

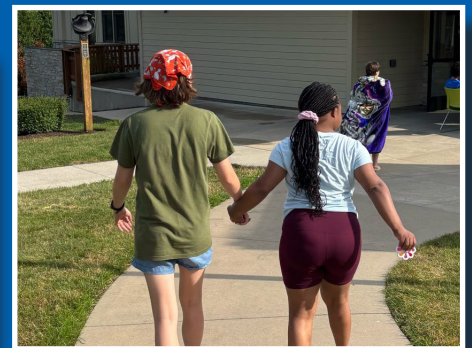


Rotary Camp for Children with Special Needs  
4460 Rex Lake Drive  
Akron, OH 44319  
(330) 644-4512 · gotcamp.org

# PARENT HANDBOOK

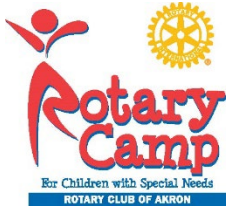
This guide is designed to help campers and their families prepare for the Rotary Camp experience. If you have any questions or need additional information, please call the office.

## 2026



**Creating a World where there are ONLY ABILITIES!**





Dear Camper Family,

Welcome to Summer Camp 2026!

For 102 years, Rotary Camp has been a place where individuals with special needs can grow, play, and build lasting friendships, while also providing families with the respite and support they deserve. We are excited to welcome your camper this summer!

At Rotary Camp, we strive to meet each camper where they are, and communication with families is an important part of that commitment. Please take a moment to review your camper's information to ensure it is up to date and that all required paperwork has been completed. If there is anything additional you would like us to know, we encourage you to share it with our team before your camper arrives.

This guide is designed to help you and your camper feel prepared and excited for the summer ahead. Inside, you will find important updates, policies, and helpful information for a successful camp experience.

If you have any questions, please contact a member of our team or me at 330.644.4512. We look forward to creating an unforgettable summer together!

In the Spirit of Camping,

Mella Castner  
Executive Director  
Akron Rotary Camp

**How to Reach Us**

(330) 644-4512 (Rex Lake Phone)

(330) 548-1637 (Portage Trailblazers Phone)

(330) 644-1013 (Rex Lake Fax)

(330) 678-2400 (Portage Trailblazers Emergency Phone)

[www.gotcamp.org](http://www.gotcamp.org)

[rotarycamp@akronymca.org](mailto:rotarycamp@akronymca.org)

**Address:**

Akron Rotary Camp  
4460 Rex Lake Drive  
Akron, OH 44319

# Akron Rotary Camp's Mission

## **Creating A World Where There Are Only Abilities.**

### Goals of Rotary Camp:

- To increase camper's self-confidence, self-worth, and uniqueness
- To develop camper's independence
- To involve campers in activities that increase physical skills
- To provide appropriate opportunities for socialization with peers
- To further develop interest and respect for the natural environment



Rotary Camp has been a project of the Rotary Club of Akron since 1924 and is operated by the Akron Area YMCA.



## **Registration**

We use Daxko for camp registration and CampDoc software for health history and medical charting. **All mandatory forms must be submitted no later than two (2) weeks before your camper's scheduled program.**

**If you anticipate any delays in submitting forms, Program Director Samm Mitts before the two-week deadline to discuss your situation.** Campers with missing documentation and no prior communication may forfeit their spot and be unable to attend their registered session.

Each camper must have a current Annual Physical file, completed and signed by a licensed medical practitioner within one year of the camp session they are attending. **Please note that someone outside the camper's household must sign the form.**

If you have any questions or need assistance completing forms or uploading your camper's photo, please contact the camp for assistance.

## **Staff Contact Information**

Any questions or concerns, reach out to the following Rotary Camp staff members:

Executive Director: Mella Castner – [mellac@akronymca.org](mailto:mellac@akronymca.org)

Program Director: Samm Mitts – [samantham@akronymca.org](mailto:samantham@akronymca.org)

Director of Volunteers and Special Events: Amanda Warner – [amandaw@akronymca.org](mailto:amandaw@akronymca.org)

Director of Development: Jamie Heintz – [jamieh@akronymca.org](mailto:jamieh@akronymca.org)

Administrative Assistant: Kelly Clites – [kellyc@akronymca.org](mailto:kellyc@akronymca.org)

## Accreditation



Akron Rotary Camp is proud to be accredited by the American Camp Association (ACA), a trusted mark of quality in the camp community. Together with ACA, we are committed to enriching the lives of children through safe, meaningful camp experiences.

