



# Trackers Earth

## Realms Packing List - Day Summer Camp

When packing for Trackers, follow these Guidelines:

- ⇒ First off, put you or your child's FULL NAME on as many items as possible.
  - ⇒ Pack as lightly as you can! BUT include the right gear needed for the day (see below).
  - ⇒ Keep it light and tight! Everything should fit into a single pack—nothing clipped on the outside.
  - ⇒ Be ready! Check the weather report every morning to guide you in what to pack.
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### Realms Adventures

While not required, to more fully immerse our Team into the story, MANY campers and staff come ready in their epic Realms Role-Playing costume! Be creative. Imagine the fashion of elves, wizards, or rangers. Think incredible myths and epic journeys. Remember, while the right outfit might make the story, dressing for the weather is always the top priority. Check the weather report the night before coming to camp.

Plus, this is Realms Camp. Please DO NOT bring anything you're worried about getting dirty or worn.

### Carry System (Backpack)

- Small Day Backpack** Size and weight appropriate to carry comfortably for long periods. Must contain all gear with nothing clipped or tied to the outside.

### Tools & Wares

- Hand Sanitizer** Make sure it does not leak. Consider putting in a ziplock baggie.
- Sunscreen** SPF 15 or higher, clearly labeled with name. Apply before check-in.
- ESSENTIAL Safety Whistle** On person at all times.
- OPTIONAL - Woodcarving Knife & Tools** We also have knives to use. We follow strict woodcarving protocols. If a Tracker brings their own knife, ensure they keep it in a safe place (backpack) until carving time designated by their instructor.

### Water & Food System

- Water Bottle** 1 Liter or more. Non-leaking. Clearly labeled with name. Fill with water. We refill later.

- Lunch + Morning/Afternoon Snack** Must not require refrigeration. Trash free is ideal. Container must fit within backpack.

### *Clothing*

- Sunhat** Covers both neck and face.
- Bandanna NOT Banana** Any Bandanna will do. If you have Trackers Band from a previous program, bring it. You can also bring a banana if you want. Good for all sorts of things: wetting to cool down, carrying berries, etc!
- Clothes - All-Weather** Remember to check the weather report.
- Clothes - Change Of** Pack in a large plastic ziplock or waterproof bag. Include socks. Make sure FULL NAME is on ziplock bag and fits inside their backpack.
- Hiking Shoes** Shoes or boots appropriate for rugged terrain. If visiting a water site, campers may *in addition* bring closed-toed sandals that have a back heel-strap for wading. No flip-flops.

### **Personal medications (prescription AND non-prescription)**

Our guide staff does not administer medication. Make sure the medication is packed safely with your child and is capable and able to self administer as needed. Please inform staff at check in.

### **DO NOT bring**

Candy and gum, soft drinks, sports drinks, pets or animals, toys, body spray/cologne/perfume, hatchets/axes, money, weapons, non-archery personal sports equipment, expensive/sentimental items, phones or electronics. Do not bring Drugs/Alcohol/Tobacco as bringing any of these items will result in immediate expulsion from camp.

### **Electronic Device Policy**

#### **NO CELL PHONES: Unplug from Technology, Reconnect with Nature**

At Trackers we believe it's critical for kids to experience nature and community without being distracted by phones. Games and Social Media are designed to capture kids' attention and keep them hooked. We are teaching kids how to Pay Attention and we want them to get hooked on the plants and animals around them. Searching online gives kids instant gratification. At Trackers we want them to stick with skills, even when they are challenging. They're here to develop resilience and grit.

To accomplish these goals, we need Trackers (our students) to leave their phones and other internet and gaming devices at home while participating in our programs. Trackers staff follow similar rules. During program time they only use phones for operational purposes (maps, emergency calls, etc), not for entertainment.

At Trackers, *leave the phone at home* to better appreciate nature! You can blame it on us! We recommend stopping your child's cell phone and internet use 2 days (or more) before the start of their Trackers program. Any phones or devices brought to a Trackers camp or class will be collected at the beginning of the program, stored safely, and returned to the owner at the end of the program. Thank you for your understanding and compliance. Your child will have a much richer experience because of your support.

**Trackers Tip** Every morning, check the weather report. If there is even a minor chance of rain, pack a raincoat and rain pants, as well as waterproof shoes.