sycamore Hills' 742 acres are filled with songs, friendships, and *s'more!*

CAMP CONTACT INFORMATION

Camp Sycamore Hills

2020 Girl Scout Road

Ashland City, TN 37015

Email: CDirector@gsmidtn.org

Camp Office Phone: (615) 792-5032

Council Office Phone: (615) 460-0239

Kelly "Jester" Sharpe

Camp Director

Email: KSharpe@gsmidtn.org

Jen "Buckles" Vaughn

Equestrian Specialist

Email: JVaughn@gsmidtn.org

Ashley "Abu" Gary

Manager of Equestrian Programs

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Kathryn "Copper" Poindexter

Equestrian Specialist

Email: KPoindexter@gsmidtn.org

Open House

MAY 22, 1:00–4:00 P.M.

We invite you to preview Camp Sycamore Hills with a day of adventure, friendship, and fun! Both new and returning campers are welcome. Camp staff and the camp director will be on site, and we'll have s'mores, activities, and tours available to help you feel confident sending your camper this summer. This is the best time to explore camp, reflect on past camp memories, and plan new adventures. Registration in CouncilAlignment is helpful but not required. *Families are welcome, but please leave your pets at home.*

ALL CAMP FORMS ARE DUE BY MAY 26, 2022.

Required Forms

All campers must have the following filled out to come to camp.

1. Summer Camp Health History Form
2. Immunization and Medication Form
3. Camper Release Form
4. Summer Camp Permission Form
5. Summer Camp Code of Conduct and Social Media Policy Form

How To Use CampDoc.com

All summer camp forms can be filled out on CampDoc.com, an electronic health record system for camps that helps consolidate and integrate camper health information into a centralized and secure location. This system gives our healthcare team instant access to camper health information. The security, confidentiality, and privacy of your camper's personal health information is always protected. Camp Sycamore Hills' health and administrative staff will have access to health information and the CampDoc.com site is secure and password protected.

Once you have been placed in a summer camp program, you will receive a "welcome email" from CampDoc.com with information about how to complete your camper's forms. *This e-mail may take up to one week to arrive after you have been placed in your camp program.*

CampDoc.com and CouncilALIGNMENT are two different systems and must be manually updated. This process is not instantaneous and is scheduled on a weekly basis. Please be patient and wait for your email invite from CampDoc.com

Click the link in the invitation email to set a new password for your CampDoc.com account.

New camper families will be sent instructions on how to set a new password.

Returning camper families will receive an email asking to change and update your previous CampDoc.com information and shot record. CampDoc.com will prompt you if you have forgotten your username or password.

If you do not see your camper's previous session or are asked to create a new account, please contact the camp director for assistance. Sometimes alternate profiles are added, and directors have the ability to merge those profiles for a seamless experience.

6. Follow the instructions and complete the information in each section for your camper. Alerts will appear for any missing required information.
7. Upload any required documents to your CampDoc.com account. Documents may include shot records or medication documentation.
8. You may return to CampDoc.com to make changes/updates to your camper's health information up until one week prior to the start of your camper's session.

Please set Register@CampDoc.com as a 'safe sender' to avoid accidental delivery to junk or spam folders.

Insurance

All campers must have valid health insurance and this information must be included on the Health History Form. If you do not currently have valid health insurance, we offer temporary insurance during your child's stay at camp. Insurance can be purchased through Mutual of Omaha and must be purchased AT LEAST two weeks prior to arriving at camp. The fee is minimal, ranging from \$5 to \$10 per week. For more information about insurance, please contact Sue Tims at (615) 460-0235 or STims@gsmidtn.org.

The insurance form can be found at gsmidtn.org/summer-camp.

You may not remain at camp without proof of insurance.

Camp Medication

If your camper has medication that needs to be administered during their stay at camp, **please turn in all prescription and over-the-counter medication to the camp staff during check-in.**

PRESCRIPTION MEDICATIONS

Prescription medication given to your camper must meet the following criteria:

1. Prescribed to them by a physician.
2. In the original prescription container (**do not place medicine in baggies or medicine boxes**) and labeled with this following information on the label: camper's name, prescription number, medication name and dosage, how to administer, date, licensed prescriber's name, and pharmacy name, address, and phone number.
3. If instructions are different than prescription bottle, bring detailed written instructions from licensed physician.

