



## THINGS TO BRING TO SUMMER CAMP AT PLAINSBORO PRESERVE

Its summertime- and here at the Plainsboro preserve that means weeks filled with outdoor exploration and fun! Because of all the time spent outside, your child will benefit from clothing and other “gear” that is appropriate. This includes:

### Things to bring everyday

- Bag lunch (with ice pack if needed, no fridge or microwave available)
- Refillable 16 oz. Water bottle
- Power snack
- Change of clothes, socks, and shoes
- Insect repellent
- Sunscreen
- Comfortable sneakers or hiking boots
- Rubber boots or closed toe water shoes
- Light day pack for trails
- Hat (for sun)
- Rain jacket

**Please do not bring:** Radios, I-pods, video game consoles, expensive cameras, or jewelry. Flip-flops and open-toed shoes are not appropriate footwear for nature camp. Inappropriate footwear will result in your child missing activities.

### We're going to get wet!

Camp will take us into some wet areas of the preserve at least two times a week. Rubber boots, closed toe water shoes, or a second pair of shoes and socks are a must have for your child to participate in wet activities. A complete change of clothes (including underwear) is also required.

### Safety Considerations for your Camper

By preparing your camper with the appropriate gear, you can reduce the risk of common ailments like tick bites, sunburn, and dehydration.

**Tick Awareness:** Ticks are encountered everywhere in the north east, including on the preserve, so make sure that a thorough tick check at home becomes part of your daily routine. Please apply bug repellent in the morning before camp and send bug repellent with your camper so that they can re-apply after lunch.

**Sunscreen:** Campers should wear sunscreen to protect themselves from the sun's harmful rays! Please apply sunscreen in the morning before camp and send sunscreen with your camper so that they can re-apply after lunch.

**Dehydration:** Instructors plan frequent water breaks during each day, make sure campers carry water with them at all times, and remind campers to refill water bottles as necessary. Please also encourage campers to continue drinking plenty of water once they return home each evening as well.