

## National Gymnastics Training Camp

### Packing List

Each child should pack carefully for their camp stay. Please be sure you pack enough for the length of their stay, keeping in mind that laundry will only be done for two-week campers. Only in emergency situations will laundry be done for others. We suggest making a packing list for your child to refer to, to assure that they pack all of their belongings upon departure.

#### Bedding

Campers are required to bring the following bedding with them: pillow with case, warm sleeping bag or twin size sheets and a blanket.

Sneakers (preferably old sneakers)

Rubber Sandals (for showers)

Sandals

Pajamas (2)

Socks

Underwear/sports bras

T-shirts, Hat, and Sunglasses

Shorts and Bike Shorts

Sweat Shirts/Sweat Pants

Long Pants/Jeans (2)

Bath and Hand Towels, Wash Cloths (2 each)

White T-shirt for tie-dying

Bathing suits (2)

Leotards (at least 3)

Warm-up Suits

Umbrella/Rain jacket

Grip/Tape (if used)

Water Bottle

Hand and Body Lotion

Stuffed Animal (optional)

Props for Skit Night

#### What Not to Bring - CELL PHONES

##### Why do we have such a policy?

Our experience has shown us that campers with cell phones are more likely to be homesick and have problems with their bunk mates. A great example is the child that calls home late at night telling her parents someone "stole" her favorite T-shirt. The parent, understandably upset, calls camp to find out what happened only to find out that in the meantime their daughter found her T-shirt under her bed. Right where she put it. Believe us - This happens ALL THE TIME. You are always welcome to call camp and ask for a camper report. We never hesitate to call parents if there is ever an incident that requires more than a band aid.

#### Please do NOT bring the following items to camp:

- Cash

- Beepers/computer/2-way radios

- Jewelry

- Gum, soda and candy

- Electronic games

- Pocket knives

- iPods, MP3 players, and radios/boom boxes are not recommended and will only be allowed to be used in the cabin at limited times.

- Cigarettes/drugs/alcohol - *Possession of these items will result in child being sent home. They are illegal and will not be tolerated. Possession of such items may result in the local authorities being notified.*