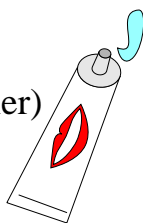


# WHAT to bring to CAMP! 2009

It is not necessary to bring a large amount of luggage! We provide bedding and offer a laundry service once weekly, so only a few changes of clothing are necessary even if you are staying all summer! Excess possessions clutter up the dorm and often end up in Lost Property! Do not bring valuables to camp - nor delicate or expensive clothing that may not survive in a commercial laundry. All items of clothing and personal possessions should be clearly labeled with the camper's name.

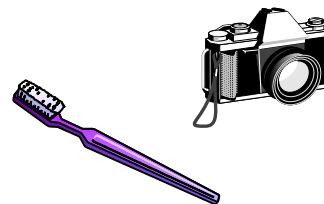
## MUST HAVE...

- Warm sweater or fleece
- Waterproof jacket
- Sun hat (**Note: Visors/bandanas are not acceptable**)
- Sunblock (min. Factor 15)
- Insect repellent (bug spray)
- Waterbottle
- Personal medication (in original container)
- Pajamas
- Undergarments
- 2 pair jeans
- 2 pair sweatpants
- 1 pair dress pants or skirt
- 5 T-shirts
- 2 long sleeved shirts
- 4-5 pairs shorts
- Sneakers, pumps or sports shoes
- 1 swimsuit
- 1 old T-shirt (for art activities/water games)
- 2 Towels
- Toiletries (toothbrush, toothpaste, soap, washcloth, shampoo, comb)
- Flashlight
- \$10 in cash (for program/snack on day trip)



## RECOMMENDED...

- Book to read
- Calling Card Number (not a phone card!)
- Camera
- Personal Journal, pen & paper
- Bunk decorations (posters, photos)
- Sticky tack to put up decorations (no tape or pins)
- Musical instrument (if you play one!)
- Hand held fan
- Letter writing paper and envelopes
- 3-4 hangers (for clothing)
- Sunglasses
- Laundry Bag
- Cozy blanket
- Shower Shoes



## OVERSEAS / US CAMPERS:

- Passport
- Proof of Medical insurance
- A signed statement from BOTH parents allowing the child to come into Canada. (Parents should also have ID).
- Acceptance letter from camp
- Don't forget to provide us with details of arrival times!

### *Items Lost by Campers at Camp*

If your child loses something at camp, and that item was labeled with the child's name, please call us after September 5th. Items are available for collection at the Toronto office until the end of September, after which time - due to space constraints - all remaining lost property items will be donated to charity.

A locker is provided in the dorm for your personal possessions. Centauri cannot be held responsible for the loss, theft or damage of belongings - insurance is recommended.

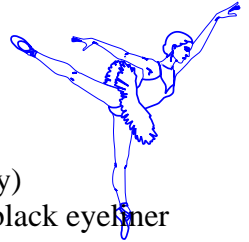
# WHAT to bring to CAMP!

## Specialist Program requirements...

### For "Dance Remix"

Ballet Slippers/flats  
Pointe Shoes (if on pointe)  
Black sleeveless Body Suit  
Footed pink tights and footed black tights  
Black lycra tights  
Body suit or leotard  
Colourful dance wear  
Jazz Oxfords (Dance Troupe only)

White Shorts  
1 plain coloured t-shirt  
Black spandex shorts  
Jazz Shorts (Dance Ensemble only)  
Hair ties, pins, hairnets, lipstick, black eyeliner  
1 Plain white t-shirt  
Character shoes



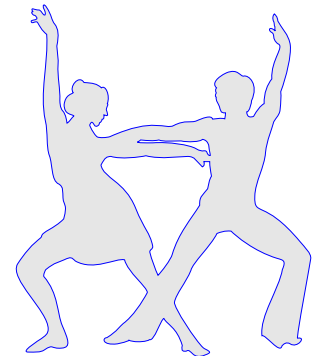
### Hip Hop & Jazz/"Dance through the Decades"

