

What to Bring

Bible with camper's name in it and pen/pencil
Casual clothes
Old clothing for messy activities
Hat
Close-toed shoes
Two towels and washcloths
Pillow (linens are provided but you may want to bring a sleeping bag)
Sunscreen and mosquito repellent
Swimsuits (one-piece only for girls)
Toiletries (toothpaste, toothbrush, shampoo, soap, deodorant even if the child hasn't used it before, etc.)
Money for snacks/gifts/concession stand (no more than \$25)
Plastic trash bags for dirty/wet clothes
Flashlight with new batteries
Labeled refillable water bottle

LABEL EVERYTHING. Campers tend to lose unmarked items. Black permanent markers or iron-on labels both work well.

Pronto Labels sells reasonably priced, iron-on labels for clothing. You can find them at www.ProntoLabels.com

Medication:

All medications must be administered by our health center staff. If your child needs to take medication at camp, you must turn them into The MET camp staff at check-in. All over-the-counter and non-prescription drugs must remain in the **ORIGINAL CONTAINER**. All prescription medications must be in a **PHARMACY-LABELED** container with the camper's name on it. Loose pills will not be accepted. Place all medications in a gallon-sized Ziploc bag with your child's name and "The MET" on it.

We will provide bracelets for AM/PM identification for counselors to make sure kids get meds each day

If you kid takes medication for ADHD or other reasons, camp is not a good time to stop taking them.

Mail Call

Each camper is limited to one shoe-box sized package or large manila envelope with mail, cards, etc. Please label it clearly with your child's name. If more than one package/envelope is delivered, we make no promises that it will be delivered during camp. Parents cannot determine which day their child's delivery will be made.