

What Day Campers Should Bring In Their Backpacks

- [] one backpack clearly labeled with camper's name on the outside
- [] one water bottle, liter size
- [] waterproof rain jacket with a hood
- [] sunscreen (minimum of SPF 30)
- [] insect repellent (non-aerosol)
- [] extra pair of dry socks, t-shirt, and shorts (in case of rain)
- [] sweatshirt or fleece (our mornings can be chilly!)
- [] notebook, pen, pencil
- [] cap with a visor
- [] inexpensive or disposable cameras are encouraged but not required
- [] towel and bathing suit (modest styles: one-piece or tankinis for girls) Please see detailed session schedule to see when your child needs to bring this item.
- [] money for camp store days (see your detailed session schedule)

We also ask that your child bring a cap with a visor instead of sunglasses, which can be easily lost or broken during our outdoor activities. Please make sure all personal items are clearly labeled with your child's last name and first initial. We will keep a lost and found box in the main office in the event that items are misplaced.

What Campers Should NOT Bring In Their Backpacks

The following items are not allowed in a camper's possession: electronics, pets or animals of any kind, any medicines not collected by camp health care staff (prescribed or over the counter), gum, cell phones, computers, expensive items or jewelry, music players (iPods, etc.) and video games. The camp administration and staff at Camp Broadstone are not responsible for any personal property brought to camp by campers.

Weapons are not permitted on Appalachian State University property, which includes Camp Broadstone. Persons in possession of weapons will be subject to prosecution by State Law Chapter 558 (H1008) General Section 14-269.2.

Drugs and alcohol are not allowed at Camp Broadstone. If alcohol/drug use is suspected of any participant (staff or camper) that person will be asked to leave the camp property immediately.

Camper Clothing and Personal Gear

Camp activities can be messy, which is half the fun of camp! Camp clothing should be lightweight, comfortable and casual attire that will prepare the camper to be outdoors and to participate in our activities. Our activities require clothing that will protect the skin from the sun, allow freedom of movement, and will function with our safety equipment (such as climbing harnesses). **Very short shorts, spaghetti straps or strapless tops, bare-midriff tops, skirts or dresses, extra baggy shorts and close-fitting or revealing clothes are not appropriate camp attire.** Footwear is another important item. Campers will need to wear athletic shoes or other closed-toed shoes that have been broken-in (to prevent blisters). You may send sandals (or another open-style shoe like Tevas or Chacos) in their backpack in the event we participate in an activity that would allow such footwear, but these must have a strap that fits snug around the ankle and ensures that the shoe stays on the foot (flip-flops and Crocs are not appropriate). Also, activities at camp continue rain or shine. Please make sure your child's waterproof rain gear is sturdy - the thin type of plastic poncho is inadequate.