



## First Time Camper Tips

### Before the First Day of Camp

Share with your camper about what to expect before their first day. Let them know that you will drop them off for a day full of fun where they will participate in fun activities and meet new friends.

### Label Everything

And we mean everything! If your camper can lose it, then put their name on it. Undergarments, lunchboxes, socks, shoes, water containers, etc.

### Can your camper get dressed without help?

If not, please consider advising your child's respective Camp Director or Counselor that your child will need a hand and please send your camper to the Y wearing clothes that are easy to change in and out of. If your camper finds buttons challenging, can they be avoided with clothing that has zippers, elastic or Velcro? Campers will get dirty throughout the camp day, dress in clothes that can be easily washed.

### Lunch and Snack Containers

If your camper is one of our youngest guests or has difficulty opening containers and packages, please consider sending items that are easy to open. Perhaps make a game out of it at home to help teach your child how to open each type of package and encourage them to ask for help if they are unable to open a food item while at the Y. You can also include your camper in meal prep and allow them to pack their lunch the night before (don't forget to label the food/containers with your camper's name!).

### What to pack?

You'll want to be sure your camper has a spare change of clothes labeled with their name should they need to change. Don't forget to pack a labeled refillable bottle for water to keep them hydrated during the day, snack, lunch, water shoes and sunscreen as many of our camps swim. If your camper will swim, please pack a towel.

### Pick-Up

Camp days can be long and filled with tons of laughs, experiences, and memories! Talk to your camper about the fun they had at camp on the ride home and learn about what they loved the most at their YMCA summer day camp. Make sure to ask open ended questions to hold space for your camper to share stories about new friends and new experiences!

**Most importantly, encourage your camper to have fun!**