

PREPARING FOR CAMP!

Packing For Camp

IGC is summer camp at its best – indoor, outdoor, and of course gymnastics fun. Clothing and accessories should be packed with the full summer camp experience in mind.

Casual summer clothing is best. Clothes brought to camp are likely to get extra dirty, wet, and may get damaged or lost. Gymnastics attire will be used well and often.



We strongly recommend not packing any valuable, brand new, or sentimental items. We do not permit any outside food or electronic devices, including cell phones, cameras, tablets, laptops, social media devices and electronic games.

Storage space is limited, and bags cannot be higher than 14 inches so they will fit under the bed. Duffel bags on wheels are perfect for the hilly terrain.



DOs

- do use a bag with **WHEELS!**
- do label your camper's items
- do encourage your camper to do the packing themselves (saves you work, and gets them excited and prepared!)

DON'Ts

- don't pack any *electronics* (including cell phones, cameras, tablets, ipads, ipods, laptops, games, etc.)
- don't pack food/candy
- don't pack valuable items
- don't pack team apparel

Note: All forgotten clothing and unclaimed items are donated to charity at the end of the following camp week. If you believe that your camper may have an item in 'lost and found', you must contact the camp office in the week after your camper returns home. It is very difficult to locate items but, where possible, arrangements will be made to return the items (at your expense). There is a minimum charge of \$5 to return lost items; the fee will be charged to your credit card in your MY IGC account.

Packing List Suggestions

WORKOUT GEAR

- Required practice attire:
 - 6 Practice leotards for girls
shorts, leggings, and/or fitted workout t-shirts may be worn over leotard
 - 6 T-Shirts & shorts for boys
- 2 Sweatpants
- 2 Sweatshirts
- Water Bottle
- Other gymnastics gear you normally use, including grips*, tiger paws or other braces, etc.

* Grips are not required, but are recommended due to the volume of training. Both standard and dowel grips are sold in the Canteen.

TOILETRIES & ACCESSORIES

- Toothbrush
- Toothpaste
- Shower caddy or basket
- Soap or Shower Gel
- Shampoo / Conditioner
- Brush / Comb
- Hair dryer
- Deodorant
- Hat
- Sunscreen
- Insect Repellant
- If desired, stationery, envelopes, and stamps. *We also have an "e-letter" system available for correspondence through the Camp Stamps program.*

GENERAL CLOTHING

- 7 T-shirts
- 7 Shorts
- 3 Swim wear
- Sleep wear
- 7 Underwear
- 7 Pairs Socks
- 1 Pair of flip flops, sandals, crocs
- 1 Pair of sneakers (required for Scary Aerie)
- 1 Sweatpants or full knee length shorts, (required for Scary Aerie harness)
- Rain jacket or poncho
- Light jacket for cold days

LINENS & BEDDING

- 1 Pillow & pillow case
- 1 Fitted Twin* Sheet
- 1 Sleeping Bag or 1 Fitted Twin Sheet & 1 Blanket/Comforter
- Pool Towel(s)
- Shower Towel(s)

* For international campers, "twin" equates to "single."

DO NOT PACK:



- cash or valuables
- irreplaceable, expensive, or sentimental items
- food (incl. candy & gum)
- electronics, cameras, phones, etc.

What Not To Bring

IGC is not responsible for articles which may be lost, taken, broken, or damaged. Please do not have your camper pack valuable/sentimental items, including jewelry, team leotards and warm-ups. Cash should not be sent with campers. (Money can be added to a camper's electronic canteen account through your family's MY IGC login.)

Out of concern for fellow camper allergies and medical needs, no food may be packed and brought onto campus, including snacks, candy, and gum. Rest assured that IGC has an amazing array and variety of food available at meals and additional snacks and candy available for purchase from our canteen – all prepared to meet our campers' culinary, allergy, and medical needs.

Electronics of any type are NOT PERMITTED at camp.

If your camper is in possession of any electronic device, it will be confiscated and an immediate **\$50 penalty will be deducted from your child's canteen account.** Electronic devices pose an imminent threat to a camper's safety and privacy, as well as detract from the overall camp experience. We take the safety and privacy of our campers very seriously and know that you do, too.



If the \$50 penalty is assessed, any remaining balance will be due upon check-out before the device can be returned. Any money which has to be collected will be donated to the IGC Scholarship fund.

Laundry Facilities

We have coin operated washers and dryers available for campers' use. Typically, these are used on Saturdays by campers staying for multiple weeks. The cost is \$2 per washing machine load, and \$2 per dryer load. Laundry money and detergent can be checked out of their canteen account. (Campers should not have cash in their cabins.)