

THE BIGGEST REWARDS

OF THE CAMP EXPERIENCE ARE
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BECOMING MORE INDEPENDENT,
AND MAKING NEW FRIENDS.*



First Time at Camp?

"Most camp directors will send your parents a list of all the clothing and other items you'll need. These will include a swim suit, rain jacket or poncho, a towel, and many other items to keep you comfortable.

"Some children will have an easier time than others getting used to being away from home. It's fine to bring a stuffed animal, a family photo, or your own pillow so you won't feel homesick.

"Camp is so much fun because you'll be sharing living quarters with other kids, whether in a bunk, cabin, or tent. It's like having a sleepover every night.

"The camp will have a dining room, or 'mess hall,' with plenty of delicious food. There'll be desserts, too.

"Activities at your camp might include sports, arts and crafts, music, and swimming. Campfires at night are fantastic, with stories, snacks, and singing.

"Camp counselors are trained and supervised and are like 'big brothers and sisters' who are very helpful.

"The biggest rewards of the camp experience are having fun, learning new skills, becoming more independent, and making new friends. You will definitely enjoy summer camp and will cherish the memories you'll bring home."

Some of you will be going to camp this summer. If you haven't been away from home before, you might be wondering what to expect. You might even feel a little nervous.

Richard and Sheryl Kamen have spent many years at camps. They are the directors of Camp Equinunk and Camp Blue Ridge, which are near the HIGHLIGHTS FOR CHILDREN offices in Pennsylvania. We asked them to share some ideas to help make your camping experience a great one. Here is what they told us.

"Remember that all children want to make friends at camp. Bring your best smile, be friendly, and be willing to try new things. Get ready to laugh a lot.



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