

A Checklist For the Counselor Going to Camp

(KEEP THIS LIST POSTED SOMEWHERE AT HOME IN ORDER TO CHECK AND MAKE SURE THAT EVERYTHING THAT WENT TO CAMP COMES HOME!)

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| <input type="checkbox"/> A pre-addressed stamped envelope
<input type="checkbox"/> A name-tag made

<input type="checkbox"/> Sleeping bag or a four-blanket bedroll
<input type="checkbox"/> Extra blanket
<input type="checkbox"/> 1 or more pair light-weight shoes
<input type="checkbox"/> Warm coat
<input type="checkbox"/> Waterproof head covering
<input type="checkbox"/> 1 or more warm shirts
<input type="checkbox"/> 3 or more pair of jeans or other pants
<input type="checkbox"/> 6 or more pair of underwear
<input type="checkbox"/> Several washcloths
<input type="checkbox"/> Formal-type piece of clothing

<input type="checkbox"/> Comb and/or hairbrush
<input type="checkbox"/> Soap in a container
<input type="checkbox"/> Toothbrush and toothpaste

<input type="checkbox"/> Flashlight
<input type="checkbox"/> Mug labeled with camp name
<input type="checkbox"/> Non-electric alarm clock
<input type="checkbox"/> OPTIONAL: Camera & film, backpack

<input type="checkbox"/> Clothing and equipment must be marked with counselor's name
<input type="checkbox"/> Wonderful mood is planned for the week

<input type="checkbox"/> Other items: | <input type="checkbox"/> Medical form given to Moses

<input type="checkbox"/> Pillow
<input type="checkbox"/> Air mattress or foam pad
<input type="checkbox"/> 1 pair hiking-type shoes (don't buy new ones just for camp!)
<input type="checkbox"/> Raincoat
<input type="checkbox"/> Several warm sweaters or sweatshirts
<input type="checkbox"/> 3 or more light-weight shirts or blouses
<input type="checkbox"/> 6 or more pair of socks
<input type="checkbox"/> A stocking hat
<input type="checkbox"/> Several bath towels
<input type="checkbox"/> OPTIONAL: <i>Flannel pajamas, shorts, long underwear</i>

<input type="checkbox"/> OPTIONAL: <i>Facial tissue, lotion, chapped lip salve, feminine hygiene items, shaving supplies</i>

<input type="checkbox"/> Extra batteries
<input type="checkbox"/> A pen to sign autographs
<input type="checkbox"/> Clipboard (if you have one already) |
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DO NOT BRING GUM, FLIP FLOPS, KNIVES OR PHONES, PLEASE.

Information for Families to Keep Posted for the Week the High School Student Is in Camp:

1. The ODS camp unlisted phone # in case of an emergency is: 503-965-6798.
2. Moses can be reached **by email** at camp and can relay a message to the high school student. <Moses@oregoncoast.com>
3. Send a letter to the counselor by Wednesday.



Counselor's Camp Name (NOT the real name!)
 TCODS
 17500 Cape Lookout Rd.
 Cloverdale, OR 97112

4. Here's a basic Tuesday - Thursday schedule of what the counselor is doing:

6:15 AM	Rise and Shine/Cabin clean-up	2:30-3:30	Recreation
6:55	Work Duties	3:30	Snacks, Cabin time, Showers
7:15	Morning Flag Ceremony	5:45	Supper
7:25	Breakfast	6:45	Evening Flag Ceremony
8:15-9:45	Field Study #1	7:00	Large Group Activity
9:50-11:20	Field Study #2	7:30	Campfire Program
11:30	Lunch	8:30	To Adirondacks
12:15 PM	Staff meeting	11:00	<u>ZZZZZZZZZZ</u>
1:15	Shower time and R & R		
5. Remember, the counselor will be tired and yet excited to tell you about camp when s/he returns home. Try to be non-demanding and sensitive to the fact that s/he is probably physically, mentally, and emotionally exhausted. Many times camp participants are very sensitive to remarks made - especially put-downs! Keep in mind that it's sometimes difficult to explain the camp experience immediately because the feelings are hard to describe.

Tillamook County Outdoor School

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