Medication that is not received in the conditions above cannot remain at camp. All medications are dispensed by the healthcare staff or trained staff member. Camp Sycamore Hills has a local physician on call.

OVER THE COUNTER MEDICATIONS

- Non-prescription medication administered in our healthcare facility might include but is not limited to acetaminophen (e.g. Tylenol), ibuprofen (Advil), antacids (e.g. Tums), allergy medication (e.g. Benadryl), antibiotic ointment and other topical ointments (e.g. triple antibiotic cream and Hydrocortisone), powder (e.g. talc powders and medicated powders), cleanser (e.g. rubbing alcohol and hydrogen peroxide), eye drops, and ear drops.
- Any restrictions or additions regarding over the counter medication must be noted on the camper's Health History Form.
- Essential oils may not be kept in campers' belongings. Essential oils must be turned into healthcare staff with written reason for use, direction for use, and signed permission to use listed on the medication form.
- To discuss additional health information, please contact your camp director as soon as possible.

Emergency Notification Of Parent/Guardian

WE WILL NOTIFY YOU IN THE EVENT OF:

1. Visit to a healthcare provider outside of camp
2. Refusal to take medication
3. Regurgitation of medication
4. Your camper is running a fever of over 100.4
5. Your camper is unable to participate in more than two activity periods
6. Your camper is showing signs or symptoms of COVID-19

Our staff will make every effort to contact you by phone if your camper has a need for an out-of-camp healthcare visit. We will make the safest decisions for treatment if you cannot be reached. Please notify us in writing if there are procedures you'd like us to follow differently than listed above.

Summer Camp Check-In

SUNDAY • 1:00–3:00 P.M.

Both check-in and check-out processes will be drive-through. Campers will receive a health check near their vehicle, and families will not be permitted inside camper living spaces. Camp staff will assist campers in transporting luggage to their cabins, setting up their beds, and other first day duties. Medication and mail can be dropped off as part of the drive-through.

WHAT TO BRING TO CHECK-IN

1. Any incomplete forms.
2. Medications in the original medicine bottle. **We will not keep medication that is not in its original package or prescription bottle.**
3. Any dietary required food.
4. Mail or packages to be delivered during the week.

CHECK-IN PROCESS

1. Staff will greet you at the gate with information about your camper's cabin and counselor assignments.
2. You will be directed from there to various stations for your camper's health check, and luggage, medication, and mail drops. After their health screening, your camper will immediately join their cabin with their luggage.
3. As part of the health screening, we will check for the following:
 - a. Fever of 100.4 degrees or higher.
 - b. Symptoms of any contagious condition.
 - c. Head lice or evidence of lice in any form.
 - d. Any injury or condition which needs immediate medical attention.
4. *The welfare of the entire camp population must be kept in mind. If a camper is sent home, they may return with a signed letter from their physician stating that they do not have any contagious conditions and are in good health. Arrangements to attend a later session may also be made with Camp Holloway or Camp Sycamore Hills in Summer 2022 if space is available. In the case of head lice, a camper must wait 24 hours, be free of signs of lice or nits, and get rechecked upon return. Final decision is at the discretion of the camp director.*
5. Leave any mail or packages for your camper in the mail drop boxes.
6. Deposit money for your camper to spend at the trading post while at camp. *While you can bring cash, we encourage you to use the online payment portal sent out prior to your camper's arrival.*
7. Parent(s)/guardian(s) check-in camper with their assigned counselor.

HEALTH SCREENING INCLUDES

1. Temperature Check (temperatures may not be over 100.5 degrees to stay at camp)
2. Head/Hair Check
3. cursory body check of torso, back, hands, feet, ear, nose, throat, and eyes

Summer Camp Check-Out

FRIDAY • 1:00–3:00 P.M.

ALL ADULTS MUST SHOW A CURRENT GOVERNMENT ISSUED PHOTO ID (INCLUDING PARENTS/GUARDIANS).

Campers will only be released to the authorized adults, including parents and guardians, listed on the Camper Release Form. Medications will be given to the authorized adult(s).

The check-out process is a drive through system, including sign-out, luggage pick-up, and picking up your camper. Please remember to remain in your car during the check out process.

1. Have your current government-issued photo ID in an accessible spot. You will need this for us to release your camper.
2. When you arrive at the camp gate, a staff member will greet you and radio to staff and we will walk your camper to the location where you will pick them up.
3. When you arrive at the lodge, stay in your vehicle and direct staff where we can put your camper's luggage in the vehicle.
4. A staff member will check your ID and have you sign out your camper while still in your car.
5. You will be directed to a pick-up location where your camper will be waiting for you with her counselor.
6. Have a safe trip home, and we'll see you next summer!