#### & Musical Theatre Programs

Jazz oxford shoes or boots (preferred)  
Running shoes (must be clean, not the ones you will wear around camp)  
Body suit, leotard or unitard (any clothing is OK if you can move freely & comfortably)  
Tights (for girls)  
Plain black pants  
Plain colour fitted T-shirt  
White T-shirt  
Hair ties, pins, lipstick, basic make up  
Any dance shoes you already have

### All Theatre programs

Black T Shirt, black leggings or sweat pants  
Running shoes (black if you have them)  
Theatre make up (if you have it)  
Dance shoes (if you have them)  
Binder (for your script)  
Pencil, eraser (for script notes)  
Brightly coloured T Shirt (any colour)  
Girls on omega theatre programs should also bring a floor-length rehearsal skirt



### Photography Programs:

Please bring manual focus, 35mm camera (preferable) or any "traditional film camera" and three 24 exposure black and white film (400 ISO TMAX,  
*Do not buy film that can only be developed by Colour Labs*)

### Music Programs

Please bring your instrument. Expensive items should be insured and can be stored in the camp office.

### Writing Programs

It is **not necessary** to bring a laptop for these programs.

# WHAT to bring to CAMP! Notes...

**Designer Clothing and Make up** have no place at camp! Young people tell us they feel pressure at school to look and behave in a certain way; let's take away those pressures and celebrate everything a young person can be... not how they look!

**Medications** should remain in their original containers, be clearly labeled with your child's name and be packed in your child's hand luggage. All medication, including vitamins, creams and herbal remedies, are handed in to our medical staff immediately on arrival.

**Hat, sunscreen and waterbottle** are essentials in hot weather to protect against the harmful effects of the sun's rays. Parents are asked to ensure teenagers pack a sun hat they will actually want to wear, since this is mandatory for outdoor activities. Visors and bandanas are not acceptable. ***Campers arriving without a hat or waterbottle will be asked to purchase these items from the tuck shop.***

**Letter paper and envelopes** help make it more likely your son or daughter will write to you. For younger campers, pre-addressed, pre-stamped envelopes are useful. Please note that letters mailed from Canada required Canadian - not American - stamps.

**Calling Card numbers** are the best way to ensure your child calls home! Asking them to call collect is also good, although this means they cannot leave a message. Phone cards are **NOT RECOMMENDED**. This is because we are in a rural area, where a 25c connection fee is charged. As our phones do not allow coin usage, this creates problems!

**Bedding is provided for all campers**, and consists of sheets, pillow, pillow case and blankets. We prefer that campers do not bring their own sheets. If your child wishes to bring their own duvet, blanket or pillow this is acceptable, but these items cannot be laundered at camp.

**It is unnecessary to bring snack foods to camp.** Campers who bring too many snack foods often do not eat their meals and therefore do not have a balanced diet at camp! In addition, we are located in the countryside and sweet foods in the dorms attract insects and mice! We offer excellent meals with lots of choice, and a visit to the tuck shop regularly. Please discourage your child from bringing snack foods. The absence of familiar foods is not a reason to bring snacks: encourage your child to embrace new experiences and to adapt to unfamiliar foods! If absolutely necessary, one type of healthy snack may be brought to camp (e.g., crackers, dried fruit). Please place in a sealed, plastic container to discourage critters. **NO PERISHABLE FOODS PLEASE!**

If you are the parent of a younger camper, we urge your help on this issue: excessive consumption of unhealthy snack foods is a constant problem for counsellors trying to ensure their campers eat a healthy and balanced diet. Excessive snacks will be confiscated and may be collected from the camp office at the end of the session.

**Please do not bring breakfast cereal**, we offer a choice of 3 or 4 every morning and we can no longer cope with the storage of the extra boxes.

**Crates of Bottled Water.** Please do not bring bottled water to camp. Space is at a premium in all the dorms. All the water on camp is drinkable. We recommend campers bring a water bottle or purchase one from the tuck store and fill it from the camp water supply.

