



DIGIVATIONS CAMP DEMIGOD INSTITUTE

Fostering Innovative Future Mentors & Thoughtful Leaders Enabling Social Change



SUGGESTED PACKING LIST

This annotated list for parents and kids is divided into seven parts: Headgear, Clothing, Footwear, Bedding, Toiletries, Other Gear, and Things Not to Bring. Items are alphabetized within each category.

Please note that this is a “Suggested Packing List” only and is being supplied as a courtesy guide. Please understand that DIGIVATIONS CAMP DEMIGOD INSTITUTE is not providing laundry services except for children who stay more than 2 weeks. In this regard, we strongly encourage you to make certain that your child has sufficient clothing in terms of shirts, pants, underwear including socks, shoes, and jackets for at least fourteen (14) days, as well as towels and toiletries. If you would like a more frequent laundry service, you can pay an additional fee in your registration page. This will ensure the most comfortable and positive experience for your child.

Headgear

- Bandanna / Headband / Scrunchie. Hats. Baseball caps are the most popular. Beach hats are also fun. A wide-brimmed hat that shades the shoulders and upper back is best for kids who sunburn easily.
- Prescription Lenses. If you wear glasses or contacts, it's a good idea to bring an extra pair in case one gets lost or damaged. Leave the spare pair with the health center staff.
- Sunglasses. Swimming Goggles.

Clothing

- Bathrobe. Typically, bathrobes are used to stay warm on the walk between the living quarters and the bathroom or shower center.
- Dress Clothes (1 outfit). Bring dress shirts and pants or skirts for Saturday night's dance and final performance day for parents. Remember matching shoes and a belt.
- Jacket / Windbreaker.

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- Jeans. Bring at least one (3) rugged pair of jeans you can use for chariot riding, hiking in the woods, capture-the-flag, and just walking around.
- Raincoat.
- Shorts. Most kids wear shorts every day, so pack at least five pair. Although athletic shorts, such as nylon soccer shorts, are generally fine, shorts with pockets are best for hikes and field trips.
- Sweatshirt / Sweater. Bring at least three because it can get down to 50 degrees (9c) at night and the cabins are not heated.
- Swim Suits. Pack two so that one is always dry and ready to use.
- UV Protective Swim shirts. They are comfortable, quick-drying, breathable shirts that block some of the sun's harmful rays. Pack two so that one is always dry and ready to use.

- T-shirts / Tank Tops. Include one or two long-sleeve T-shirts for cool evenings or to wear under an itchy wool sweater.
- Underwear. Pack at least 10 pair. Although it may seem that seven pairs for seven days would be plenty, many campers end up swimming in shorts and underwear, thus relegating several pair to the clothes line.
- Warm-Up Pants / Sweat Pants. For evenings, cool days, and activities where you might slide on the ground, you'll want to bring warm-up pants or sweat pants.

For young women:

- Bras.

For young men:

- Athletic Supporters.

Footwear:

- Boots. You'll need boots for hikes, and muddy, rainy days. Like sneakers, make sure you have the right kind of boot for the activities that you plan to do at camp. If the boots are not waterproof, buy some waterproofing liquid, spray, or paste at your local supermarket, department store, pharmacy, or shoe store. As with sneakers, check the laces to be sure they will last.
- Cleats. Cleats are optional for some children, but necessary for those interested in playing soccer, baseball, football, field hockey, ultimate Frisbee, and other field sports. We recommend you waterproof your cleats, as you did with your boots. If you have screw-in cleats, be sure there is no metal showing, and pack your cleat wrench. Soccer players should also pack shin guards and soccer socks.
- Dress Shoes and Socks / Nylons. If you're packing dress clothes, you'll need shoes and socks or sandals that match the outfit.
- Sandals / Flip-flops. These are both useful and popular. However, sandals are not meant for hiking or sports, despite the advertisements. Hiking or playing sports in a pair of rubber or cork sandals can lead to crushed toes, **broken feet** and toenails, and twisted ankles. Use sandals for walking around camp, which you'll do a lot. For sports, wear the appropriate sneakers, cleats, or boots.
- Sneakers. It's a good idea to have two pairs of sneakers: one newer pair for sports and one older pair for everyday wear. If you plan to play basketball, you should bring high-tops that provide proper ankle support.

