

Camp Holiday Trails

A Camp for Children with Special Health Needs



THINGS TO BRING

COUNSELORS & RESIDENTIAL VOLUNTEERS

Camp is a great place to use your old clothes-please do not bring anything you do not want to get dirty! Limited laundry services available.

REMEMBER: You will be at Camp for 13 days and 12 nights each session.

- Shorts - 2 weeks worth (about 12-15)
 - T-shirts- 2 weeks worth (about 12-15)
(NO TUBE TOPS and no alcohol, drug, profanity or suggestive references)
 - Long pants (3)
 - Long sleeve shirts/sweatshirts (3)
 - Pajamas
 - Socks (15)
 - Underwear (15 pair)
 - Sneakers (1 old pair)
 - Water shoes/flip-flops (1)-FOR POOL ONLY
- SHOES:** Hiking or outdoor sandals OK if they have ankle straps!

- Rain gear
- Something nice to wear for the final banquet
- Bag for dirty clothes
- Pillow (1)
- Sheets & blanket (1 set)
- Towels (3)
- Swim suit

**PLEASE PUT YOUR NAME
ON EVERYTHING!**

- Sleeping bag for camp-outs (we have some to loan)
- Toothpaste & toothbrush
- Toiletries (deodorant, soap, feminine hygiene products)
- Hat or visor
- Sunscreen & sunglasses
- Bug spray
- Chapstick/lip balm w/SPF
- Flashlight and extra batteries
- If available, boots with a heel that cover ankle for horseback riding
- Disposable camera
- Water bottle marked with your name
- Small alarm clock
- Postcards addressed to friends and family
- Something you love to make you feel at home! (stuffed animal, pictures, books, etc.)
Make sure it is Camper-Friendly!
- Journal and pen/pencil
- Your best attitude & respect for others

Additional Things to Bring for Counselors:

- Wigs, costumes, props, etc. - for Talent Show and assorted other activities
- Vitamin C or other multivitamin
- Inexpensive watch (to stay on time!)

- Backpack
- Phone card or cell phone and charger (kept in Staff Annex)
- Any medications you might need (kept in Med Korner)
- Any old children's books you might have, Mad Libs, puzzles, etc.
- Small game items (Uno, Slinkies, etc.)
- Radio for the cabin (CDs that your grandma would approve of!)
- Clothes for the "real world" during your day off

THINGS NOT TO BRING

(please leave these things at home!)

- X** Gameboys, CD players, iPods, laptops - they may get lost or broken!
- X** CDs w/adult themes, profanity, etc.
- X** Cell phones (*OK for Counselors when in Staff Annex off-duty*)
- X** Expensive jewelry, watches or other treasures
- X** Baggy pants or T-shirts with mature themes
- X** Money - nothing to buy at Camp!
- X** Food - camp food is delicious and no food is allowed in cabins due to critter app
- X Remember CHT is a drug, alcohol and SMOKE-FREE Camp.**

NOTE: As great as the Dukes of Hazard remake was ... please leave your laptops, video games, etc. at home. We have Internet access available to Counselors in the Staff Annex. Sorry, Campers will NOT be watching movies and DVDs on Counselor laptops - this is CAMP! (Sorry Duke boys.)