Please note: *If you need to pick up earlier or later than the scheduled check-out time, you must contact the camp office and make arrangements. An additional fee of \$60 will be applied if you have not made previous arrangements. Early pick-up on Friday is from 9:00-11:30 a.m. After that, we will be preparing and setting up for regular check-out.*

Directions to Camp Sycamore Hills

2020 GIRL SCOUT ROAD • ASHLAND CITY, TN 37015

The speed limit on camp property is 5 mph and strictly enforced.
Please watch for children as you enter camp.

From I-24:

7. Take Exit 24 (Hwy 49) and turn toward Ashland City.
8. Stay on Highway 49 for 5.7 miles.
9. Turn right onto Girl Scout Road just before the bridge over Sycamore Creek.

From Nashville:

1. Take I-40 West to Exit 204 (Briley Parkway: Hwy 155 - not White Bridge Road).
2. Travel approximately 4.1 miles to Exit 24 (Highway 12).
3. Exit right, then turn left onto State Route 12 (Hydes Ferry Pike) toward Ashland City.
4. At the fourth traffic signal, turn right onto Highway 49 East (Frey Street).
5. Travel approximately five miles. When you cross the bridge over Sycamore Creek, immediately slow down and turn left onto Girl Scout Road.

Cancellations and Refunds

Your deposit is refundable only if you cancel your registration prior to May 19, 2022, or you are unable to be placed from the waiting list. After this date, no refunds of deposits or other monies paid will be given except in the following circumstances: not being placed off the waiting list for your chosen week of camp, absence due to a camper's illness or injury, exposure to COVID-19 within two weeks of your camp program, or the death or serious illness of an immediate family member prior to the start of camp. A physician's statement must be provided in the case of camper's illness or injury. Campers who leave camp early due to illness or other reasons will not receive a refund unless they must leave due to COVID-19 exposure while at camp. A written request for a refund must be sent to the camp director. For contact information, please see page 1 of this guide.

WAITING LISTS

Some programs are in high demand and will fill early in the year. If your camper is placed on a waiting list, you have several options:

- Remain on the waiting list for an available space. Camp directors check waiting lists weekly and make adjustments as needed dependent on housing. Occasionally spaces open quickly, and sometimes they will not open at all. You may remain on the waiting list for as long as you'd like, or you may request a transfer or a refund at any time.
- Transfer to a different program with availability. Simply contact the camp director to make this change.
- Request a refund. Contact the camp director to cancel your program and request a refund.

If you join the waiting list to hold spots in two or more programs, you must cancel any additional programs within 10 days of receiving the placement notice from CouncilAlignMENT. Failure to do so will result in forfeiting your deposit in any additional programs that your camper is placed in.

Summer Camp Program

Girl Scouts of Middle Tennessee does our best to offer the programs advertised in the camp brochure. However, to meet the needs and interest of the girls in our community, we reserve the right to change, cancel, or adapt programs.

COVID-19

The safety of our campers, staff, and volunteers is the highest priority for Girl Scouts of Middle Tennessee. Based on recommendations from the Centers for Disease Control and Prevention (CDC), Girl Scouts of the USA (GSUSA), and the American Camp Association (ACA), we have made changes to camp operations for summer 2022. Though this may look different than a typical summer, the feeling of camp magic is the same. We're committed to keeping the camp experience consistent and fun! The most detailed and up-to-date COVID-19 information can found on our website at gsmidtn.org/summer-camp-update.

KAPERS

Girl Scouts promotes campers being active in our camp community and taking an active role in caring for “their” camp. Girls are assigned a daily unit chore and a daily camp chore; these are, known as kapers. Kapers can include cleaning up living space, picking up trash, collecting firewood, setting tables, and serving meals.

BADGES

Most weeks of camp will earn parts of several different badges. More specific badge information can be found after on our website at gsmidtn.org/summer-camp. After your camper’s session has finished, her profile in CouncilAlignMENT will update with badges and steps for badges and awards completed at camp.