Our accreditation means that Akron Rotary Camp has voluntarily met up to 300+ rigorous health, safety, and program quality standards—from staff training and qualifications to emergency preparedness. For families, ACA Accreditation is the parents’ best evidence of a camp’s commitment to health and safety. To learn more about ACA and what accreditation means for your child, visit [www.acacamps.org/parents-families](http://www.acacamps.org/parents-families)



The Akron Area YMCA has been awarded Praesidium Accreditation by Praesidium, the leader in abuse risk management. Praesidium Accreditation is a prestigious honor that publicly demonstrates that the organization has worked to achieve the highest industry

standards in abuse prevention.

## Complaint Resolution

At Rotary Camp, we strive to ensure everyone has a successful experience. If you have any questions or concerns, contact the Executive Director, Mella Castner.

Under the Ohio Department of Jobs and Family Services, we are required to provide you with the phone numbers for the local Health and the Public Children Services Agencies. You may contact the following with any concerns.

- Summit County Children’s Services – 330.379.9094
- Summit County Public Health – 330.923.4891
- Portage County Children’s Services – 330.297-3690
- Portage County Health District – 330.296.9919

## **Keeping Rotary Camp Informed**

**Please notify us promptly of any changes to your contact information, including emergency phone numbers, home addresses, and work numbers.** If you are out of town or staying somewhere other than the address, we have on file, it is your responsibility to provide updated information on how we can reach you in an emergency. Keeping your information current helps us always ensure your child's safety and well-being.

To best support your child, **keep us informed of any significant changes in your camper's life** that may impact their behavior or emotional well-being, such as school challenges, illness in the family, separation/divorce, or other personal matters. Our camp staff is dedicated to creating a supportive environment and strives to be sensitive to each camper's needs and feelings. Your communication helps us provide the best possible care.

## **Staff Training**

All camp staff participate in comprehensive training before each summer camp season starts. Our training program follows the guidelines of the State of Ohio, the American Camp Association (ACA), and Akron Area YMCA Camping Services.

Our approach is grounded in three key principles: ensuring camper **safety**, creating **fun**, and fostering **teachable moments**. Through this training, our team is equipped to provide a safe, engaging, and enriching experience for every camper.

## **Akron Area YMCA's Pledge to the Community**

The Akron Area YMCA stands with others in denouncing prejudice, racism, intolerance, and all other forms of discrimination. We are committed to our Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all. In the 150-year history of the Akron Area YMCA, we have always and will continue to be dedicated to doing more and doing better, thus becoming a champion of change in our community.

## **Lost and Found/Personal Property**

Our first responsibility is ensuring our campers' physical and emotional well-being. With a strong focus on meeting the needs of each camper and their group, it is not uncommon for personal items, such as clothing, towels, backpacks, and water bottles, to become misplaced throughout the week. While our staff works diligently to return lost items to their owners, some belongings may go unreturned.

Please note that **Rotary Camp is not responsible for any clothing, personal items, or devices brought from home.** While staff will do their best to assist your child, it is considered the camper's responsibility to keep their belongings together.

As parents, you can support this process by **clearly labeling all clothing, toiletries, bags, and sleeping items with your camper's name.** This simple step goes a long way in helping us reunite lost items with their owners!

**We recommend leaving new or valuable items**—like expensive water bottles, brand-new towels, or favorite clothing—**at home.** If losing them would be upsetting, it is best not to pack them for camp.

If you cannot locate one of your camper's belongings, please get in touch with us. We are always happy to make an honest effort to find and return missing items. A quick note in your day camper's bag, a phone call, or an email describing the lost item can significantly help our staff track it down promptly.

You're also welcome to **check the lost-and-found table during camper pick-up**—it is always worth a look!

