

Below is a list of items for your camper to bring to camp at The Center Ridge Outpost. Please try to send all of the necessary items with your camper and as many of the suggested (marked with an *) items as possible.

Due to limited space please avoid bringing extra items not listed. CRO assumes no responsibility for toys or electronic devices such as cell phones, handheld video games, iPods, etc that a camper might bring.

Campers should not bring pocket or long knives.

Campers should not bring snacks. Snacks are provided and not allowed in bunkhouses.

Special Diets

If a camper is on a special diet the following guidelines must be followed. First, we ask that you check with us to see what our menu offers and if slight modifications will accommodate your camper. If the diet must be implemented then all food for all meals must be brought for your camper. We are unable to secure most items for special diets due to lack of availability in our area. We will not be responsible for trying to find these items. Items should be selected for their ease in preparation and should be brought in the most completed stage for serving possible.

Medications

All medications must be brought in their original prescription containers. Upon arrival the camp nurse will review your campers medication schedule with you. As a result of this, the nurse will then set the medi-set for your camper based on the prescription label.

Bedding

- □ Sheets or Sleeping Bag (Bag preferred)
- Blanket
- □ Pillow (a camp pillow is preferred)

(If camper is a bed wetter , bring extra bedding. Beds are twin size.)

Clothing

□ Sufficient sets of shorts and t-shirts for camp stay

- (at least 1 per day, some campers require more)
- □ Long Sleeve shirt
- □ Long pants or jeans
- □ Rain Jacket or poncho*
- □ Swim suit (preferably 2 sets)
- □ Ball cap*
- □ Undergarments
- □ Socks
- □ Shoes
- □ Flip Flops*

- Personal Items
- □ Toothbrush/ paste
- Deodorant
- □ Washcloth & Towel
- □ Comb/ Brush
- Soap
- □ Shampoo
- □ Bug Spray
- □ Sunscreen
- □ Medicine
- □ Flashlight
- □ Feminine Hygiene items (if applicable)
- □ Razor (if applicable)

Other Items

- □ Beach towel*
- □ Dirty laundry bag

NOTE: For some specialty camps, ARAY and AWB, the program may require additional items. Please call TEAAM to get this information.

Although we make every effort to keep your camper's items separate from other campers' items in the cabin, some items do get mixed up. In order to keep this to a minimum, please label or mark your camper's items (name on clothing tags, labeled toiletries, etc) so that your camper leaves camp with everything he or she brought with them! Thank you!!