# ITEMS YOU MUST NOT BRING TO CAMP

*Please read carefully!!!*



NUTS, PEANUTS...

ANY ITEMS CONTAINING NUTS AND PEANUTS

Many young people have serious allergies to these items! In an effort to protect campers with life threatening allergies, soap, shampoo, conditioners, sunscreen, candy and snacks containing nuts or peanuts are confiscated and returned to campers on the last day. PLEASE NOTE: Anything packaged without a list of ingredients (i.e. from bulk barn) will also be confiscated.

*Anything with the following phrases will be confiscated:*

*'Ingredients contain nuts or peanuts', 'May contain traces of nuts or peanuts', 'made in a factory that processes nuts/peanuts'.*

CELL PHONES, CAMERA PHONES... ANY PHONES!

Phones disrupt activities and make it harder for campers to focus on our community. Please don't bring them. We will confiscate any cell phones, blackberries and pagers, returning them at the end of camp.

Sometimes, campers ask us why Centauri (like most sleep-over camps) does not allow cell phones, TVs, DVD players etc. The answer's simple. The magic of camp happens because people come together and do incredible, fun things together, and for one another. As soon as you place electronic devices in the way, the magic stops. If your cell phone is ringing all the time, you're focussing on back home - not the special world we all create together at Centauri. And your new friends keep out of your way, because you're busy with something else. The same is true of TV. When we watch TV, we zone out, often blocking the world around us. The gadgets of the modern world make our life convenient - but can also isolate us from each other. We all get TVs, telephones etc. at home... but camp can give us something we get no where else in the world. If you want to bring along an MP3 player for your own use in your bunk, that's great. Otherwise, leave that stuff at home... and get ready for the time of your life! As most cell phones allow for taking photographs, emailing and/or text messaging, this also becomes a privacy issue - we can all think of inappropriate ways cell phones might be used in

a shared living space. *Parents: please help us by checking your child's cell phone remains at home.*



# ITEMS YOU MUST NOT BRING TO CAMP

*Continued...*

## CIGARETTES, ILLEGAL DRUGS, ALCOHOL

Please read our camp policies and help us to keep camp free from these products. Centauri has a strict no smoking/drugs/alcohol policy. Possession or use of any of these substances either at camp or on the day trips will result in the camper being sent home without refund. Please make sure the camper is aware of this policy.



## ITEMS THAT POSE A FIRE RISK

Matches, lighters, candles, fireworks and any other items which pose a potential fire hazard in the dorms should never be brought to camp.

## PEN KNIVES, TOY GUNS etc.

Neither objects that might be used as weapons, nor objects that might be mistaken for weapons should be brought onto the camp property.

## BOOM BOXES, CD PLAYERS, TELEVISIONS, WALKIE TALKIES, ELECTRONIC GAMES

Camp is a social place where young people can interact creatively in the great outdoors! Young people who bring the above items are more inclined to withdraw and spend their time alone, something they can do at home! If it is important to your child to bring along a hand held electronic game, this should be used only in their bunk and only during free time.

Walkie Talkies are used for safety at camp, and campers are asked not to bring them so channels may be free in an emergency.

## FOLDING CHAIRS, HAMMOCKS, EXPENSIVE JEWELRY, EXPENSIVE POSSESSIONS, HAIR DYE, GUM

Camp is about adaptability. Campers do not need their own furniture, food stock etc. Please encourage your child to embrace new experiences with courage. Recreating a home-away-from-home is something we do by encouraging a supportive, nurturing community.

Please do not bring gum, soups or crates of water. We do not have the room to store crates of bottled water or juice for each camper. Chilled bottled water and juice is available in the tuck shop.

## Digital photos/videos and on-line privacy

We do not ban Digital cameras or camcorders, but we do ask that all campers please keep in mind their on-line privacy, and the privacy of others. Please do not post ANY photos or videos to the web (i.e. Facebook, photobucket, myspace, youtube etc) without the consent of others in the photos. If you do post photos, please only use peoples first names, or better still no-names!

