



# Camp Middlesex

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[www.campmiddlesex.com](http://www.campmiddlesex.com)

*Steven J. LaFountain, CAGS, Executive Director*

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## What to Bring to Overnight Camp...

### **Recommended:**

- Sleeping bag or sheets with 1-2 warm blankets
- Pillow & pillowcase
- Sun screen & insect repellent
- Rubber sheet (if necessary)
- Flashlight & extra batteries
- 6 changes of socks, underwear, etc.
- 6 changes of clothing – shorts, shirts, long pants, etc. (all campers are asked to bring shirts that don't expose belly buttons [bathing suits are not included in this policy]).
- Pajamas or other sleepwear
- Glow clothes for the dance (anything neon will glow under the blacklight)
- Rain gear (coat, poncho, boots, umbrella, etc.)
- Hairbrush or comb
- Toothbrush & toothpaste
- Bathing suit (2 if possible)
- 2 pairs of sneakers, crocks, or comfortable walking shoes
- Sandals or flip-flops (for pool & shower)
- Sweatshirt, heavy sweater, or jacket
- Water Bottle
- Drawstring bag to carry belongings throughout the day as you will not be able to go back to your cabin between periods.
- 2 beach towels
- Bath towel and face cloth
- Body soap & shampoo
- Writing paper, envelopes, stamps, postcards, pen/pencils, addresses
- Favorite book or magazine
- Hair ties for long hair
- Music players are allowed only in the cabin during rest hour or at night
- Snacks are allowed, but cannot be stored in the cabins due to animals
- Medical Forms (completed and uploaded to online account)
- Prescribed Medications (in original container)
- All possessions labeled with camper's name.

### **For Horsemanship:**

- Long pants
- Boot with a 1-1.5 inch heel (construction or hiking boots are OK, rain boots are not)

### **Not allowed at camp:**

- Electric Equipment – Video games, cell phones, radios, etc.
- Anything of value
- Weapons – Pocket knives, toy or real guns, etc.
- Cash

Please Note: There are no laundry facilities at camp. Campers staying for more than one week will require extra clothing, or have a pick-up on Friday night and brought back on Sunday. **Camp Middlesex is not responsible for any clothing or personal items brought in by campers.** Camper families are responsible for labeling their items before coming to camp and for checking the lost and found for items before they leave.