

# Junior Week What to bring?

We are looking forward to having fun filled week of sailing at LLSC. Here are a few reminders and information to have prior to the camp...

## Required at Checkin: PHOTO COPY OF BACK AND FRONT INSURANCE CARD.

### 1. Sailing Gear:

- a. **Lifejacket** & attached **safety whistle** are the most important items! Please make sure the jacket fits properly.
- b. **Sunscreen!** Please coat campers prior to roll call! Sun shirts/rash guards are a great idea to protect from the sun! Also bring a hat to protect from sunburn.
- c. **Water shoes** – shoes that are designed to stay ON while swimming. Shoes will need to be worn all the time. Please **break them in before** camp to avoid blisters. Flip flops will **not** suffice!
- d. **Water bottle** – bring your own bottle to take on the boats with you but we will have water coolers for re-filling. We do not provide bottled water at camp, but we do have a filtered water fountain & water coolers stationed near the launching area.

PARENTS: INSTRUCT YOUR SAILORS PRIOR TO JUNIOR WEEK ON THE IMPORTANCE OF CONSUMING WATER CONSTANTLY TO AVOID DEHYDRATION.

- e. **Sailing gear** – everything for your sailing needs. PLEASE double check any parts prior to coming. RIG your boat completely to ensure proper working order. **Label all your boat parts.**
- f. **LABEL** everything with your initials. Spars, sails, covers, bags, camping stuff, etc....
- g. **Tool boxes** – Please leave all lighters, knives and any object considered dangerous at home. We have dock parents that will have tool boxes to facilitate any repairs necessary.

### 2. Appropriate Clothes:

- a. Remember to bring extra set of clothes as you will be swimming most everyday. Shirts must be worn at all times when coming thru the meal line. No bare chests or bathing suit tops.
- b. Towels. We will have drying racks in the club house area for wet clothes.
- c. **LABEL everything with your initials or name.**
- d. Bring rain gear: we will still sail as long as no thunderstorms in forecast.
- e. Sailing gloves are helpful.
- f. Bring tennis or running shoes and socks for fitness training time & capture the flag.

### 3. Miscellaneous:

- a. Cell phones & electronic devices and water do not mix. In the past years, several kids have taken phones out sailing and they have been lost or suffered water damage. **The program will not be responsible for any device** should you choose to allow them to be brought to camp.
- b. Cars, if your junior is of driving age, we ask that all those junior be prohibited from driving during the camp hours 8am until 7pm. Junior campers are strictly NOT permitted to ride in cars with anyone during the week without approval from Camp chair.
- c. Dress – please remember that shirts and shoes are required when coming thru the meal line. No exceptions.

**Most important LABEL everything...**