

# Camp Vail & Extreme Camp Vail

## What to Bring to Camp:

**Please label ALL belongings with your child's first AND last name.**

- Backpack to carry everything
- Healthy lunch
- Morning snack item
- Water bottle
- Hat
- Sunglasses
- Jacket
- Rain Gear
- Dress your child in comfortable sturdy shoes for outdoor play
- Apply sunscreen every morning before drop-off.
- Children will NOT have any need for spending money; please do NOT send any money with children.
- See specific activity requirements on the camp schedule.

**IF your child has a SEVERE ALLERGY or takes MEDICATIONS (includes epi-pens & inhalers):**

- Proper documentation should be uploaded to your child's Registration Form
- ALL medications MUST BE in their original packaging and HAVE a prescription label on it.**
- Check the expiration date to be sure it hasn't expired.
- During drop-off at camp in the morning, please give the medication(s) to staff at the front desk to be properly recorded and checked into camp.