



CAMP KANUGA

CAMPER INFORMATION GUIDEBOOK 2019

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

RESIDENTIAL CAMP KANUGA DATES

Session 1 (9 days)	Thursday, June 6 – Friday, June 14
Session 2 (13 days)	Sunday June 16 – Friday, June 28
Session 3 (13 days)	Sunday, June 30 – Friday, July 12
Session 4 (13 days)	Sunday, July 14 – Friday, July 26
Session 5 (9 days)	Sunday, July 28 – Monday, August 5
Starter Camp A (4 days)	Thursday, June 6 – Sunday, June 9
Starter Camp B (4 days)	Tuesday, June 11 – Friday, June 14
Starter Camp C (4 days)	Sunday, June 30 – Wednesday, July 3
Starter Camp D (4 days)	Friday, July 5 – Monday, July 8
Starter Camp E (4 days)	Tuesday, July 9 – Friday, July 12

KANUGA LEADERSHIP ACADEMY

Leadership Academy A (21 days)	Sunday, June 9 – Saturday, June 29
Leadership Academy B (21 days)	Sunday, July 7 – Saturday, July 27

CAMP KANUGA EXPEDITIONS

PIONEERS: 12-15 years

Pisgah Expeditions A (6 days)	Sunday, June 16 – Friday, June 21
Pisgah Expeditions B (6 days)	Sunday, June 23 – Friday, July 28
Pisgah Expeditions C (6 days)	Sunday, June 30 – Friday, July 5
Pisgah Expeditions D (6 days)	Sunday, July 7 – Friday, July 12
Pisgah Expeditions E (6 days)	Sunday, July 14 – Friday, July 19
Pisgah Expeditions F (6 days)	Sunday, July 21 – Friday, July 26

EXPLORERS: 14-18years

The Grand Wild A (13 days)	Sunday, June 16 – Friday, June 28
The Grand Wild B (13 days)	Sunday, June 30 – Friday, July 12
The Grand Wild C (13 days)	Sunday, July 14 – Friday, July 26

The Alaska Expedition A (18 days)	Tuesday, June 18 – Friday, July 5
The Alaska Expedition B (18 days)	Tuesday, July 9 – Friday, July 26

EXPLORERS: 15-18years

The Hawaii Expedition (20 days)	Thursday, June 13 - Tuesday, July 2
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CHECK-IN AND CHECKOUT INFORMATION

RESIDENTIAL, EXPEDITIONS, AND KANUGA LEADERSHIP ACADEMY

ARRIVAL – AFTERNOON OF OPENING DAY

Check-in is from **3:00-4:30 p.m.** on Opening Day. In case of a delay or last minute cancellation, please notify the Camp Kanuga Coordinator at 828-233-2744. Camper families who have not arrived by 4:30 will receive a call.

DEPARTURE – AFTERNOON OF CLOSING DAY

CLOSING DAY SCHEDULE

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.

- 2:00 p.m. - Gates open.
- 2:00 – 3:00 p.m. - Fellowship Time. Meet our Director and staff. Learn more about our Expeditions, pre-register, and see what's to come for next year!
- 3:00 p.m. – Campers enter the Paved Rec. and the Closing Celebration Ceremony begins.
- 3:30 p.m. – Campers check-out at their cabins with their counselors

*** 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 cabin 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 CABIN** by 3:30 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 4:30 are considered Stayovers and your card on file will be charged \$185 whether they stay or not.

Please feel free to walk the grounds with your camper after sign-out.



IMPORTANT INFORMATION

Our goal is to insure 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.

For more specific information regarding 9 or 13-day Residential Camp and Starter Camp, please refer to the packing lists at the end of this guidebook.

QUESTIONS OR CONCERNS

If you have any questions at all regarding your camper's registration, tiered pricing, balance due, medical needs, or transportation, contact the Camp Coordinator weekdays from 9:00 a.m. to 5:00 p.m.

828-233-2744

psuggs@kanuga.org

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 found on the Resources and Forms page of our website.
- Send your payment made out to Camp Kanuga to the following address:
Camp Kanuga
Transportation Request, C/O Camp Kanuga Coordinator
PO Box 250, Hendersonville, NC 28793.
- Payment can also be made by credit card through our Coordinator.

Fees for Asheville Regional are \$40 one-way and \$75 round-trip per camper.

