



Girls Quest
150 West 30th Street - 901
New York, NY 10001
212-532-7050
www.girlsquest.org

SUGGESTED ITEMS FOR ONE CHILD FOR TWO WEEKS:

Use your good judgment as to quantity and stay with-in your budget. Send inexpensive and older clothing, as camp is tough on clothing. Remember camp is at least 10 to 15 degrees colder than New York City. Nights get as cold as 40 degrees and rainy weather makes it feel colder at camp. Dry/warm clothing is crucial. *If you can, please pack items in duffel bags or other foldable luggage. Space is limited in the cabins, and bulky, large suitcases do not fit well.

NECESSARY ITEMS:

Heavy Jacket	2 Pairs of Pajamas	3 Wool/Fleece Sweaters
Raincoat/Rain Poncho	Bathing Suit	3 Pairs of Shorts
10 Pairs of Socks (half need to be wool/thermal)	10 Pairs of Underwear	5 Pairs of Long Pants
3 Long-Sleeved Shirts	8 T-Shirts	Shower Slippers
Flashlight & Extra Batteries	2 pens and 2 pencils	1 Nice Outfit for Our Final Banquet
Pre-Addressed and Stamped Envelopes or Postcards		Reusable Water Bottle (must have)
3 Pairs of sneakers or good walking/hiking shoes (one waterproof if possible)		

Toilet Articles:

2 Bars of Soap	2 Toothbrushes & Toothpaste	Shampoo
Lotions	Insect Lotion Only-No Sprays	Talc/Baby Powder
Kleenex/Wash Cloths	Sanitary Napkins/Tampons (as needed)	Combs/Brushes
Zip Lock Bags to carry Toiletries	Deodorant-no spray	Sunscreen

Other:

Towels	Stamps	Books
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NOT NECESSARY BUT YOUR CHILD MAY BRING:

SLEEPING BAGS	EAR PLUGS	INEXPENSIVE CAMERA	BATHING CAP
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ALL BELONGINGS (INCLUDING SHOES & BOOTS) should be labeled/marked with your daughter's name. In addition to having fun, the camp experience sometimes includes losing personal belongings so **DO NOT SEND ANYTHING VALUABLE OR EXPENSIVE.** The Girls Quest is not responsible or liable for lost personal items.

NOT PERMITTED AT CAMP WITHOUT THE DIRECTOR'S PRIOR WRITTEN CONSENT:

These items will be taken from your daughter for the duration of her camp stay. She will get them back at the end of camp.

MONEY	ANY ELECTRONIC GAME OR EQUIPMENT	WALKMAN OR RADIO	CELL PHONES
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As candy/soda/junk foods are rarely a part of the camp diet, try to limit your daughter's intake of candy/soda/junk food during the week prior to her attending camp. Campers have and do experience withdrawals from sugar/chocolate/excessive sodium/chemicals as found in most processed and fast foods. Please help us to make the camp stay more pleasant. **DO NOT SEND CANDY/FOOD IN CARE PACKAGES.

NOT PERMITTED UNDER ANY CIRCUMSTANCES:

These items will be taken away and not returned. Camper may be sent home for bringing these items to camp.

CIGARETTES	ILLEGAL DRUGS	PERSONAL WEAPONS
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MEDICATION: DO NOT PACK MEDICATION IN YOUR DAUGHTER'S SUITCASE.

All medication (Prescription and non-prescription) must be checked-in at the bus site. Campers are not permitted to take their own medication on their own schedule. When your daughter arrives at camp, her medication will be locked up in the nurse's office where your daughter will take her medication under the supervision of the medical staff. **You must provide enough medication for the entire time your daughter is at camp. All medication must be clearly marked in the original bottle with the following:**

- Child's Name
- Name of medication (whether prescription or non-prescription, i.e. Vitamin C)
- Prescribed dosage and frequency
- Condition for which it is taken

*Your daughter's physician must approve all medication both prescribed and over-the-counter with specific instructions for our nursing staff. Camper specific standing order forms will be given to you to have your doctor complete and sign.

PLEASE REMEMBER:

Camp is cold at night; please pack warm wool or fleece sweater and warm socks. Wool and fleece are ideal warm clothing because they will keep your child warmer and dryer in cold, damp, rainy weather than cotton clothing. Cotton clothing holds moisture. Clogs, sandals, or open toe shoes are not permitted for daily wear. Remember to pack a flashlight and **extra batteries** for your daughter. Pack stamps and stationary for your daughter to write to you. There are no phones for campers to receive or make calls, but you can fax or email your daughter. Please write to your daughter once every two to three days at: