

# KIDZ ON THE MOVE 2016 DAILY CHECKLIST

*Each day you can expect kids to come home tired & a little grubby after a full day of fun & being on the MOVE. Kids should wear comfortable clothes suitable for a variety of high-energy activities indoors & out. Below is a list of recommended items children should wear or bring each day:*

1. **Play clothes** that can withstand the rigors of camp & a **jacket** for the chillier moments.
2. **Tennis shoes** or comfortable walking shoes (close-toed recommended!) Camps regularly wander from one adventure to the next & field trips usually require a lot of walking.
3. **NUTRITIOUS LUNCH** if your child is a **picky eater** (healthy sandwich, fruits, veggies, snacks & water.)  
Camp provides a light breakfast, two snacks & a sack lunch each day.
4. **WATER BOTTLE** (*We strongly discourage sodas, energy drinks & other high sugar beverages.*)
5. A **backpack** with daily necessities. ***Please put your child's name on EVERYTHING!***
6. Wide-brimmed **hat** or other form of sun protection.
7. **Rain gear**, when necessary - Even though we live in an arid climate, we still get caught out in the rain from time to time. Please send your child prepared for ALL kinds of weather!
8. A **swimsuit & towel** for free swim on TUESDAY & FRIDAY afternoons.
9. Also, please ***apply sunscreen to children BEFORE camp.*** Staff will supply sunscreen & insect repellent as necessary & reapply throughout the day. If children have any sensitivities or allergies they should pack their own products to use at camp.