Unclaimed, lost, and found items will be kept for two weeks after the conclusion of each camp season. Following that period, the camp will donate any remaining belongings to a charitable organization.

## **Camp Eligibility**

Children (aged 6-17) and adults (18+). The camp primarily hosts campers who have developmental disabilities, learning disabilities, physical disabilities, and mental health disorders. Campers are also encouraged to register a sibling or close family friend if they are in the same age group.

All campers must be able to work in small and large group settings with supervision. Our counselor-to-camper ratio is 1:3 for children's programs and 1:4 for adults. This means that each counselor will provide direct attention to your camper, but it is never 100%. We recognize that all our campers require individual attention, and the counselors do their best to provide it. **Please note that 1:1 support is unavailable for our camp programs.**

**To ensure a safe and positive experience for all, aggressive behavior toward oneself or others will not be tolerated.** Campers are expected to communicate their needs using socially appropriate methods and must be in good health at the time of attendance.

Campers should also be physically able to navigate the camp environment throughout their stay. Caregivers must provide any required assistive devices or equipment, whether physical, medical, or otherwise needed. **Please note that the Camp cannot supply ambulatory aids or medical devices.**

Camp is not a suitable environment for any camper who has a history of inappropriate sexual behavior. For any questions or concerns, please reach out to the program director.

## **Financial Agreement**

**Campers with outstanding balances cannot enroll in upcoming program sessions.**

Deposits are due at the time of registration. If paying through a third party, it is the parents'/caregivers' responsibility to ensure a written agreement between Rotary Camp, and the third party is on file.

Financial assistance and payment plans are available to qualifying campers and families based on income and/or need. **Scholarship paperwork must be submitted annually for consideration.**

For summer camp programs, all balances must be fully paid, or a payment plan must be established, or a third party must be informed one week prior to your camper's registered session. Campers who do not arrange for their financial commitments by this date may be removed from their assigned program roster. To set up arrangements, please call 330.644.4512.

**Cancellations made before the session date are eligible for a refund less the deposit.**

**No-Show/No-Call:** To cancel, the family **must call the camp at least 4 hours before** check-in. Otherwise, the family will be billed for half the session fee and may be removed from the roster for future sessions.

**Late Pick-Up:** **The family will be billed \$25.00 per camper for each 15-minute interval.**

**Refund Policy:** Due to the generosity of our community, Rotary Camp programs are subsidized through many individual and corporate donations. We cannot offer refunds for campers who attend a partial/entire camp session, including campers sent home for illness and behavioral needs.

### **Behavior Support and Expectations**

**Creating a safe and supportive environment for every camper is a priority.** This is best achieved through a strong partnership between parents/guardians and camp staff. To help us prepare for your camper's success, we ask that families provide detailed information about their child's behavior and needs before each session begins.

Parents/guardians are encouraged to **share a written summary of their camper, including any helpful strategies or routines.** Copies of behavior plans used at school or home are also helpful if available.

Camp staff will contact a parent/guardian if a camper exhibits disruptive behavior and needs further support. Through the conversation, both parties will determine what appropriate steps must be taken. This may involve implementing a modified behavior plan, arranging a parent conversation with the camper, or dismissal from the program.

Our staff uses **positive reinforcement** as the foundation of all behavior support. We do not use corporal or verbal punishment under any circumstances. Discipline goes hand in hand with an attitude of mutual respect. We care about what the campers feel, not just what they do. We recognize that misbehavior is often a camper's way of showing us something is wrong.

However, intentional physical or verbal aggression toward oneself, other campers, or staff will result in immediate dismissal at the Program Director's discretion. Likewise, **bullying of any kind will not be tolerated.** If problematic behavior continues despite intervention, the camper will be sent home.

Rotary Camp should be an enjoyable place for everyone – all campers and staff.

## **Mental Health**

Our staff training includes mental health training before the summer camp season begins. Staff are instructed to notify their director of any mental health concerns, which are then relayed to the program director or the director of healthcare, who will contact the camper's parents/guardians and relevant outside mental health resources if deemed necessary.

Homesickness: Below are a few tricks we have picked up over the years:

Before camp, be positive and enthusiastic about the upcoming experience. Let your camper know that camp is cool, fun, and exciting. Share your confidence that they're going to have a great time—it helps set the tone for success.

