

# What To Bring To 5 Day Staycation

**Participant's Name** \_\_\_\_\_

**ALL items MUST be marked with participant's first name and last initial and packed in luggage marked with participant's name. If items are not labeled, you will be given a marker upon arrival at Allyn and asked to mark them before participant is admitted.**

SUGGESTED ITEMS	HOW MANY PACKED?	SUGGESTED ITEMS	HOW MANY PACKED?
<b>Bedding</b>		<b>Toiletries</b>	
1 Sleeping Bag, Bed Roll or Twin Sheets		Toothbrush	
1 Pillow and Pillow Case		Toothpaste	
1 Blanket		Liquid Soap	
Rubber or Plastic Sheets		Shampoo	
		Comb/Brush	
<b>Clothing</b>		Deodorant	
6 Pairs Socks		Menstrual Hygiene Products	
6 Pairs Underwear		Slip proof water shoes for showering/swimming	
6 Pairs Pants/Shorts			
6 Tee Shirts		<b>Adaptive Equipment (if needed)</b>	
1 Warm Shirt, Jacket or Hoodie		Cups	
1 Pair Extra Shoes (do not count pair worn to camp)		Dishes	
3 Sets Pajamas		Silverware	
Swim Suit/Trunks; Plastic Swim Pant (If Needed)		Braces	
6 Brassieres		Eyeglasses	
		Hearing Aid	
<b>Towels</b>		Cane/Walker	
3 Bath Towels		Ted Hose (at least 2 pair)	
3 Wash Cloths		Lifts/Hoyer/Slings	
<b>Mesh Laundry Bag</b>		Power Chair Charger	
		<b>IF PARTICIPANT IS INCONTINENT PLEASE INCLUDE THE FOLLOWING:</b>	
		30 Attends	
		1 Extra Blanket	
		1 Extra Set of Twin Sheets	
		Extra Socks, Underwear, Pants/Shorts and Shirts Accordingly	

CHECK BOX IF OPTING NOT TO FILL IN FORM. BE AWARE THAT THIS WILL MAKE MANAGING THE CAMPER'S BELONGINGS MORE DIFFICULT FOR THE STAFF AND MAY RESULT IN A HIGHER INCIDENT OF LOST ITEMS.

CHECK IN CAREGIVER SIGNATURE \_\_\_\_\_ STAFF SIGNATURE \_\_\_\_\_

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# Overnight Staycation Activities

## THREE KINDS OF PROGRAMMING:

- **Theme Based:** This includes fun and exciting fine-motor and gross-motor skilled activities that are age-appropriate, adaptive and engaging while being matched to the particular theme of the session attended.
- **Skill Based:** We often incorporate a variety of skill-building activities such as archery, fishing, swimming, and a variety of other activities that reinforce daily living skills
- **Evening Programs:** Everyone takes part camp fires, talent shows, game shows, and movie nights. (within each cabin group)
- All guests are encouraged to meet and make friends while enjoying all of the activities camp has to offer.

### SAMPLE SCHEDULE:

- **9:00 a.m.** Breakfast
- **10:00 a.m. – 1:00 p.m.** Activities (swimming, mule rides, fishing, sports & games, creative arts, life skills, nature & discovery, archery, and field games.)
- **1:00 p.m.** Lunch
- **2:00 – 3:30 p.m.** Rest Period
- **3:45 – 6:00 p.m.** Activities (rotation of activities as noted above)
- **6:00 p.m.** Dinner
- **7:30 p.m.** Evening Program (within each cabin group)
- **9:30 p.m.** Cabin Lights Out

### OVERNIGHT STAYCATION LODGES:

- Aspen Lodge
- Buckeye Lodge
- Oak Lodge
- Pine Lodge
- Willow Lodge

## Please Do Not Bring the Following Items to Camp

- Cell phones, cameras, hand held games, iPads or other electronics, unless used as a communication device
- Items with sentimental value (e.g., souvenir baseball cap, jewelry, photobook)
- Designer or fine clothing
- Trading cards
- Play weapons of any kind, such as guns, swords, knives, etc.
- Money
- Razors – Staff members are not permitted to shave participants. Electric shavers may be included if a participant is fully independent.
- Animals
- Stepping Stones is not responsible for lost, damaged or broken items.

## