

# Youth Week Packing List

June weather in northern Minnesota can be hot, cold, sunny, cloudy, rainy, windy, calm, or all of the above in the span of a week. Campers are advised to come prepared to stay warm on cold days/nights and dry on rainy ones.

The following is a list of items that seasoned campers have found to enhance their experience. Don't forget to **label all valuable or personal items**:

- Sleeping bag, extra blankets, pillow case (NO CAMP BLANKETS AVAILABLE)
- Towels for bathing AND swimming
- Pants, jackets, sweaters, hats
- Rain gear
- Beachwear, swimsuits
- Closed-toes shoes
- Extra footwear for when the first pair is wet
- Bug and tick repellent (see page 2 for tick prevention tips)
- Personal toiletries and medications
- Sunscreen
- Books, games, fishing gear, or other craft supplies
- Camera
- Musical instruments
- Dress up clothes for the dance
- Costumes/props for talent show
- Something to tie-dye
- MP3 players
- Money for postcards or other Camp UniStar kiosk items

## PLEASE DON'T BRING:

- Food or Pop. Any snacks or pop that campers bring will be contributed to the camp supplies for canteen or evening snacks.
- Large sums of money. Small amounts of money can be held safely by the cabin counselor for the week.
- Skateboards or bikes. There is very little paved surface at Camp UniStar

## UNDER NO CIRCUMSTANCES SHOULD CAMPERS BRING:

- Recreational Drugs
- Alcohol
- Tobacco Products
- Vape Pens
- Weapons of any kind

Sunburn, poison ivy, and bug bites are the most common medical problems so prevention is best; campers should bring and use sunscreen, appropriate clothing, bug repellent, etc.

Deer ticks capable of transmitting Lyme Disease have been found in Beltrami County for many years and several confirmed cases of the disease are reported in the area every year.

Treating clothes and bedding with Permethrin prior to camp is the most effective measure you can take to prevent infection. [Sawyer](#) makes a soak and spray that can be found at Target and most outdoor recreation stores.

[How to apply Permethrin using the soak method](#) (text)

[How to apply Permethrin using the spray method](#) (video)

If, after camp, your child has any symptoms of Lyme (fever, rash, unexplained illness), be sure to inform your doctor that s/he has been in deer tick country.