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- Socks. There are many theories to explain where all the missing socks go. Perhaps they migrate south. Maybe they enter the fourth dimension. Whatever the reason, the number of socks you bring to camp will always be greater than or equal to the number of socks **your child** brings home. Therefore, pack a lot of socks, and make sure that they are appropriate for the shoes you'll be wearing. Pack thick wool socks for your hiking boots, and all-white, crew-length, cotton-blend socks for sports.

Bedding:

- Bedroll. (Optional) While the cabin beds do include a 6 inch plastic covered mattress, bringing a bedroll to lay on top is great for extra cushioning. These light, inexpensive foam pads are available at department stores and camping outfitters.
- Mattress Pad. Although optional, a mattress pad will make your camp bunk more comfortable and homey.
- Blanket. This can be a good substitute for a sleeping bag on warmer nights and a nice addition to a bag on cooler nights.
- Pillow & Pillow Cases. Easy to forget, but so important to remember. Your living quarters at camp will feel more like home if you're resting your head on your own pillow.
- Sheets. Since the camp supplies mattresses, **pack at least two fitted sheets in addition to two flat sheets**. A soft fitted sheet can make a plastic mattress cover much more comfortable. The camp mattresses are an obscure "long twin" size or a narrow "cot" size. A regular twin-size flat sheet will work fine with some creative tucking and a few safety pins.
- Sleeping Bag.

Toiletries

- Hand Towels. This is the best thing to use for washing up because it dries faster than a beach or bath towel. Two or three hand towels should be plenty.
- Large Towels. Large beach or bath towels are treated cruelly and left all around camp, so find some older ones around your house, and pack three or four.
- Toiletry or "Dop" Kit. These kits are handy because you will have to walk from your cabin to the bathrooms and showers. Here's what kids should include in their kit:
- Baby Powder or Foot Powder. (Excellent for counteracting strong odors and preventing chafing in hot weather.)
- Comb or Brush. (There's no need to bring blow dryers or curling irons.)
- Deodorant / Anti-Perspirant. (If you use deodorant, a stick or roll-on is best.)
- Feminine Hygiene Products. (Female campers who have not yet menstruated should still bring pads or tampons in case they have their first period at camp.)
- Insect Repellent. (As with deodorant, don't pack an aerosol can. Get lotion or stick repellent instead. Try some at home to be sure you're not allergic to it. Don't use 100% "deet" [N,N-diethyl-meta-toluamide] repellents unless your camp is located deep in the boggy woods. Deet repellent is powerful but hazardous if used incorrectly. Something milder, such as OFF!® lotion or Cutter's® stick repellent will probably suffice.)
- Lip Balm.

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- Shampoo. (Be sure the container fits inside your toiletries kit.)
- Shaving Gear. (For young men and women, if needed.)
- Soap & Soap Box. (Make sure the soap box closes securely.)
- Sunblock. (Choose SPF 15 or higher; waterproof if possible. Use it often.)
- Tissues. (These are always handy, and more sanitary than a shirt sleeve.)
- Toothbrush **(2)** & Holder. (The holder will keep the brush from getting dirty.)
- Toothpaste.

