

Bio Boot Camp

What to Bring to Camp

Monday-Wednesday

Forecasted temperatures:

Davis: Lows around 80°F. Highs 108°F.

FOOD: Should be healthy and not require a microwave. Sharing or swapping of food is not allowed.

- Snack 1
- Lunch
- Snack 2

PERSONAL SUPPLIES

- water bottles/hydration system
- sunscreen
- lip balm w/sunscreen
- insect repellent
- sunglasses/leash
- medications
- day pack/backpack
- whistle (for safety)
- watch

APPAREL

- shorts/light weight pants
- Campus Rec t-shirt (provided on Monday morning)
- 1 extra t-shirt
- sweatshirt/sweater

OUTERWEAR

- sun hat/baseball cap
- bandana

FOOTWEAR

- comfortable, sturdy shoes (no flip flops, no heels, preferably close-toed)

MISC. (if you have them)

- camera
- binoculars
- insect collecting items

NOT TO BRING

- iPod or video games
- knives (swiss army, leatherman, etc.)
- anything of value (sentimental/\$)
- illegal items (eg drugs/alcohol)

PHONES

We understand most students will have phones. These can be used as cameras, but otherwise we ask that they turn them off during the camp day and not use them. It would be smart to put them in a Ziploc or other waterproof bag, especially for Tuesday.

If you need to reach your child during the camp day, please contact us or Campus Rec. We will provide our contact information before the start of camp.

TUESDAY- additional items for Quail Ridge/Campus Rec. Pool

- shoes for wearing in the water (crocs, chacos, tevas, old sneakers)
- appropriate bathing suit
- towel
- a change of clothes
- bag for wet clothes