SWIM CHECK

Each camper is checked for swimming ability at the beginning of the week. The swim check only determines if the camper may swim in deeper water without a personal flotation device (PFD) and helps our lifeguards keep campers safe. Groups of approximately five girls are tested at the same time. Girls are asked to swim across the pool on top of the water and tread water. Girls may request to be re-checked during the week at anytime. Please discuss this process with your camper so she is prepared and confident. Any camper may use PFDs to enjoy the deeper water.

TYPICAL DAY AT CAMP

A camper’s day is filled with activities centered on the specific program your camper selected. Activities vary but may include hiking, challenge course activities, crafts, songs, swimming, archery, climbing, and games. It is our goal for all campers to experience as many activities as possible. Evening activities may include campfires, variety shows, and other all-camp activities.

SAMPLE SCHEDULE

(times and activities may vary)

	SUNDAY	MONDAY
7:45		Flag
8:00		Breakfast
9:00 - 10:00		Themed Program
10:15 - 11:00		Showers
11:15 - 12:00		Yoga
12:30 - 1:30		Lunch
2:45- 3:45	Camper Check In (1:00-3:00 PM)	Rest Period
4:00 - 5:15		Camper's Choice
5:30 - 6:15		Swimming
6:20		Flag
6:30 - 7:30	Dinner	Dinner
7:45 - 8:45	Opening Campfire	Unit Night
10:00	Return to Cabins	Return to Cabins

MEALS AND DIETARY NEEDS

Child-friendly meals and snacks are provided as part of your camp fees. Our menus are camper-friendly and reviewed annually. Every effort is made to meet dietary needs documented by a doctor, religious based or common dietary practices in the home (i.e. vegetarian). Dietary needs must be communicated on our summer camp forms. With some diets, you will be required to provide some food for your camper. Though we are able to accommodate food items for campers with specific restrictions (for example: gluten-free bread or pasta) we recommend bringing any specific, favorite brands. Please contact the camp director two weeks prior to your camper's arrival to discuss dietary arrangements. Campers are always allowed to ask for extra food or snacks.

TRADING POST

Our camp store, known as the Trading Post, has various souvenir items available for purchase such as water bottles, t-shirts, pens, and stuffed animals. Items range in cost from \$1 to \$25; for example, a camp shirt costs \$12. We recommend that you deposit \$20 to \$40 into your camper's trading post account. Deposits can be made ahead of time online or in person during check-in (cash, check, or credit/debit card). While you can bring cash, we encourage you to use the online payment portal sent out prior to your camper's arrival. ***Trading post deposits will not be accepted after the first day of camp.*** Your camper will visit the trading post **once** during the week. If there is a remaining balance in your camper's account you may choose to donate it to the Counselor Appreciation Fund or receive a full refund to be returned on the card used. You can make your choice when you deposit funds into your camper's trading post account.

SHOWERING

At camp, girls might take showers in a main shower house. Every effort will be made for groups to shower in their own unit if possible. Shower times vary throughout the day. Girls may not always shower at night or in the morning like they are used to doing at home. To help your camper feel more comfortable, please discuss sharing spaces with other campers and modesty practices. It may be helpful to bring a shower caddy or a plastic basket with their shower items for easier transporting to and from the shower house. We also encourage girls to wear flip flops in the shower.

ELECTRONICS AND CELL PHONE PROTOCOL

Cell phones and any other electronic devices are not permitted at camp. We want campers to fully experience their camp programs and engage directly with other campers and staff. Camp is a time to build confidence in being away from home and learn to problem solve in unfamiliar environments. In addition, cell phones are expensive, camp can get dirty and wet, and items get lost easily. If you or your camper feel they need a cell phone to spend the night away, we encourage you to register for Me and Mine or day camp programs. Cell phones discovered after check-in will be confiscated and stored in the camp office for the rest of the week. We are not responsible for lost or stolen items at camp. **This applies to campers at all levels, including CIT I and II.**

LOST AND FOUND

Our staff makes every effort to assist your camper in keeping track of her personal belongings. Please label all of your camper's belongings. It will be difficult to return unlabeled items. For staff and camper safety, we will be unable to return hygiene items such as toothbrushes and masks. Items left at camp will remain at camp until two weeks after your camper's session. Remaining items are then donated to a charitable organization. Girl Scouts of Middle Tennessee is not responsible for any lost or stolen items at camp.

TRADITIONS

At Camp Sycamore Hills, we have some traditions that your camper may want to participate in.

