



# SUP & Kayak Camp Packing List



**Program Details:** 5 Days

**Welcome to Avid4 Adventures Day Camp Programs!** The provided packing list serves as a *simple guideline of suggestions* to follow for your time with Avid4 Adventure. Please use your best judgment to the number of items to consider based on the type of program and the needs and tendencies of your camper.

Please label all personal belongings. Avid4 Adventure is not responsible for lost, stolen or damaged items.

- Mask – We are requesting that all campers bring their own mask in case they become ill while at camp.
- A backpack, sized to fit your child, that will hold their personal belongings
- Please send children in water clothes that will keep them warm when wet
- Please send children in a shirt that covers their shoulders for adequate sun protection
- Closed toe shoes they can get wet, and will stay on in the water– these shoes must protect their toes (no flip flops)
- Towel
- Extra change of clothes
- Warm layer
- Rain coat, where applicable
- Snack – Campers are asked to bring their own mid-morning snack
- Lunch – no refrigeration necessary and creating the minimum amount of trash
- 2 full water bottles
- Sunscreen with child’s name clearly labeled
- A hat that provides full sun protection
- Sunglasses (optional & encouraged)

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**Age specific items:**

- Car seat if your child needs one