



**Baltimore Woods  
Nature Center**  
*Nature in your hands*

## ***Baltimore Woods Nature Day Camp Packing List***

Your children will be spending all day in the woods. Here are a few things that will help them have a good week:

***Backpack*** – preferably with two shoulder straps. Campers will be expected to carry their own packs throughout the day.

### ***Clothing:***

- Clothes that can get dirty!
- Socks
- Closed-toed shoes that tie or Velcro (no sandals, flip-flops, water slippers, or Crocs)
- Hat
- Sweatshirt or light jacket
- Extra shorts and underwear (especially for very young campers)
- Plastic bag for wet/soiled clothing

### ***Food:***

Please be sure your campers eat a good breakfast before coming to camp. They will be using lots of energy while out hiking!

- One plastic water bottle (filled each day)
- One snack, please keep disposable packaging to a minimum
- Sturdy lunch box or bag

***Medications:*** If your child needs to carry emergency meds, check them in with the Camp Health Director on Monday morning. All medications, prescription and over the counter must include written orders from your child's doctor. Prescription medications must be labeled with the camper's name, date prescription was filled, expiration date, directions for use, precautions, storage requirements, dispensing pharmacy name and address, the name of prescribing physician. Written orders from the doctor must include the camper's name and date of birth. Pharmacy labels are not a substitute for written orders.

### ***Miscellaneous and Optional***

- Extra shoes for going in the water (no sandals, flip-flops, water slippers, or Crocs – they fall off, old sneakers are best)
- Raincoat or Poncho
- Sunscreen (must be able to put on themselves or have parent apply in morning)
- Bug spray (must be able to put on themselves or have parent apply in morning)

***Please call (315) 673-1350 or email  
[Camp@baltimorewoods.org](mailto:Camp@baltimorewoods.org) if you have any questions.***

***See you at The Woods!***