

# Las Américas ASPIRA Academy

## 2019 Summer Camp

### WHAT TO BRING TO CAMP

**On a daily basis, you will be responsible for the following items:**

- ♦ **SNEAKERS**—Very Important! Flip-flops are not safe during our physical activities and outdoor activities. Any sandals worn must have a strap around the back of the foot.
- ♦ **WATER BOTTLE**—We will provide a water bottle on the first day of camp for your child to use all Summer. Please make sure your child comes prepared with a water bottle every day.
- ♦ **SNACKS**—ASPIRA will provide both breakfast and lunch only. Please be sure that your child has 2 snacks packed per day. Campers are active and will be hungry.
- ♦ **SUNBLOCK**—Please apply sunblock in the morning before arriving to Summer camp. We are outdoors throughout the day. If you would like your child to have sunblock re-applied after lunch, you must supply. Please provide only spray sunscreen, as counselors will not apply lotions.
- ♦ **CAMP SHIRTS**—Each camper will receive a camp T-shirt on their first field trip day. Please have children wear their T-shirt for every field trip throughout the summer, usually on Tuesdays.
- ♦ **BATHING SUIT AND TOWEL**—Thursdays will be our designated splash day. We will either travel to the Boys & Girls Club in Bear to swim or have a massive water slide at the school. Please do not forget these items, we will not provide a change of clothes.
- ♦ **EXTRA CHANGE OF CLOTHES**—Children often get messy and occasionally have accidents or spills. Please have each child come with a change of clothes in case of need, we will not provide a change of clothes.
- ♦ **R.E.S.T. ITEMS**—Children will need a yoga mat, pillow, and blanket or sleeping bag for our designated R.E.S.T. times.