

## Preparation & Forms Checklist

**Schedule and complete a health examination for your child if he or she has not completed one in the past 12 months.**

**Complete all required forms on Campspace.**

Follow the instructions emailed to you from "YMCA of Silicon Valley <noreply@playerspace.com>" to access the Campspace Parent Center. Forms must be completed at least two weeks prior to the start date of your child's session.

Health History Form with current immunization history

Health Examination and Doctor's Signature

Release and Liability Waiver

Climbing Tower and High Ropes Challenge Course Waiver

Pick-up Authorization Form

All About Me - Prepare your camper's leader for the week by completing the two-page form with your camper.

Special Needs Inclusion Form

Camper Code of Conduct

Additional waivers required for Specialty Camps (sent separately if needed)

**Prepare camper for time at camp; discuss behavior expectations.**

**Mark all packed clothing and equipment with camper's name.**

**Bring medications separately (in original container and following the guidelines outlined under the "Medications" section on the online Parent Guide). Please do not pack in camper's luggage.**

## Packing List

Bring clothing you don't mind getting dirty.

Sleeping bag/bedding

Pillow

Sweatshirt and/or jacket (nights can be chilly)

T-shirts

Long pants

Shorts

Underwear

Socks

One pair of hiking boots or one pair of tennis shoes

Flip flops (shower and pool only)

Pajamas

Swim gear

Sun hat

Towels (for shower and pool)

Toiletries - Toothbrush, toothpaste, soap, shampoo, and other personal care items

Lip balm (SPF preferred)

Sun block

Bug repellent (no aerosol nor DEET)

Water bottle

Backpack

Flashlight

Camera (disposable is best)

Journal

Formal wear for end of camp dinner (Last Thursday of camp)

Positive attitude!

**\*Campers are not permitted to bring the following:** Electronics including cell phones, food or candy, knives/firearms, weapons, fireworks, personal sports equipment, pets or animals, aerosol sprays, hair dryers, curling irons, money, alcohol/drugs, cigarettes, vape pens, or vehicles.