Fees for Greenville/Spartanburg are \$85 one-way, and \$160 round trip per camper.

If travel plans change or are confirmed less than two weeks before camp begins, please contact our Coordinator.

PLEASE BOOK FLIGHTS ACCORDING TO CAMP SCHEDULE. CAMPERS CANNOT ARRIVE AT CAMP BEFORE 3:00pm on Opening Day.

CAMPSTORE

CK Outfitters, located in the Camp Office building, is where campers may purchase merchandise. We also offer a number of snacks and natural drinks - all priced at \$1.00 each at the waterfront canteen. Campers **DO NOT** need to bring cash but will have access to their Camp Store Account.



Add additional funds to your camper's account by calling the Camp Coordinator or by stopping by the Camp Office on Opening Day.

You will be given the option on Closing Day to donate or refund any funds more than \$10 not spent after the camp season has ended. **Camp Store balances of \$10 or less will be automatically donated to scholarships. If you choose not to donate your camp store balances of \$10 or less, please notify the Camp Coordinator.**

Campers will visit the Camp Store 4-5 times a session (for the longer sessions) and 2-3 times for Starter Campers. 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 only. You will **not** be able to use your camper's store balance on Closing Day.

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 cabin on the day of your choice.

HEALTH AND SAFETY

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.

It is important to the Kanuga experience for campers to interact effectively in a small, group-based and community-living environment. Cabin groups include 10-12 campers and two counselors. Camp Kanuga facilitates programs under "Challenge-by-choice" practices.

Please contact the Camp Coordinator for any special situations that might affect your child's experience at camp - such as divorce, death in the family, separation, new location or any other mental, emotional, physical, or social health issues.

Knowledge is power - the more we know about your camper, the better we will know how to serve and care for them.

The North Carolina Board of Health inspects our kitchen facilities, cabins, and bathhouses. Our sanitation grade is A.



Camp Kanuga Medical Services

Camp Kanuga has an infirmary staffed with a Registered Nurse. Campers have access to healthcare staff twenty-four hours a day for basic medical treatments, evaluation, and medication distribution. Kanuga healthcare staff follow Standing Treatment Orders signed off by a local medical doctor. You have completed the Kanuga acknowledgement of risk, release of liability waivers, permission-to-treat, and photo release signature when you registered online. There may be more waivers to sign by a parent or guardian on Opening Day of camp - these are provided by your camper's counselor at cabin check-in.

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.

Physical and Licensed Medical Provider Signature

It is **NOT** a requirement (**excluding Kanuga Expeditions**) to submit a physical or have a Licensed Medical Provider signature (doctor, physician's assistant, nurse practitioner, etc.) to attend Kanuga's summer camp program.

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 cabin sick.

Please inspect your camper for lice. Notify your cabin counselor 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. Be prepared for your cabin counselor to inspect your camper's hair during check-in.

Medications

You need to check in **all** prescription medications with the Kanuga Healthcare Staff. They must be in the **original packaging**. Medicines will **NOT** be given to campers if they are not in its original packaging. When administering prescription medications, Kanuga's healthcare staff will only follow the directions printed on the original prescription box or bottle.

Kanuga's healthcare staff will dispense prescription medications when campers are located on the main campus. However, when campers are on campout or on an off-site trip, a trained staff member will administer medications according to directions described on original bottle or prescription.

It is not permitted for campers and staff to keep any medications in their cabins, including over-the-counter medications and vitamins. However, campers that bring inhalers or Epi-pens are required to have them on their person at all times. Camp Kanuga can provide campers 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.



Allergies

Camp Kanuga's maintenance and summer staff spend a lot of time and resources to make sure campers are not exposed to environmental dangers, such as bees, poison ivy/oak and other pests and animals. Because we are a nut-free camp, **we no longer allow any food sent to camp. No outside food allowed.** The kitchen and healthcare staff communicate with each other before your camper's arrival regarding food allergies and dietary needs.

Vaccinations/Immunizations

By attending Camp Kanuga programs, the parent or guardian is attesting that all immunizations required for school are up to date. The American Camping Association (ACA) requires all campers be up to date with their Tetanus shots (with in the last 10 years).