Telling campers that they can call or go home may seem like the correct response, but it often reinforces homesickness. It can act like a crutch, making it harder for them to adjust. As we emphasized earlier, camp is going to be a fantastic experience! Keep reminding them of all the fun and exciting adventures ahead.

Staff make every effort to ease the transition to camp. During staff training, we spend a lot of time teaching our counselors how to redirect or refocus on a camper who is missing home. It is okay to miss home. Home will be there at the end of the week. Camp is special, and the campers are a part of something special when they are here. We will remind them of that.

For an update on your camper's experience, please give us a call, and we'll be happy to provide you with the latest information on their progress.

If your camper is feeling homesick, you can be assured that we will reach out to you to collaborate on a plan together.

## **Wellness at Camp**

The health and well-being of our campers are vital. When a camper is not feeling well, it can significantly impact their ability to enjoy camp and may lead to increased behavioral needs. Additionally, illness can easily spread to other campers and staff, affecting the entire camp community.

To help keep everyone healthy and safe, we ask that you **do not send your child to camp** if they are experiencing any of the following symptoms within **48 hours of their scheduled session**:

- Fever of 100°F or higher
- Stomach pain, vomiting, or diarrhea
- Shortness of breath, persistent coughing, or congestion
- Rash of unknown origin
- Head lice or nits
- Contagious illness (e.g., strep throat, pink eye, COVID-19, flu)
- Any other condition that may prevent them from fully participating in camp activities

If your camper becomes ill at camp, a parent or guardian will be contacted, and arrangements may need to be made for early pickup. Together with the Camp Nurse and your primary care physician's recommendations, we will determine an appropriate return-to-camp date, if possible.

### **Medical Care at Camp**

During check-in, parents/caregivers will meet with the nurse to review any medical needs. **All medications—both prescription and non-prescription—must be provided in their original, labeled containers.** For the safety of all campers, medications cannot be accepted in unmarked packaging or daily pill organizers.

Medications are typically administered at mealtimes and before bedtime. Please send only the number of doses needed for the duration of your camper's stay.

The medical staff will keep a log indicating the time and the person who administered the medication. The annual physical and medical form must be completed and turned in before attending camp. The camper will not be admitted to camp without these documents.

Prescribed medications will be administered as directed on the bottle and must be clearly marked with the camper's name, name of the medication, and name of the physician

Camp may contact parents/guardians for various health care concerns, including vomiting or diarrhea, a suspected broken bone or sprain, rashes, lice, any medical situation that requires care we cannot provide, and behavioral concerns.

If your camper is injured at camp, the nurse or program director will take necessary steps, which may include, but are not limited to the following:

1. Call the local paramedics.
2. Contact parents/caregivers. If parents/caregivers are unavailable, the camp may contact an alternate emergency contact person.

Medical insurance coverage is the responsibility of the parent/guardian. In a medical emergency, paramedics will be called, and the camper will be transported to the nearest appropriate medical facility. **The parent/guardian is responsible for any costs associated with emergency services, including transportation and treatment.**

### **Communication with Parents/Caregivers and Early Dismissal**

The camp staff work hard to ensure that every camper has a wonderful experience while they are here. However, there are times when camp staff may contact parents/guardians, including, but not limited to:

- Behavior support
- Camper injury
- Medication questions/clarification
- Natural disaster

**While your camper is away at camp, parents/guardians must be accessible by phone.** If no one answers, camp staff will continue to contact the numbers on the emergency list. If staff cannot reach a responsible adult, they must, by law, contact Children's Services.

Parents may be asked to pick up their camper early for any of the reasons stated above or any other reason deemed necessary by the program director. **Parents/Guardians or a listed "Authorized Pick-Up Person" must be available to pick up their camper within four (4) hours of the camp's request.**

### **Service Animals at Camp**

Rotary Camp follows the guidelines set by the Americans with Disabilities Act (ADA) regarding service animals. According to the ADA, a service animal is a dog individually trained to perform specific tasks or work for an individual with a disability. This means the dog must be trained to take specific action to assist the person. These tasks must be directly related to their disability. For example, a dog may be trained to detect the onset of a seizure in a person with epilepsy and help keep them safe during the episode.

