

KIDS ON TRACK ADVENTURE CAMP

What to Bring

Due to limited space, please limit your child to **one** piece of luggage (suit case or duffle bag), plus their sleeping back and pillow.

Shiloh Ranch and Kids On Track are not responsible for lost, damaged, or stolen items. Please leave all valuables at home and only bring clothing that can get dirty and well used.

Please label all your child's belongings.

- Sleeping Bag & Pillow– put into garbage bag
- 1 extra garbage bag
- Toothbrush & Toothpaste
- Soap & Shampoo
- Towel
- Pajamas- warm ones (2)
- Pants (3)
- Short Sleeved Shirts (3)
- Long Sleeved Shirts (3)
- Shorts (3)
- Underwear (7)
- Socks (5 pairs)
- Sweater/Hoodie (2)
- Rubber Boots or shoes with a ½ inch heel for horseback riding
- Running shoes
- Sport sandals (no flip flops please)
- Swimsuit
- Coat (preferably something waterproof)
- Bug spray
- Sunscreen
- Hat

OPTIONAL:

- Bible, notepad, pen
- Camera
- Flashlight/Headlamp

What NOT to bring

- Any electronics (iPods, iPads, tablets, cell phones, PSP, DS)
- Food
- Vulgar/offensive t-shirts or literature
- Water-guns of any kind, water balloons
- Toys of any kind (except 1 teddy bear)
- Expensive clothing or jewelry
- Any knives or fire arms

Medications:

All prescription and non-prescription medications must be bubble or blister packed by a pharmacist with child's name and dosing instructions clearly labeled.

Here is an example of what it should look like:



All medication must NOT be packed in your child's luggage. You will be asked to check it in at the time of registration. Please keep it separate to speed up the registration process.

Medications include: Vitamins, antacids (Tums, Rolaids), Tylenol, Advil, any prescription or over the counter medicine.

The **ONLY** medicine allowed to be kept with a child is their **inhalers** or **epi-pens**. Please make sure you still fill in the medical form on the registration form indicating that they have this on their person.

If your child has an inhaler, please send it with them to camp, even if they do not use it much at home. Mild symptoms can become more severe with the introduction of a new environment.