During the registration process, you will provide the dates of the following vaccinations:

1. Tetanus (Required)
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 child's 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 our healthcare staff. We generally do not contact you if your child needs treatment in our infirmary for routine problems (skinned knee, sore throat, low-grade fever, overnight stay.) The decision to call parents is determined by the nurse on a case-by-case basis. The cost for any medications, doctor visits, or additional expenses incurred will be charged to your credit card on file.

Bullying Policy

Camp Kanuga has a zero tolerance bullying policy. Bullying is the antithesis of the Camp Kanuga community. Please speak to your children about bullying prior to their arrival to camp. Please encourage your camper to communicate any bullying or other negative behaviors to their counselors. If a child's bullying behavior continues, this may result in dismissal from camp.

Swimming

All campers who choose to swim, regardless of level of skill, will be required to wear a lifejacket.

Campers are not required to swim throughout the session. They can participate in other opportunities at the waterfront, such as wading, fishing, and canoeing. However, 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.



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 into 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.

CAMP KANUGA GOALS

Camp Kanuga is about building 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:

- To build a Christian covenant-based community among the campers and counselors, helping them to enjoy the privileges, and leading them to accept the responsibilities as contributing members
- To offer safe and enjoyable summer experiences in the Blue Ridge Mountains among young people from diverse backgrounds
- To encourage deep appreciation for God's creation.
- To introduce campers to new places and experiences while offering them challenging opportunities that support development of their self-confidence and independence
- To help campers, camp families, and camp staff experience Christian hospitality of The Episcopal Church community

CORRESPONDING WITH YOUR CAMPER

Mail is very 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.
- Post cards work best as envelopes have a tendency 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. We will hold all food items (such as candy, pre-packaged and home-baked foods,) until the end of the session. They will be available on Closing Day to enjoy on the way home. Also, please do not send water guns, fireworks or other valuables.

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

Bring 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 effects Starter Campers when mail delivery is only on Day 2 and Day 3.

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 mailboxes available for you to drop off letters/packages during check-in. Each day of the session will have its own mailbox.

If you do decide to use the Post Office or other mail carriers please use the following addresses.

Send letters to:

Camper First and Last Name
Camp Kanuga
Post Office Box 250
Hendersonville, NC 28793-0250

For parcel delivery by Fed-Ex or UPS

Camper First and Last Name
Camp Kanuga
130 Kanuga Chapel Drive
Hendersonville, NC 28739

TECHNOLOGY POLICY

Camp Kanuga is an “unplugged” environment. Please help us to create an environment where new friendships can blossom and each camper has a unique and special outdoor experience. **Do not bring portable music players, video games, computers, iPad, tablets, electronics and cell phones to camp.** Furthermore, cell phones especially interrupt camp in a variety of ways; namely our ability to enhance your camper’s confidence and independence.

If any of the items listed are discovered, the camp staff will collect the items and return them at the end of the session.



SOCIAL MEDIA POLICY

With recent concerns over appropriate use of the Internet, specifically personal websites, blogs and social networking sites, Kanuga has identified some expectations we have of our campers in the off-season when referring to the camp, its programs or activities, its campers, and/or its staff members.

If a camper chooses to identify him/herself as a camper at our camp on any website, some readers may view the camper as a representative or spokesperson of the camp. Because of this, it is important that campers remain respectful at all times:

- Avoid using gross or profane language
- Never belittle any other Camp Kanuga participant (staff member or camper);
- Avoid references to alcohol, drugs, sexual behavior, bullying or any other behavior prohibited by Camp Kanuga.

It is also necessary that each camper understand that photographs are for personal memories only; please do not post pictures on the internet of another camper without permission. Kanuga regularly monitors the internet for information pertaining to its programs. If any camper is discovered to have questionable material displayed on any website; specifically as it relates to the use of the Camp Kanuga name, brand or logo, parents will be notified.

DATES TO REMEMBER

- **Transportation Form:** For shuttle to and from Asheville and Greenville/Spartanburg Airports.
Due by **May 1**
Schedule flights so that campers do not arrive before 3:00pm on Opening Day.
- **Balance Due:** Balances are due by **May 1**
- **Check-In Form:** The check-in form **will be sent to you via email 10 days before** the Summer session begins. There is also a printable version on the Resources and Forms page of our website. Campers will need to have this form completed and signed by the **Parent/Guardian** when they **ARRIVE** at camp.

