



# THE COUNTRY EXPERIENCE

• AMSTUTZ FAMILY FARM CAMP •

## PACKING INSTRUCTIONS & LIST

Properly packing for your child’s week at the farm is perhaps one of those most important things you can do as a parent to ensure their experience is fulfilling and fun. Having appropriate clothing for the farm environment ensures that they are comfortable, safe and free to enjoy what they are experiencing.

The following packing list is intended to make sure that your child has clean clothes for each day, a few spare outfits for days we really need to change clothes, and at the same time remove the mental hurdle of deciding what to wear. Each day has it’s own “roll” so that we all start fresh, and we don’t need to wonder what’s clean and what’s dirty.

For simplicity, we recommend packing three separate bags for your child’s personal belongings:

### #1 - DAY BAG

- 7 clothing rolls (see below for instructions)
- 10 pairs of socks (7 pairs will be used in the clothing roll described below)
- 2 pairs of comfortable and cool shorts, or even swim trunks (we play hose games when it gets really hot)
- 4 pairs extra underwear
- Closed-toe trail/hiking shoes
- Flip flops or crocs of the shower
- Rain boots or rubber clogs (must be closed-toed)
- Raincoat
- Sweatshirt or light jacket
- Hat (a wide brimmed hat is recommended, we will be providing a straw hat as well)
- Reusable Water Bottle - with name

#### Clothing Rolls

The clothing rolls you make will enable your camper to have a more efficient experience in the cabins. There is a clothing roll for each day, along with two spare in case extra changes of clothing are needed. A roll is opened each morning. No hunting around for a missing pair of pants or socks. There is no need to label the clothing rolls for a particular day.

#### **Each clothing roll will be similar and should contain the following:**

- 1 pair of long pants (camping/hiking pants are best, but jeans or athletic pants are fine too)
- 1 pair of socks (longer socks are ideal, ankle or short socks are too short to be comfortably worn in boots)
- 1 pair of underwear
- 1 thick rubberband to hold it all together
- 1 Camp t-shirt. Five Camp T-shirts will be provided the first day of camp and will be added to the rolls.

#### **How to pack a clothing roll:**

1. Lay out the pants.
2. Place the remaining clothes on top of the pants.
3. Roll the clothes altogether and secure with a thick rubberband.

### #2 - NIGHT and BATH BAG

- blank journal, pencil (small set of colored pencils optional)
- Book for reading right before bed or during solo time
- small flashlight and/or headlamp
- laundry bag or pillowcase for dirty clothes
- one small sleep toy (optional)

#### TOILETRY KIT

The ideal bag for toiletries is waterproof and has a hanging hook/strap. Please also label with your child’s name.

Include the following:

- toothpaste/toothbrush

<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 bath towels labeled with your child's first name and last initial. (We suggest a ribbon safety-pinned in a loop to the middle of the towel. These will be used to hang and identify your child's towel.)</li> <li><input type="checkbox"/> 2-3 sets of pajamas (be sure it is appropriate to the week's forecast)</li> <li><input type="checkbox"/> Toiletry kit (see below for instructions)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> travel size shampoo and body soap</li> <li><input type="checkbox"/> comb/brush</li> <li><input type="checkbox"/> washcloth/loofah (optional)</li> <li><input type="checkbox"/> sunscreen</li> <li><input type="checkbox"/> simple hair ties/barrettes for children with long hair</li> <li><input type="checkbox"/> medications (place in a labeled Ziploc bag, to be kept in a locked cabinet in the office)</li> </ul>
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<b>#3- BEDDING BAG:</b>	<b><u>Bed-wetting</u></b>
<p>Please try to pack in a large cloth or mesh bag that can be laundered - to combat the possibility of bed bugs, we will put everyone's bedding bag and pillow in the dryer for a short period before each child's bedding goes into the cabins</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sleeping Bag OR Twin Sheet Set</li> <li><input type="checkbox"/> Blanket</li> <li><input type="checkbox"/> One pillow</li> <li><input type="checkbox"/> Optional: one stuffed animal or item to sleep with</li> </ul>	<p>If your child bed-wets occasionally or regularly, please pack additional items to prepare your child. Children that may bed-wet will be assigned a bottom bunk.</p> <ul style="list-style-type: none"> <li>• 4 age-appropriate pull-ups work well if your child does not mind this option.</li> <li>• Or, send 2 waterproof twin bed mattress covers.</li> <li>• 4 pairs of pajamas instead of just two</li> </ul>

<b>TIPS</b>	<b><u>Items to leave at home</u></b>
<p><b><u>Tips</u></b></p> <ul style="list-style-type: none"> <li>• Make every attempt to break-in all footwear prior to coming to camp to prevent blisters and discomfort for your camper</li> <li>• Send clothes that can and should get dirty-- not brand new items if possible.</li> <li>• Help your child be responsible for their belongings during camp by including them in the packing process. Lay everything out at home so each item is known by sight or has their name on it.</li> <li>• If your child wears eyeglasses, we recommend a headband that attaches to the eyeglasses to help keep track of them while at the farm.</li> <li>• Label or name tag every item of clothing with first name and last initial. Also label the three bags your child arrives with, plus the laundry bag, toiletry kit, pillow and case (Use masking tape and permanent marker for large items.)</li> <li>• Although we shower every evening, we do not shower on Fridays so your child will carry the scent of the barn at dismissal.</li> <li>• Please practice shower routines with your child in the weeks leading up to their visit. We will have adequate supervision before/after showers but nobody will be in the shower room with your child.</li> </ul>	<ul style="list-style-type: none"> <li>• cameras, cell phones, electronic devices of any kind</li> <li>• watches</li> <li>• candy, food, drink</li> <li>• lighters, matches</li> <li>• pocketknife</li> <li>• money</li> <li>• makeup, nail polish, or jewelry</li> <li>• "extra" entertainment related items such as collectibles, or toys</li> </ul>