The ADA distinguishes between service animals, support, therapy, comfort, and companion animals. These terms describe animals that provide comfort just by being with a person. Because they have not been trained to perform a specific job or task, they do not qualify as service animals under the ADA.

**When sending a service animal to camp, it is the responsibility of the parent/guardian to arrange for someone to care for the animal.** Rotary Camp staff will spend all their time providing excellent care for your camper; we cannot also provide care for an animal. **Parents are also responsible for providing documentation that the animal is up to date with shots. If you plan to bring a service animal to camp, please contact the camp office prior to attending.**

### **Check-out Procedures (for all programs & sites)**

A camp director or designee must sign out every camper. Parents/guardians must list each person authorized to pick their camper up on their Daxko/CampDoc profile. **If an individual is not listed as an approved contact on their account, parents or guardians may call the camp office to authorize an unlisted person. However, this is not the preferred method.** Staff will check photo IDs to ensure safety. If someone comes to pick up a camper without any notification, camp staff are responsible for contacting the parents/guardians before releasing the camper to that individual.

### **Vehicles**

Campers are not permitted to have vehicles at camp.

### **Absentees**

The camp must be notified immediately if a camper cannot attend a registered session or day program. At the beginning of each program, all registered campers who have not shown up within an hour of registration will be contacted to confirm their absence. This occurs daily at each day campsite.

**Campers who do not attend or call off a registered program will be assessed one-half of the session fee. They cannot sign up for another program until the balance due is paid.**

### **Alcohol and Drugs**

**Camp is a drug-free environment.** The use of alcohol or any recreational drugs, legal or illegal, by campers, volunteers, or staff is **strictly prohibited and will be cause for immediate dismissal from the property.**

### **Pictures**

Unfortunately, we do not offer any online picture service. Camp staff will share pictures on the Rotary Camp Facebook and Instagram pages.

Please remember, a picture is a snapshot in time. It captures candid moments when campers are not always smiling or looking at the camera. This does not mean they are not having fun at camp. If your camper is not having fun, we will contact you to discuss.

## **Overnight Camp Information (Rex Lake)**

### **Camp Arrival Day**

Check-in times will be between 3 pm and 5 pm on Sundays. You may arrive any time during this drop-off window.

- You will then proceed to the check-in table.
- Counselors will escort you to your camper's, take their bedding and supplies, and help them get set up in the cabin.
- You can then proceed to the health lodge if your camper has medications to check in. Enjoy your week!

Camp's first medication pass will be at 8 pm on Sunday. **It is the responsibility of the parent or guardian to provide any necessary medication to the campers before 8 pm.**

### **Camper Inventory**

Counselors will take inventory of all camper items on opening day. They will label items if they are not labeled. Collect any non-approved items, i.e., medicine, cell phones, weapons, etc. This is also to note whether items were not packed, so families can provide those items. Inventory will be checked upon repacking to ensure camper items get returned.

### **Overnight Camp Check-Out Time**

Please bring photo identification. Check-out is Friday morning each week from 10 am –11 am.

### **Clothing List for Campers**

Campers are highly active while at camp, so we suggest that you do not send new clothing. Clothing should be practical and clean.

To keep track of your camper's clothing, we ask that you put your camper's name on each item of clothing and equipment. Please ensure that the name is legible and do not use initials. Clothing not claimed will be kept at camp for two weeks and then donated to a local charitable organization.

The following is a suggested list of clothing for the best camp experience. You may add to it or subtract from it as you wish, but please make sure your camper is equipped correctly so that he/she may enjoy their stay. Baggage should be limited to one suitcase and bedding.

