

# YMCA CAMP CORY

## Overnight Camp Packing List



### CLOTHING:

- ☐ T-shirts (8)
- ☐ Long-sleeve shirts (3)
- ☐ Shorts (5-6)
- ☐ Pants (2)
- ☐ Sweatshirts (2)
- ☐ Undergarments (10)
- ☐ Socks (9)
- ☐ Pajamas (2-3)
- ☐ Swimsuits (3)
  - Bathing suits must cover all private areas and be appropriate for the activity.
- ☐ Towels (1-2 bath & 1-2 beach)

### TOILETRIES:

- ☐ Shower caddy with holes/something to carry shower stuff in
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Deodorant
- ☐ Soap
- ☐ Shampoo & conditioner
- ☐ Hair care items (brush, comb, hair ties)
- ☐ Feminine care products

### ESSENTIALS:

- ☐ Water bottle
- ☐ Sunscreen
- ☐ Laundry bag (if you are not using our laundry service)

### CABIN GEAR:

- ☐ Sleeping bag/sheets and warm blanket
- ☐ Pillow with pillow case

### SHOES:

- ☐ Sneakers
- ☐ Sandals with a back strap
- ☐ Shower shoes

### EXTRA SUGGESTIONS:

- ☐ White item to tie-dye
- ☐ Fan
  - We ask that you bring a battery operated and/or rechargeable fan
- ☐ Hat
- ☐ Rain jacket
- ☐ Flashlight
- ☐ Disposable camera

### PERSONAL ITEMS:

- ☐ Playing cards, books, friendship bracelet string, stuffed animal, etc
- ☐ Pre-addressed Stationary & pens
- ☐ Snacks in a sealed container (no nuts or gum)

### SAILING CAMP EXTRAS:

- ☐ 3-5 sets of clothing that can get wet
- ☐ Extra swimsuits
- ☐ Shoes that can get wet

### COUNSELOR-IN-TRAINING

- ☐ Notebook
- ☐ Pens/Pencils
- ☐ Extra Swimsuits for lifeguarding
- ☐ Backpack

### PROHIBITED ITEMS

- ☐ Money
- ☐ Items of high monetary value (Camp Cory is not responsible for lost or stolen items)
- ☐ Any device with WiFi, 5G, or other internet capabilities (cell phone, tablets, iPads, smart watches, etc.)
- ☐ Pets
- ☐ Pocket knives/lighters
- ☐ Medications (unless check into nurse with appropriate paperwork)
- ☐ Toys or games from home
- ☐ Anything you mind getting a little dirty
- ☐ Vapes, tobacco, alcohol and/or drugs

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### EMBRACING THE UNPLUGGED EXPERIENCE AT YMCA CAMP CORY

YMCA Camp Cory wholeheartedly believes in the immense and necessary benefits of disconnecting from electronics during the camp session, and we ask for your full cooperation with this essential policy.

Camp Cory offers a unique and invaluable setting where campers are given the resource of belonging to a community entirely their own. This screen-free environment allows children to fully invest in face-to-face interactions with peers and positive role models who have the time to listen, talk, relax, and reflect genuinely. Suspending electronic interactions is vital for teaching essential social and emotional skills—from recognizing facial emotions and non-verbal cues to making social adjustments with new and different people.

We know that campers thrive and achieve their best when they are fully present in the Camp Cory experience and are empowered to handle the week independently. While separation can sometimes feel harder for parents than for our campers, we encourage you to talk to your camper ahead of time about non-electronic ways they can share their adventures with you. Simple methods like writing letters, journaling, or looking forward to photographs are wonderful ways to connect across the distance.

### PACKING TIPS & LOST AND FOUND

- Let your camper pack with you
- Storage can be limited in cabins, we recommend that you provide your child with a storage container to hold their belongings. Trunks, Duffle Bags, and packing cubes are recommended
- Label as much as you can
- Lost and found is kept for one week after the Saturday of your child's session. After that, items are donated

### SNACKS

While your camper will be provided with great meals in the dining hall and snacks in the camp store, many campers bring snacks to keep in their cabin. We ask that you please that you provide your campers with sealed containers for their snacks. Please no snacks with peanuts and/or tree nuts. While camp can provide hot water in the dining hall for snacks like ramen noodles, access to a microwave or special containers are reserved for special dietary needs.