PHYSICAL ADDRESS TO CAMP KANUGA

Physical Address (*There is no mail service or mailbox at Camp Kanuga's physical address.*)

200 Camp Kanuga Circle
Hendersonville, NC 28739

CAMP KANUGA COORDINATOR

Patrice Suggs
828-233-2744
psuggs@kanuga.org



CAMP KANUGA RESIDENTIAL CAMP: 9 OR 13 DAY SESSION PACKING LIST

IMPORTANT INFORMATION

Campout Information

Below is a list of important items that can be overlooked when packing for camp. All campers will go on one campout during the session. Some campsites are a two-mile hike from camp (yet remain on Kanuga property). All campers will carry their personal items in a backpack. Generally, older campers camp at sites farthest from the main campus. Please be sure that you have the correct items to ensure a safe, comfortable and fun experience.

Important Campout Supplies

- Footwear: Comfortable worn-in shoes such as tennis/sneaker or even “day-hiker” type boots.
- Sleeping Bag: Every camper needs a sleeping bag suitable for campouts.
- Backpack: needs to be big enough for the sleeping bag, change of clothes, water bottles and food.
- Two Water bottles (16oz): Water is not available at our campsites.

Costumes and Color Games

Campers may participate in a “County Fair” night program. You are encouraged to bring overalls, a straw hat, and an old pair of jeans, bandanas or other clothing that fit this theme.

Campers will also have the chance to participate in our camp-wide Color Games. Please bring red, yellow, blue, and green clothing so your camper can dress according to their team’s assigned color.

Laundry Bag and Laundry Service

Each camper will need to bring their own washable laundry bag. Our laundry service provider will wash, dry, and fold every camper’s laundry individually at the middle of the session. Each camper will need to bring a **clearly labeled** laundry bag with his or her name on the bag. Please clearly label all items of clothing, including the laundry bag, with a Sharpie pen.

Trunk

It is suggested that you bring all your items in a trunk where clothing is better protected and organized. Trunks can be a great place to sit, apply camp stickers and have your new camp friends sign their names as memories. Ideal dimensions for your trunk: 32”L x 18”W x 14”H.

Check-In/Linen Bag

Upon arrival to camp the Kanuga staff will carry your trunk to your cabin. You will arrive to the cabin before your trunk does. You need to pack a “linens” bag to take with you to your cabin during check-in as you won’t have access to your trunk for at least 45 minutes. This is a good time to begin to make up the bunk while you wait for the rest of the luggage. This bag must include: twin fitted sheet, twin top sheet, pillow, sleeping bag, blanket/sleeping bag.

Food

DO NOT BRING food of any kind. We will supply all meals and have snacks available for purchase at the canteen. Many of our campers have **severe and life-threatening allergies** to many different food items. We want to do everything we can to ensure a safe and healthy experience for all of our campers.

PACKING CHECKLIST

Clothing

- Shirts (8)
- Shorts (5)
- Jeans (1)
- Belt (1)
- Jacket (1)
- Socks (8)
- Sweatshirts (2)
- Underwear (10)
- Pajamas (2)
- Swimsuits (2) **One-piece only**
- Raincoat (1)

Label all clothing and personal items with a Sharpie!

Footwear

- Tennis shoes/sneakers (2 pair)
- Sturdy/hiking shoes (1 pair)
- Sandals with ankle strap (1 pair)

Toiletries

- Shower caddy
- Tooth brush
- Toothpaste
- Shampoo
- Body soap/wash
- Deodorant

WHAT NOT TO BRING

Cell phones, iPods or other portable music players, **computers, video games**, electric devices, two-piece bathing suits, **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. Campers who drive their own vehicles will park their cars in the staff parking lot. Keys will be turned into the main office until the end of the session. Camp Kanuga is not responsible for any damage to personal vehicles.

CELL PHONES

Camp is a unique environment. During the camp experience, youth develop life skills including independence and self-reliance. We respect and appreciate the wonderful relationship youth and families have, but if campers are to enjoy camp fully they must be able to develop this independence.

Hiding Cell Phones: 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 counselor. 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.