**Necessary Items:**

- Sleeping bag or blanket & sheets
- Pillow
- Pajamas
- Comb or brush
- Deodorant
- Toothbrush/paste
- Shampoo
- Soap
- 2 bath towels
- 2 washcloths
- 5 T-shirts
- 3-4 pairs of shorts
- 1-2 sweatshirts
- 1 long-sleeved shirt
- 2 pairs of pants/jeans
- 6 pairs of socks
- 1 jacket/sweater
- 6 pairs of underwear
- 1 pair of swimming shoes
- 1 pair of Crocs or sandals
- 1 pair of tennis shoes
- Swimsuit
- Sunscreen
- Raincoat or poncho
- Mosquito repellent
- Laundry bag

**Convenient but not necessary:**

- Flashlight
- Box/bucket for toiletry items
- Hat

Campers spend many hours running outside throughout the week and need shoes that protect their feet and provide support. Flip-flops and shoes that do not cover toes and heels are not appropriate footwear for camp. New shoes tend to rub and can cause painful blisters, so they **are not recommended**. Campers must wear shoes during their stay with us.

## Proper Footwear in the Water

Due to an increase in zebra mussels in our lake, it is recommended that all campers come with swim shoes. While we do our best to ensure our swim area is free of anything that could potentially be dangerous, zebra mussels are becoming more common in the Portage Lakes. Therefore, we recommend that all campers and staff wear swim shoes while in the lake.

## Things to NOT bring:

- **Cell phones:** We know this may be a difficult restriction. It is probably more difficult for you as a parent/guardian. We understand and sympathize with this. We acknowledge how accustomed you have become to having near-constant access to your child. However, at this point, we find that disconnecting from the tech world is a healthy practice. Our campers' lives are very structured, and that structure remains true for their time at camp. Every minute of the day is planned. We plan to help our campers socialize, problem-solve, and learn new skills. This can be difficult if our campers are focused on their cell phones instead of the campers and staff next to them. If there is an emergency at home, and you need to contact your camper, or if you are worried about how your camper is doing, please call the office at 330.644.4512. If no one answers your call, please leave a voicemail, and we will promptly return your call.
- **Personal Sporting Equipment, Weapons, or Money:** Rotary Camp will provide all programming supplies for each session's activities. Expensive equipment is not necessary and usually causes behavioral issues among campers. Anything that could be considered a weapon should not be brought to camp. **No toy weapons.**
- **Electronic Devices:** These items are expensive. We are near lakes, dirt, and bugs. We climb, run, and jump. This environment is not conducive to expensive electronic devices. Please help us avoid a broken heart and keep these at home. If your camper is using a device to assist in communication, please contact the Camp Director to determine if it is appropriate to bring it to camp.
- **Snack for in the cabin:** Snacks attract unwanted attention from bugs, squirrels, mice, skunks, and hungry counselors! For the safety of the cabin, **do not send snacks in your camper's luggage.** If your camper has special dietary needs, talk to the Camp Director before your camper's session, and we will produce a plan together. Any food items brought with your camper should be checked in with the nurse or Program Director during check-in.

## Food Service for Campers

The food services staff plans and serves balanced meals for the overnight camp. Special considerations are made for food allergies and other dietary needs.

Please indicate your camper's dietary needs on the online health history form. If your camper has extensive nutritional needs, such as gluten-free, please get in touch with the program director before attending camp.

## **Camper Mail**

Mail will be delivered each evening. Please send mail to your camper at this address:

Akron Rotary Camp  
(Insert Camper's Name, Cabin Name)  
4460 Rex Lake Drive  
Akron, OH 44319

You can also fax 330.644.1013 or email at [samantham@akronymca.org](mailto:samantham@akronymca.org). Please be sure to include the camper's name and cabin.

## **Day Camp Information**

### **Arrival/Departure**

The drop-off and pick-up times are noted below for each site. If there is a change in the departure routine (early pick-up, different authorized person picking up, etc.), please notify the camp in writing.

All campers are required to sign in/out daily with a Program Director or designee. Please have your photo ID available for verification.

### **Portage Trailblazers Day Camp – runs 9:00 am – 3:00 pm**

- Drop-off times are from 8:45 am – 9:15 am
- Pick-up will begin at 2:45 pm and run through 3:15 pm

### **Rex Lake Day Camp – runs 9:00 am – 4:00 pm**

- Drop-off times are from 9:00 am – 9:15 am
- Pick-up will begin at 3:45 pm and run through 4:00 pm

### **Portage Trailblazers Day Camp Drop-Off Procedures**

Parents can drop off their campers at the Happy Day Services Building at 2500 Brady Lake Road, Ravenna, OH 44266.

