

# MARIN RANCH CAMP

## Packing List

*For 5-day Sessions*

Invite your camper to be part of the process so they know where to find their belongings, and which ones they've been sent with. This is an integral part of the summer camp experience.

West Marin County is known for the unpredictability of its weather. While rain is uncommon, it's not unheard of. Expect mornings to be cool and foggy, with warm (and sometimes hot) afternoons. Temperatures could be anywhere from 50 to 90 degrees. Please send your camper with clothes that can be layered to fit these variable conditions. **We strongly encourage you to label all of your camper's belongings.**

Questions? Email us at [team@marinranchcamp.org](mailto:team@marinranchcamp.org) or call 415-930-4649

### Clothing

- 5 Underwear
- 5 Socks
- 5 Tee shirts
- 1 - 2 Pajamas
- 2 Jeans/long pants
- 2 Shorts
- 1 Sweatshirt /sweater
- 1 Jacket (*windbreaker*)
- 1 Swimsuit
- 1 hat (*with a brim*)

### Shoes

- 1 pair sneakers
- 1 pair **hiking** shoes (*ankle support, tread*)
- 1 pair water shoes (*swimming in the lake / creek hikes*)

### Equipment

- Duffle bag
- Flashlight
- Water bottle (*reusable, 24+ oz*)
- Book
- Small day pack (*for hikes*)

### Bedding

- Sleeping bag
- Pillow & pillowcase
- Fitted twin sheet (*optional*)

### Bath

- 2 towels (*swimming & showering*)
- Toiletries (*in a case*)
- Toothbrush
- Toothpaste
- Soap
- Shampoo
- Conditioner
- Sunblock
- Chap stick
- Insect repellent

### Optional Items

- Guitar/musical instruments\*
- Camera\*
- Binoculars\*
- Sunglasses
- Swim goggles
- Dress-up costume\*
- Cabin decorations
- Lovie (*teddy bear, etc.*) ***clearly labeled***
- Stationary
- Pre-addressed, pre-stamped envelopes
- Paper
- Pen
- Journal (*or sketchbook*)

\* See tips for these items on the next page, "What NOT To Bring To Camp"

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## What NOT to bring to camp

**Fragile / Breakable Items:** Camp can take a toll on equipment. Please do not bring anything fragile or easily breakable to camp. We do not take financial responsibility for any damaged, broken or missing belongings or equipment. Personal sports equipment is discouraged for this reason. Obviously, anything else you would not bring to school is not allowed at camp, including pets, weapons, cigarettes, drugs, alcohol, etc. If you are old enough to drive, please do not leave your car at camp without prior written permission from the Camp Director.

**Electronics:** Campers may not bring electronics to camp. This includes MP3 players, handheld games, cell phones, e-readers, tablets, and so on. **Digital cameras** must be just that: *cameras*. They may not also be cell phones, iPads, etc. Disposable film cameras are best.

**Jewelry:** These items are likely to be lost and not found.

**Pocketknives:** Please leave your pocketknives, Swiss Army Knives, Leathermen, etc. at home. If we need pocketknives, the camp will provide them.

**Food and candy:** Our campers get plenty of really tasty food to eat in the dining hall during meal and snack times. If your camper has special dietary needs, please speak to our Directors about providing food that your camper can have access to, but will not be stored in their cabins. Any food or candy brought to camp outside of this process will be confiscated, and likely eaten by the Director or his/her designee.

## Expert Advice For Parents

All in all, summer camp and other separations from home can be great "life training" experiences for children, building their independence and teaching self-reliance and social skills that they'll use throughout life. Going to sleep away camp is a type of "coming of age" for youth.

*"I am going to miss you, and I know that you will have a good time at camp."*

One of the most important things for parents and doctors to recognize, and to say to kids before any separation, is that it is perfectly normal, not strange, to feel homesick.

Tell children that homesickness is normal, but suggest they can use strategies like writing letters home, sharing their feelings with other people, and thinking about all the good things that camp or school is giving them, to help ease their worry. -

### *What NOT To Do*

Before the separation, do not make comments that express anxiety or ambivalence about the child going away. Even "I hope you'll be okay" or "what will I do without you" can leave a child worried that something bad might happen to them or their parents, and make them preoccupied with thoughts of home.

**Don't make a "pick up plan"** or a deal with a child to bring he or she home if they don't like the experience of being away. This undermines the child's sense that their parents have confidence in their ability to be on their own, and set an expectation that they won't like the new experience. It is also a surefire way to further the normal pangs of homesickness

### *In Summary*

- ✓ "I am going to miss you, and I know that you will have a good time at camp."
- ✓ "I am so proud of you and can't wait to hear your stories about camp."
- ✗ "I hope you'll be okay". "What will I do without you?"
- ✗ Do not suggest or create a "pickup plan"