


# Gorham Recreation Summer Camp!

Campers must be signed in and out by parent or guardian each day.

Weekly Camp Newsletters will be at the front desk every week for parent review.

On Field Trip Days campers must wear their Gorham Recreation Camp shirts! If child needs to wear a shirt in the water, please send a shirt in addition to their camp shirt.

Camp runs from 7:30am until 5:30pm.  
If you need to drop off or pick up your child at a different time, please advise the camp staff.



**Items to send with camper each day**

Bathing suit & towel – On beach days and “water days” at camp please send your child’s swimsuit and towel to camp in a plastic bag, separate from his or her lunch.

Healthy snack

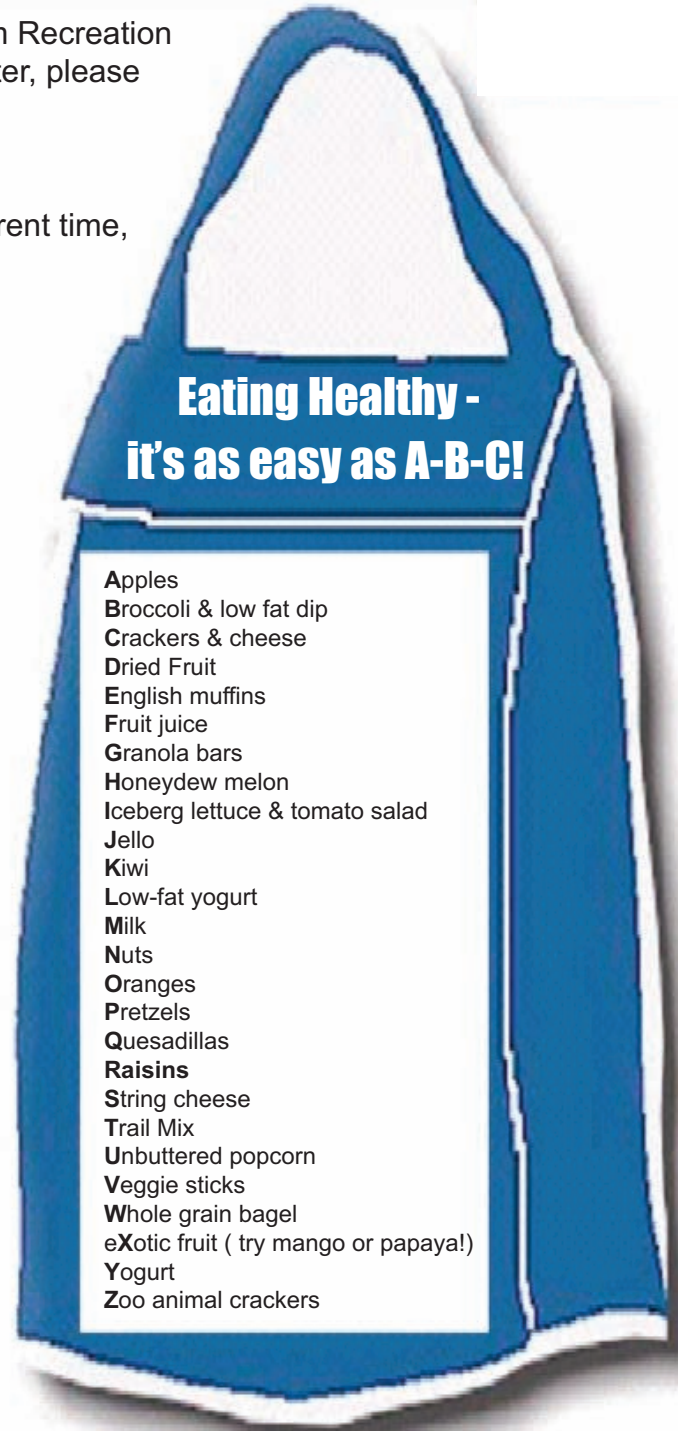

Lunch

Drinks

Plastic cup/water bottle with child’s name on it for drinking water

Sunscreen and Hat

Proper footwear for activities, ie: on field trips to amusement parks flip flops are not allowed. Closed toe shoes work best.



**Eating Healthy -  
it's as easy as A-B-C!**

- Apples
- Broccoli & low fat dip
- Crackers & cheese
- Dried Fruit
- English muffins
- Fruit juice
- Granola bars
- Honeydew melon
- Iceberg lettuce & tomato salad
- Jello
- Kiwi
- Low-fat yogurt
- Milk
- Nuts
- Oranges
- Pretzels
- Quesadillas
- Raisins
- String cheese
- Trail Mix
- Unbuttered popcorn
- Veggie sticks
- Whole grain bagel
- eXotic fruit ( try mango or papaya!)
- Yogurt
- Zoo animal crackers