
PACKING LISTS PACKING LISTS PACKING LISTS

PRESCRIPTIONS AND OVER-THE-COUNTER MEDICATION(S) (TURNED INTO HEALTH SUPERVISOR UPON ARRIVAL):

- ❑ Must be in a clear, resealable zipper storage bag with camper's full name and age clearly written on the front
- ❑ Must be in original packaging with dosing instructions.
- ❑ We can only dispense medications that are listed in the camper's medical file. Please contact a director if you need to edit the medical form.
- ❑ If sending pills, please only pack the amount of doses needed while at camp. Count out the amount of pills needed from the afternoon on day 1 to breakfast on day 7, 14, 28, etc. Do not send more doses than needed for camp.

DON'T FORGET

- ❑ Labeled water bottle
- ❑ Small backpack, bag, or tote
- ❑ Sun/outdoor protection: hat, bandana, sunglasses, sunscreen, lip balm, bug repellent

LEGENDS and LITs (9TH - 12TH GRADERS) and CAMPERS STAYING 4 OR MORE WEEKS PACKING ADD-ONS

- ❑ Sleeping bag
- ❑ Sleeping pad or mat
- ❑ Overnight backpack
- ❑ Flashlight or headlamp

ADDITIONAL ITEMS FOR CAMPERS STAYING 4 OR MORE WEEKS

- ❑ Cash or debit card for at least 3 meals and snacks per intersession trip



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MANDATORY FOR ALL CAMPERS

(contact a director if any of the following might be hardship for your camper to bring)

- 14 Days worth of clothes suitable for 80°+ weather. We suggest a minimum of:
- 8 Pairs of shorts
- 10 T-shirts/Tank tops
- 2-4 Pairs of jeans/pants
- 2 Sweatshirts (nights can be very chilly)
- 2 Long-sleeved shirts
- 1 Light jacket
- 6 Pjs
- 4 Cozy pants/shirt sets for lounging such as sweat pants, leggings, etc
- 14 Pairs of socks
- Underclothes for 14 days
- 2 Swimsuits
- 1 Pair of sneakers
- 1 Pair of flip-flops/sandals
- Bedding/linens
- Twin fitted and top sheet
- Pillow with pillowcase
- Cozy blanket or sleeping bag
- Light/throw blanket
- Bath towel
- Beach towel
- Hand towel
- Washcloth
- Laundry bag
- Toiletries/Personal hygiene items
- Toothbrush and toothpaste
- Hair grooming items such as a brush, comb, bonnet
- Hair products such as shampoo, conditioner, oil
- Soap/body wash
- Moisturizer
- Face care items such as acne cream
- Caddy or bag to store and carry hygiene products from dorm to shower/bathroom
- Menstrual products

OPTIONAL PACKING LIST ITEMS

- ❑ Cash (mandatory for multi-session campers)
- ❑ Extra funky clothes for the FINAL SHOWCASE!
- ❑ Swim gear: goggles, water shoes, snorkel and mask
- ❑ Pre-addressed, stamped envelopes
- ❑ Flashlight/headlamp
- ❑ Parasol
- ❑ Non-SIM card/Wi-Fi audio player and headphones, pre-loaded with enough music and content to help your camper adjust, especially when going to sleep at night (such as [Campfire Player](#), [Mighty Vibe](#) or a drag and drop [MP3 player](#))
- ❑ Disposable, digital, and/or Instax camera
- ❑ Basic Ereader preloaded with books
- ❑ Traditional wrist watch
- ❑ Alarm clock
- ❑ AM/FM radio
- ❑ Sleep sound machine and/or twinkle lights to create a calm and restful sleeping environment
- ❑ Journal, pen, and tape for writing, drawing, and saving ephemera
- ❑ Clip-on fan or fan/water bottle combo
- ❑ Book(s) with reading light
- ❑ Amplify provides all equipment, but campers can bring their own ukulele, bass, guitar, flute, violin, etc. if desired. Please clearly label anything you don't want to accidentally donate to us!
- ❑ Check out our blog post on how to prepare for a tech free camp!

LEAVE THESE BEHIND

If the following items are found at camp, we reserve the right to IMMEDIATELY DISMISS all campers involved without a refund.

Anything with a digital screen, sim card or connect to Wi-Fi (except eReaders), such as cell phones, computers, tablets, iPods, games and game devices. We are a tech-free camp!

- ❑ Weapons: knives, guns, slingshots, etc.
- ❑ Hair Dye
- ❑ Scissors/x-acto knives
- ❑ Non-prescribed substances: vapes, drugs, cigarettes, alcohol, etc.
- ❑ Age-inappropriate activities such as adult party games, piercing and/or tattoo kits

*** CERTIFIED AND TRAINED SERVICE DOGS as defined by California state law are the only animals campers are permitted to bring. ***

PRE CAMP CHECKLIST!!!

- Get excited! You're going to the best camp on Earth!!!
- All forms are completely filled out via <https://amplify.campbrainregistration.com/> including waivers, the transportation form and medical form
- Have a family discussion about the Code of Conduct. These are the rules that we expect all campers to understand and hold themselves and others to.
- Check bags and suitcases to ensure no mandatory items were missed, and while you're there, include a thorough search for no-no items: phones, tablets, wifi enabled iPods, Nintendo Switch, illegal or age-inappropriate substances, etc
- Linens! Please bring bedding including twin sheets, cozy blanket and/or sleeping bag, and pillow with pillowcase
- Showcase attire if you like dressing up, glamming out, spiking your hair, or putting on any kind of stage outfit
- Letter writing materials: Don't forget pre-addressed stamped envelopes and/or post cards, as well as a cool pen and some stationary
- Finalize transportation: Make sure your trip is well planned and you are ready to get your camper to LAX, Beverly Hills High School (shuttle location on Spalding Dr), or to Amplify's campus at Besant Hill in Ojai
- Label all belongings
- Encourage independence: Remember that even good, exciting change causes stress. Remind your camper (and yourself) that this feeling of stress will pass. Once your camper has dropped their bags and joined the group, there are a million opportunities for making friends, trying new things, and having a blast. We got you!
- Hello parents. We know anxieties are running high, especially after the last few years we've had. We understand if you are tempted to "sneak in" a phone to stay in touch with your kid. However, that is against our rules. Instead, contact one of our highly experienced camp directors prior to camp so we can design a mutually agreed-upon communication plan together.

This summer is gonna be EPIC!!!!!!! We can't wait to see you!



Team Amplify