

SAMPLE MENU





Breakfast

Pancakes	French Toast
Scrambled Eggs	Donut Bites
Waffles	Bagels
Lunch	Dinner
Tacos	Pizza
Grilled Cheese	Spaghetti
Chicken Burgers	Mac and Chesse
Chicken Nuggets	Turkey Dinner
Cold Cuts	Fried Chicken
Alternatives	Dessert
Sun butter & Jelly	Ice Cream
Salad Bar	Cake
Fruit selection	Cookies
Cereal, Yogurt	Brownies



NW & PVC Packing list



Below is a list of our suggested packing list. Quantities depend on personal habits and length of stay.

Please, label all of your child's belongings!

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Bedding:	Toiletries
 Pillow & 2 Pillow Cases Blanket 1-2 Twin Sheets (1-2 sets) Sleeping Bag Egg Crate or Foam Mattress Pad for Comfort (optional) 	 Toothbrush Toothpaste Deodorant Shampoo + conditioner Floss Mouth Wash Hair Brush Body Wash/Soap
Clothing	Bath Towels (2–3)
 Underwear (8-15 pairs) Socks (8-15 pairs) T-shirts (7-14) Long Sleeved Shirts (1-3) Shorts (6-14) Long Comfy Pants (2-4) Jeans (1 pair) Pajamas (2-4 sets) Sweatshirt (1-4) Swim Suit (2-4) Light Jacket/Windbreaker Raincoat Nice-ish outfit for the camp dance (Remember it is camp, not a formal). 	 Beach Towel (2) Chap Stick (Optional) Moisturizing Lotion Sunscreen Other Necessities Water Bottle Flashlight/Headlamp & Batteries Pens & Paper Stamped/Addressed Envelopes Bug Repellent Book Hat Small Backpack for day trips Laundry bag for dirty clothes Playing Cards
Footwear	O Trunk or Duffle Bag
○ Sturdy Sneakers (1-2)○ Flip Flops/Crocs (for shower)○ Closed Tood Sandals	Shower Caddy for shower supplies
Closed Toed Sandals	lastronics are not allowed at samp



O Boots (For Horseback,

sneakers are OK)

Electronics are not allowed at camp besides digital cameras. Cell phones are strictly prohibited at Camp.