When you enter the driveway, please stay to the right. When you reach the driveway circle, you may park along the circle. Please ensure that the loading area nearest to the covered walkway remains clear for transportation vehicles equipped with lifts. Once parked, you may proceed to the side door of the building closest to the outside playground. Staff members will be present to assist with escorting campers to their groups.

### **Portage Trailblazers Pick-Up Procedures**

Parents will check out at the exact location as drop-off. When you arrive, please check in with the staff member on duty. Campers will be notified and escorted from the building or playground for dismissal.

If someone other than the camper's parent/guardian is picking them up, you will need to notify camp staff. Staff will check photo IDs before releasing a camper, even if the individual is listed as an emergency contact.

### **Rex Lake Day Camp Drop-Off Procedures**

Parents can drop their campers off at the main camp driveway, 4460 Rex Lake Drive, New Franklin, OH 44319.

If a camper arrives by bus, please direct the driver to drop them off at the back entrance across the street from the Portage Lakes Masonic Lodge at 4395 Rex Lake Drive, New Franklin, OH 44319.

Please hand in any notes or medications to the staff member at check-in.

### **Rex Lake Day Camp Pick-Up Procedures**

Please check out at the exact locations for drop off. If your camper does not need assistance and/or you have no meds to pick up, go to the main parking lot for pickup.

## **What to Bring to Day Camp**

Each day, the day campers will participate in all traditional camp activities, including waterfront (at Rotary Camp) or swimming (at Portage Trailblazers). Below is a list of recommended items for each day:

- Backpack
- Change of clothes
- Appropriate footwear\*
- Sunscreen
- Swimwear (if applicable)
- Beach Towel
- Packed Lunch
- Filled water bottle for each day
- Extra snack
- Water shoes (Rex Lake)
- Any prescription medications in the original bottle with the correct dosage
- Any notes or messages to the camp staff about the camper or program

Please mark all your camper's belongings to help us keep them organized. We do not have extra clothes at camp, so please make sure your camper has what he/she may need for the day.

**\*Campers spend many hours running outside throughout the week and need shoes that protect their feet and provide support. Flip-flops and shoes that do not cover the toes and heels are not appropriate footwear for camp. Campers are required to wear shoes at all times.**

## **Proper Footwear in the Water (Rex Lake)**

Due to an increase in zebra mussels in our lake, it is recommended that all campers come with swim shoes. While we do our best to make sure our swimming area is free of anything that could potentially be dangerous, zebra mussels are becoming more common in the Portage Lakes. Therefore, we highly recommend that all campers wear swim shoes while in the water.

## **DO NOT BRING**

Please do not bring any of the following: cell phones, personal sports equipment, animals, handheld game systems, iPods, iPads, mp3 players, or anything that could be considered a weapon (pocketknives, guns, air rifles, matches, fireworks, etc.). Do not bring gum, candy, pop, or food that may attract critters. Any items deemed to be inappropriate for camp will be taken to the Program Director. The items will be returned at the end of the day or week.

Additionally, **please do not allow campers to bring any items of value** (monetary or sentimental). Inevitably, these are the things that go missing, creating unnecessary emotional distress for the campers and staff.

We make every attempt to keep your camper's belongings together. However, at times, items can go missing. It is assumed that the parents/guardians are responsible for any items the camper brings to camp, including both appropriate and inappropriate items. Akron Rotary Camp, Akron Area YMCA, and its representatives cannot be held responsible for missing items.

### **Medications**

Medications must be in their original bottles with the correct dosage on the label. At check-in, you will review your medications and dosages with our camp nurse. You will be asked to verify each medication and quantity dropped off. Please bring only the quantity needed for the week. You will receive an empty medication bottle at the end of the week. Please do not leave them in your camper's bag.

### **Meals**

While at camp, children expend a lot of energy participating in various activities. Please make sure your child eats a healthy breakfast before coming to camp each day. Parents must also pack lunch for their campers. **Please note that we will not refrigerate or microwave any lunches.** If a camper forgets her/his lunch, we will be happy to provide one that day.