Participating in a naming ceremony is available to any camper that has attended summer camp for 4 summers at Camp Sycamore Hills, Camp Holloway, or a combination of both. They can choose their name and create a name block to leave in a special place on camp. Campers' names are special and we try not to repeat names of campers, staff, or horses. Be creative and unique in your name selection.

BIRTHDAYS

Campers will be recognized on their birthdays! She will receive a special treat from the camp staff and campers will sing to her at one of the meals. Please communicate with camp staff if your child would be uncomfortable or embarrassed by this experience.

CAMP SYCAMORE HILLS FACILITIES

Our facilities include screened cabins and dorm-style cabins. Campers sleep separately from staff but staff live in close proximity and are easily accessible. Bathrooms are located either inside or close to sleeping units. Housing is determined by the unit size, age of the participants, and the capacity and attendance of the program.

Girl Scouts provide access to outdoor activities and attempt to maintain the surroundings and grounds of the facilities in a natural state. Pests inhabit the surroundings and grounds of its outdoor facilities and those such pests pose a risk to safety. By sending your child to camp, you are voluntarily exposing her to a natural habitat including potential exposure to pests. Girl Scouts of Middle Tennessee are not responsible for injuries, harm, or inconvenience associated with pests.

ABOUT OUR STAFF

Camp counselors are enthusiastic, talented, and caring adults. They are selected on the basis of their skills, experience, ability to serve as role models, and their genuine desire to work with girls. Camp staff are required to go through training including emergency procedures, health of campers, program instruction, homesickness, first aid, youth development, risk management, behavior management, camping skills, Girl Scout programs, and more. Most staff members are full-time college students or recent graduates.

SAFETY

A camper's general well-being is the primary concern of Girl Scouts of Middle Tennessee. Our camp meets both state health code and Girl Scout standards; in addition to healthcare staff, many other staff members maintain current First Aid and CPR certifications following Centers for Disease Control and Prevention (CDC), and Tennessee Health Department recommendation and standards. A full-time site manager lives on the grounds, patrols and maintains the camp, and supervises security. All precautions are taken to provide a safe and healthy experience for each and every camper.

EMERGENCY PROCEDURES

Camp happens rain or shine. In the event of severe weather while your camper is at camp, our first priority is safety. We have emergency procedures in place for situations such as fire, medical emergencies, intruders, and weather situations. We will update you via email, phone, or text as soon as possible in the event of emergencies.

Some activities, such as aquatic and adventure activities, may be delayed or canceled due to inclement weather. We will do our best to accommodate unexpected changes in weather, but cannot guarantee participation in an activity if it is not safe for campers and adults.

Preparing Your First Time Camper

DISCUSSIONS AND IDEAS TO HELP PREPARE FOR CAMP

- Attend camp open house on May 22, 2022 from 1:00-4:00 p.m. to gain a better idea of what camp looks like.
- Attend summer camp informational webinars. You can find more information on the webinar schedule on the Girl Scout calendar at gsmidtn.org/calendar.
- Practice spending the night away from home before coming to camp.
- Make positive statements about camp, activities, staff, etc.
- Encourage your camper to help you pack for camp so they know what they have packed and why.
- Pack your camper's favorite stuffed animal or blanket.
- Encourage your camper to talk with the counselors and share their feelings and needs or to talk with the camp director if they feels they are not being heard.
- Remind your camper that camp will have night sounds such as animals, wind, leaves, acorns on the roof, etc.
- Homesickness is a common occurrence at camp. We will partner with you and your camper as they adjust to life at camp. Staff is trained in identifying the signs and stages of homesickness and we will call and consult with you if homesickness occurs.
- Do not tell your child you will pick them up from camp if they don't like it or they will be able to call you. We, as camp staff, know that you will pick up your child, and we will partner with you to make the best decision for your camper. The reward for staying will be self-confidence and independence.
- Acknowledge you will miss them, but assure your camper they will have a great time at camp.

ATTENDING GIRL SCOUT CAMP IS A VERY SPECIAL EXPERIENCE THAT ALLOWS YOUR CAMPER TIME TO GROW. THEY WILL RETURN HOME WITH PRIDE IN HERSELF AND EAGER TO SHARE THE NEW SKILLS THEY HAVE LEARNED!

