



How to...

DID YOU KNOW?
About 26 million children in the US attend camp.



Have a great time at camp

Get the most of this special summer experience with a few helpful tips.

Summer camp offers an opportunity to have fun while exploring your favorite activities, participating in new ones, making friends, and becoming more independent. Whether you're planning to attend day camp or sleepaway camp, it's normal to feel nervous about going to a new place. Here are a few ideas to help you get off to a good start.

Practice before you go

To get ready for camp, you can try out some of the experiences at home. Pick a weekend morning to set an alarm to wake up early. Practice packing a bag, then rehearse a quick pretend goodbye with your family. If you're planning to attend sleepaway camp, you can talk to a parent about staying overnight at the home of a friend or relative to get experience before you go.

Pack like a pro

Pick a bag to use for camp every day, like a water-resistant backpack. The camp should have a packing list. Print it out and check off items as you gather them. They may include sunscreen, bug repellent, a swimsuit and towel, a hat, and a refillable water bottle. Be sure to label

everything with your name. Plan to bring comfortable clothes and shoes that you don't mind getting dirty.

Settle in

When you get to camp, you'll likely spend the early part of the day meeting your counselors and the campers in your unit. You may need to take a basic swim test. Your counselors will outline safety rules and tell you what to expect during your stay. You might learn that your camp has fun traditions, like roasting s'mores over a campfire or singing camp songs.



You can enjoy new adventures!

Participate in activities

You'll have many activities to choose from at camp, and some may be new to you. They could include canoeing, horseback riding, or zip-lining. This is a chance to become more skilled at something you love or to discover a new hobby. Take part in as many activities as you can.

Stay positive

Keep in mind that it might take a few days to adjust to your new routine and make friends. Once you have, remember to get their contact information before camp ends so you can keep in touch all year long—and get excited to see them again next summer!

Make tasty s'mores



S'mores are a summer staple. Here's how to enjoy your own.

Gather the basics. You'll need marshmallows, a chocolate candy bar, and graham crackers.

Toast to perfection. A campfire or firepit is great for roasting marshmallows. With adult supervision, push your marshmallow onto the tip of a long roasting stick, then rotate it over the fire for even toasting.

Sandwich it. Keeping your toasted marshmallow on the stick, place it on a cracker with a piece of chocolate. Top it with another cracker. Holding the crackers together like a sandwich, slowly pull out the stick, then eat your s'more!