

WHAT TO BRING

Label everything that you don't want to lose!!!

- Prayer Book and Icon (for personal use or to read the communion prayers)
- Sleeping Bag, pillow, extra blankets (optional) IT DOES GET COOL AT NIGHT
- Flashlight(s) and extra batteries!
- Toiletries (comb/brush, soap, toothbrush/paste, shampoo, deodorant)
- Insect Repellent *
- Sunscreen *
- Towels (for swimming and bathing, washcloths)
- Footwear
 - Warm, heavy socks (for night and walking)
 - Sneakers
 - Good shoes for hiking
 - River shoes, or shoes that can get wet in the rocky river
 - Shower shoes
- Raingear (coat or poncho)
- Jeans or long pants (It gets cold!)
- Sweatshirts or Pullovers
- Warm Pajamas (it can get very cold at night)
- Shorts (NO short-shorts; must be modest)
- Modest swimsuits
 - Girls - Modest 1-piece suit (a t-shirt can be worn over a 2-piece if absolutely necessary)
- Proper attire for Vigil and Liturgy
 - Girls - Modest shirt/dresses and head covering
 - Boys - Long pants and appropriate shirt (no inappropriate messages on t-shirts)
- Backpack for hikes *
- Water bottle for personal use *
- Personal sports equipment (baseball bats, mitts, shin guards, shorts shoes, etc.)
- Camera for picture taking (NOT a cell phone, as cell phones are not allowed)

*optional

KEEP READING ----- >

WHAT TO LEAVE AT HOME

- Valuables that might get lost (St. Seraphim Camp is not responsible for any items of value that may be lost)
- Money (a \$5 camp store card can be purchased at check-in, there is no need for money)
- Food (Campers are not permitted to keep food in their tents, it will only invite wildlife into the campsite.)
- Electronic devices (radios, games, tvs, etc.)
- Illegal substances (alcohol, drugs, tobacco or vape products -- possession of these is grounds for immediate dismissal from camp)
- Dangerous objects (knives, hand axes, fireworks, etc.)
- Negative attitudes!

Any items that are not allowed may be confiscated by the camp staff and will not be returned until the close of camp, if at all.

If you are unsure about what to bring please email or call M. Cecelia Soloviev at rocorssc@gmail.com or 518-577-5432

MEDICATIONS

All medications including over the counter should be discussed and left with the nurse upon registration. Prescriptions should come to camp in a labeled bottle with the camper's name and dosage.

HELPFUL ADVICE FOR YOUNG CAMPERS

For young campers it might be helpful to bundle a day's clothing: socks, underclothes, etc. in a rubber band. This eliminates searching for the right item and generally insures clean clothes. Another tip is to use Rubbermaid storage containers (or similar) as "suitcases", these allow for a tent table and keep clothing dry when rain may blow into tent.