- Send them positive letters, photos and/or care packages from home. Encourage them to write letters home and pack addressed envelopes with stamps.
- Acknowledge their feelings regarding camp before they leave and talk about fears or concerns they might have.
- Let them know things at home will be taken care of (pets will be fed, etc.).
- Remind your camper that they will be:
 - Sharing a cabin with other girls.
 - Trying different foods.
 - Sharing bathrooms with other girls.

Stay in Touch This Summer!

MAIL

Mail is very important during summer camp, no matter how short your camper's stay. Parents, relatives, and friends are encouraged to write energetic and positive letters. The content of a letter makes a big difference.

You may bring letters on check-in day to be distributed throughout the week or you may mail them. If you would like to encourage letter-writing, send your camper with pre-addressed and stamped envelopes.

We do not deliver mail on Fridays.

Often, the first letters home are sad. Campers sound homesick and ask to come home. This is normal! However, we want you to feel comfortable with your camper's stay and welcome you to call the camp office with any concerns. Please see the "Phone Calls" section for more information.

Address mail as follows:

Camp Sycamore Hills

Attn: [Camper Name - *please use given name*]

[Program Name]

2020 Girl Scout Road

Ashland City, TN 37015

CARE PACKAGES

Care packages are a nice way to send a special thought from home. They may include games, items to share with camp buddies, postcards, or activities. Please make sure both name and program are clearly labeled. Do not send food items. Any food or candy brought or sent to camp is collected, held, and returned on the last day of camp.

EMAILS WITH CAMPDOC

We are partnering with CampDoc to deliver CampGrams, a one-way email messaging service. CampGrams are printed and delivered with the general mail delivery. Emails are printed by 8:00 a.m. Monday–Thursday. **Emails are not delivered on Friday. Please post all emails before 8:00 a.m. Thursday morning.**

PICTURES WITH WALDO

We are partnering with Waldo Photos to give you a seamless photo experience. You may choose to view the gallery on your computer or sign up for face-recognition and have photos sent to you via text message each day. Please see page 12 for more information on Waldo.

PHONE CALLS

Your phone calls to the camp office are welcome. When you call to check on your camper, we will evaluate your camper and call you back. By doing this, you will get a firsthand account of your camper's experience.

Our first priority is your camper and we pride ourselves on being part of the camp program; as a result, you may encounter our voicemail. Please leave a message, and we will return your call as soon as we can. Camper phone use is limited and based on individual circumstances. Please share with your camper that the office phone is used for business, and she will make more memories by connecting with her peers at camp.

Packing List

Please label all of your camper's belongings.

Clothing For Each Day

- Shirts or t-shirts (1 per day + 2 extra)
- Shorts
- Pants for evenings (depending on weather forecast)
- Underwear (1 per day + 2 extra)
- Socks (1 pair per day + 2 extra)
- At least ONE mask per day and bags to store them in (if required)

Other Items

- Pajamas
- Jacket or sweatshirt
- Raincoat or poncho
- Hat
- Bandana
- Swimsuit
- Shower shoes
- Hiking boots and/or tennis shoes
- Sandals with back straps
- Old shoes that can get wet or water shoes
- T-shirt to tie dye (packed at top of luggage)
- Mess kit (plate, cup, bowl, etc.) for outdoor cooking

Toiletries

- Hairbrush
- Hair ties
- Towels and an extra pool towel
- Washcloths
- Toothbrush and toothpaste
- Shampoo
- Soap
- Menstrual products
- Hand sanitizer
- Shower caddy or toiletry bag that drains well

Bedding

- Drawstring bag for laundry
- Sleeping bag and/or blankets and sheets
- Pillow and pillowcase

Daily Essentials

- Water bottle (at least 16 oz)
- Small backpack to carry daily items

Optional

- Stuffed animal
- Camera (consider a disposable)
- Stationery with stamped and addressed envelopes
- Books or magazines

Camp Sycamore Hills Equestrian Program

- Riding boots or closed-toe leather shoes with smooth sole and at least a one-half inch heel (campers may use boots from the horse barn, if desired)
- Sleeved shirts during riding time (t-shirts are fine and should be long enough to be tucked in)
- Long pants for riding time (i.e. jeans, cotton pants)
- Bandana

Things To Leave At Home

- Cell phones
- Tablets (including Kindle and iPads)
- MP3 Players
- Laptops
- Any device that will connect to Wi-Fi or has data
- Food, candy, and drinks
- Weapons (including pocket knives)
- Drugs and alcohol
- Items of value (camp is not responsible for items that are lost and stolen at camp)