

What to Bring to Camp

A flashlight and fresh batteries is a necessity

Bug Spray will vastly improve your quality of life at camp

Linens, pillow, blanket, or sleeping bag

Toiletry Items

Laundry bag

Towel

Soap/Shampoo

Running shoes – 2 pair

Bathing suit

Jacket and rainwear

Medical Supplies:

All such personal medical supplies must be declared to trainer upon arrival

Tylenol, Aspirin, Advil, Benadryl, Kaopectate, Pepto-Bismol, etc

Most importantly train over the summer in preparation for camp. Camp is not the place to start your training. There is a link to training guidelines and sample programs to prepare you for camp and your cross country season.

PARENTS: Please take the time to read and sign the accident waiver form. The medical form must be filled out entirely by your physician. Both documents must be brought to camp for camper to begin any activities at camp on the starting date. Any camper not having these forms will be withheld from any activities until form is in possession of camp director.

Please note: Camp Ramblewood or Hawk Harrier staff is not responsible for personal items. Please only bring the necessary items that you will need for camp.