Other Gear

- Books / Magazines. Please bring any books with your name clearly marked inside the book cover. There will be a daily rest hour after lunch where campers are required to be on their bed. Good books and magazines fill this time well. Summer reading lists from schools are excellent choices, but make sure you also pack a few other selections as well.
- Camera. Disposable cameras are best. They are sturdy, take decent pictures, and if they get lost or broken, it's no big deal. Environmentally conscious families can purchase recycled disposable cameras at natural foods stores. You may bring a digital camera, but DIGIVATIONS Camp Demigod is not responsible for loss, theft, or any damage.
- Fishing Pole & Tackle Box. There may be fishing at the beach (10 minute walk from camp). Just be sure to leave any knives at home. Instead of a fillet knife, pack a small pair of manicure scissors for snipping line, and let the camp cook fillet your catch.
- Flashlight (at least 2). Pack a durable, bright flashlight. Pack extra alkaline batteries and a spare bulb. Don't rely on those little key chains that light up when you squeeze them. They're cute, but they don't last long. They may be perfect for lighting your keyhole, but they're useless in the dark woods.
- Flying Disk. Frisbees®, Aerobies®, and other flying disks are like bean bag balls: fun, small, inexpensive, almost unbreakable, without batteries, and playable with a group of friends. An ideal toy to bring to camp. Remember to label it with a laundry marker.
- Glasses Repair Kit. Camp is far from glasses repair shops, so if you wear glasses, you may want to pack a small screwdriver and an extra screw for loose bows or nosepieces. These kits are inexpensive and available at most drug stores. You might also pack some lens cleaning cloths.
- Laundry Bag. We don't require individual laundry bags, but it helps to keep dirty clothes together and off the cabin floor. Buy one that's big enough to hold a week's worth of clothes, and with a draw-string closure to prevent odors from leaking out. Remember to label it, just like everything else. DIGIVATIONS Camp Demigod will not be providing laundry services.
- Musical Instruments. Although many musical instruments are delicate, music and camp go together, and having an instrument at camp is a great way to make new friends. However, like everything else you bring to camp, there's a chance it will get broken. Don't bring anything that would be difficult to replace. Also, check with the camp before bringing large instruments or electric instruments and amplifiers.
- Playing Cards. A deck of playing cards or a card game such as Magic® or Pokemon® are perfect for camp. We also play D&D.
- Sports / Specialty Equipment. Camp will be stocked with all the equipment that you need to participate in daily activities. However, many kids enjoy bringing their own

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equipment, especially if it's broken in and they're used to using it. For example, you may want to bring your tennis racquet, lacrosse stick, baseball glove, rock-climbing shoes, or soccer shin guards.

- Water Bottle or Canteen. The best ones are made of tough plastic or metal and seal completely when you screw the top on. You don't want water leaking all over your backpack or sleeping bag. Big plastic cups with built-in straws are OK for working out or playing tennis, but you can't take them on hiking trips because they leak and spill.
- Writing Paper / Envelopes / Stamps. Although we communicate with families on phone, Skype and email, pack all the stationery, envelopes, and stamps you will need. The camp store does not sell stationery or stamps. To ensure some correspondence from camp, many parents buy pre-stamped postcards or envelopes at the post office and address them ahead of time to home, grandparents, and important friends. Some families use computer labels and printers to pre-address entire batches of envelopes. If you don't pre-address envelopes, be sure you pack the addresses of family and friends. Kids should know how to properly address an envelope. Every summer we see postcards addressed simply to "Mom and Dad." Without a proper address, letters won't make it to their important destinations. The camp address will be forwarded in an email closer to June.

Camp Demigod Extras:

- White sheet that may be decorated or permanently dyed to be used as a Toga.
- Blank Sketch pad with colored pens for personal art projects during rest hour. Camp art supplies will only be used in the designated Apollo's art cabin.
- Journal

Things Not to Bring

- Electronics. Camp Demigod recommends that your students not bring any devices to camp as set forth in SOCIAL NETWORK POLICY, unless they plan to use them for academic or artistic projects. Campers should leave any electronic equipment, including PDAs, personal stereos, handheld video games, portable stereos, laptops, palmtops, televisions, beepers, and cellular phones at home and enjoy nature, a book, outdoor activities, or your demigod's company instead.
- Food. No food is allowed in the cabins. Food in the cabin is like a giant neon "Welcome!" sign for ants, mice and other critters. If there is special food provided to the camper, it must be labeled in a sealed plastic container and will be stored in the kitchen.
- Over the Counter (OTC) Medications and Essential Vitamins (MEDS). Drugs available without a prescription, such as cough syrup, aspirin, and other pain relievers are still drugs, and drugs are not allowed at camp. Many parents think they can send OTC drugs with their children because they know their children are responsible, but as set forth in the Medical Waiver..... this is not permitted by DIGIVATIONS CAMP DEMIGOD INSTITUTE. Other kids might go through your children's stuff and use those drugs in an irresponsible way. Certain OTC drugs can be dangerous to campers who do not know how to use them. This is one of the many reasons why campers are only allowed to keep asthma inhalers and bug repellent with them
- Weapons / Flammables / Explosives. Knives, guns, matches, lighters, brass knuckles, box cutters, fireworks, and any other weapons are strictly forbidden.