

SUGGESTED PACKING LIST

Camp is a busy and often intense schedule for all. Activities can include team sports, boating, and swimming as well as campfires, religion, and chapel. As a result, packing appropriately is a necessary part of preparation. Please use the below guide.

THINGS TO BRING:

CLOTHING - (Please label all clothing)

Rain gear	3 pair long pants/jeans
Waterproof shoes (flip-flops for the showers)	6 pairs shorts
2 pair STURDY tennis shoes	9 pairs socks
Warm jacket	9 pairs underwear
3 sweaters or sweatshirts	Beach towel
7 t-shirts (enough for 6 days, maybe more....we tend to sweat a lot)	Hand towel and washcloth
	Swimsuit - <i>a modest swimsuit for the girls, appropriate length and fit of swimtrunks for boys</i>

PERSONAL GEAR

Flashlight	Medications turned in to Head Counselor/Nurse
Insect repellent	
Dirty laundry bag	Refillable, labeled water bottle (suggested)
Soap	Fitted twin size sheet (suggested)
Shampoo	Pillow
Deodorant/antiperspirant	Sleeping bag securely tied, labeled and sealed in plastic bag
Toothbrush/paste	Sunscreen
Pajamas, slippers (robe optional)	

SPENDING MONEY Please consider sending money for missions with your camper. The senior campers have the opportunity to have fundraising activities for missions and we want to encourage a culture of giving and philanthropy. Camp clothing is also available for sale in the Camp Wapo store.

Christian Modesty

As St. Mary's Summer Campers and Staff we are serving as co-ministers in Christ. Our hope and prayer is that we will all help to provide an environment that seeks to exemplify and develop what is known as inner beauty among our brothers and sisters in Christ. For this reason we ask all of our participants to assist us by serving as role models for one another in highlighting the soul more than body image.

While camping is of its nature informal, Christian modesty should be your guiding principle when packing. Excessively revealing clothing should not be packed as inappropriate clothing will not be permitted to be worn. **Dress code guidelines:**

- Shirts
 - Shirts should meet your waistline and cover your chest. Your midriff should be covered while your arms are raised, so you don't need to worry during activities!

- Active wear and tank tops with thicker straps (including racer-back) are great for morning and afternoon activities.
- Crop tops or excessively low cut shirts should be left at home.
- T-shirts that are made into tanktops by cutting the sleeves and the sides should be left at home.
- Bottoms
 - Shorts
 - Camp is meant for running, jumping, climbing, etc., so be sure your shorts fit those activities. We sit on the floor so please be mindful of length and ensure your outfit allows you to be covered from the front and the back.
 - Be mindful of the length and fit of shorts.
 - Spandex/biker shorts should be left at home.
 - Pants
 - Long pants may be required for certain activities. Make sure you have at least one pair of jeans, leggings, or sweat pants so you don't miss out.
 - Sagging and see-through pants should be left at home.
 - Leggings and yoga pants are allowed, as long as you have a sweater or shirt that covers your buttocks. Make sure they aren't see through.
- Swim Attire
 - Boys: swim trunks that fit well at the waist (be mindful of the length and fit). Speedos should be left at home.
 - Girls: One-piece swimsuits, tankinis, or swim shorts that cover the midriff are allowed. Bikinis and front cutouts should be left at home.
 - Be sure to bring an extra beach towel!
- Senior Grand March
 - Girls: Skirts and dresses should reach the knees. Strapless tops or spaghetti straps should be left at home.
 - Boys: A collared shirt and long pants are most appropriate.
- Divine Liturgy
 - While many campers want to dress up for our two Liturgies, it is not mandatory. Regular camp attire is allowed. It often gets hot in the chapel and we want the campers to be comfortable.
- Keep It At Home!
 - Clothing bearing inappropriate logos, sayings or advertising
 - We are very active during camp, so earrings that are studs may be more practical than dangly earrings. Keep the body and facial piercings at home.
 - Tattoos should remain covered.
 - At no time should underwear, lingerie, or tightly fitting garments be seen outside the cabin. (This includes spaghetti strap tank tops with bra straps easily seen, loose fitting tank tops that expose athletic bras)
 - When in doubt, please leave it out.

We ask that all attire be a sign of respect for one's own self and everyone else in the community.

THINGS NOT TO BRING: *PLEASE NOTE!! NO ELECTRONICS**

CELL PHONES!!!

Google Glasses

SMART watches/items

Boom boxes

Amplifiers

Computers/Tablets

Shaving cream (except for personal use)

Excessive junk food, candy, or beverages (The kids need to eat the solid meals that the camp provides.

There has been a trend of campers coming up with suitcases full of snacks and junk food.)

Hammocks

Drones

Fidget Spinners

Anything you don't want to lose!

Snacks containing nuts- Camp Wapo is now Nut-Free

Consequence: **Any of these items may be confiscated by the staff and returned at the end of camp.**



ST. MARY'S GREEK ORTHODOX CHURCH

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Dear St. Mary's Camp Families:

We are excited to have you back at camp this summer! In order to have a successful week at camp, it is imperative that we have your parental support in helping your child understand our rules, expectations and needs. Please read through each of the sections below, review with your child as needed and use the below information to assist in preparing for the camp week.

LICE:

Many years ago our camp was tremendously disrupted by a large outbreak of head lice (which we brought up with us). Since then, and again this year we are **requiring** that you inspect your child's head carefully before bringing your camper(s)

Since inspection, treatment and care of head lice is very time consuming, **we WILL NOT be inspecting for, or treating the condition** if it occurs. If any camper develops symptoms and our medical staff confirms the diagnosis, we will have no option but to immediately remove the camper from the general population. At that time a phone call will be made and it is expected that the camper's parent will drive up to camp and bring their child home for treatment. Unfortunately, *we will not reimburse camp tuition once the child has arrived at camp.*

While this protocol may seem extreme, we believe it to be our only option with such a highly contagious condition. Please save yourself and your child the disappointment and expense of premature departure by careful examination of your child's head as they finish school for the summer. If you are unsure what to look for, ask your doctor or school nurse for instruction. God willing, we're confident that with diligent proactive inspection prior to camp, everyone will enjoy a tremendous "pest-free" week!