Gear and Equipment

- Sleeping bag (1)
- Sheets (twin fitted)
- Pillow (1)
- Pillowcases (1)
- Heavy blankets (1)
- Bath or beach towels (2)
- Backpack for overnight camping
- Flashlight/Head Lamp and batteries
- Laundry bag (washable mesh)
- Canteen/water bottle (2)

Other Non-Clothing Items

- Bible
- Books
- Addressed postcards and stamps
- Journal and Pen
- Deck Cards
- Sleeping Pad (optional)

Other

- Travel-size sunscreen
- Travel-size Bug spray



CAMP KANUGA RESIDENTIAL CAMP: 4-DAY STARTER CAMP PACKING LIST

IMPORTANT INFORMATION

Check-In/Linen Bag

Upon arrival to camp, the Kanuga staff will carry your trunk to your cabin. You will arrive to your cabin before your trunk does. Please pack a “linens” bag during check-in to take to your cabin as you will not have access to your luggage for at least 45 minutes. This is a good time to make up the bunk while you wait for the rest of the luggage. This bag should include: twin fitted sheet, twin top sheet, pillow, sleeping bag and a blanket.

Costumes and Color Games

Campers who attend Starter Camp B and Starter Camp E will have a chance to attend Kanuga’s County Fair. You are encouraged to bring overalls, a straw hat, old pair of jeans, bandanas or other clothing that fit this theme.

Campers who attend Starter Camp D will have a chance to participate in our camp-wide color games. Please bring red, yellow, blue, and green clothing so your camper can dress according to their team’s assigned color.

Campout

Campers who attend Starter Camp A or Starter Camp C will get to experience a campout on campus. These campers will need to bring a daypack, sleeping bag and a flashlight or headlamp.

Laundry Bag and Laundry Service

Unlike full sessions of camp there is no “laundry service” for Starter Campers. Although, if a camper has an accident or needs their sleeping bag, sheets or clothing items washed we will do this for them.

Trunk

It is suggested that you bring all your items in a trunk. Clothing is better protected and organized in a trunk than in a duffel bag. Trunks can also be used as places to sit, apply camp stickers and have your new camp friends autograph. Ideal dimensions for trunks are: 32”L x 18”W x 14”H. If you cannot acquire a trunk, a regular suitcase will work just as well.

Food

DO NOT BRING or send food of any kind. Many of our campers have **severe and life-threatening allergies** to many different food items. We want to do everything we can to ensure a safe and healthy experience for all of our campers.

Bring mail and packages on Opening Day of camp

All campers’ mail comes through the Kanuga Conferences central mail distribution center. Due to the mail system here at Kanuga, mail may take 3 extra days to be delivered. **This especially effects Starter Campers.** 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 mailboxes available for you to drop off letters/packages during check-in. Each day of the session will have its own mailbox. The camp store will also be open to purchase items to place in the bins.

Starter Campers will receive mail on Day 2 and Day 3.

PACKING CHECKLIST

Clothing

- Shirts (5)
- Shorts (4)
- Jeans (1)
- Belt (1)
- Jacket (1)
- Socks (4)
- Sweatshirts (1)
- Underwear (5)
- Pajamas (1)
- Swimsuits (1) **One-piece only**
- Raincoat (1)

**Label all clothing and
personal items with a
Sharpie!**

Footwear

- Tennis shoes/sneakers (2 pair)
- Sandals with ankle strap (1 pair)

Toiletries

- Shower caddy
- Tooth brush
- Toothpaste
- Shampoo
- Body soap/wash

Gear and Equipment

- Daypack/book bag (1)
- Sleeping bag (1)
- Sheets (fitted, twin)
- Pillow (1)
- Pillowcases (1)
- Heavy blankets (1)
- Bath or beach towels (2)
- Flashlight/Head Lamp and batteries
- Laundry Bag (washable mesh)
- **Canteen/water bottle (2)**

Other Non-Clothing Items

- Bible
- Books
- Addressed, envelopes, stamps
- Journal and Pen
- Deck Cards

Other

- Travel-size sunscreen
- Travel-size Bug spray

WHAT NOT TO BRING

Cell phones, iPods or other portable music players, **computers, video games**, electric devices, two-piece bathing suits, food, pets, revealing and offensive clothing, firearms, fireworks, sheathed knives, inappropriate music or magazines. 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. Camp Kanuga has a one-piece bathing suit policy.

CELL PHONES

Camp is a unique environment. During the camp experience, youth develop life skills including independence and self-reliance. We respect and appreciate the wonderful relationship youth and families have, but if campers are to enjoy camp fully they must be able to develop this independence.

Hiding Cell Phones: 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 counselor. 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.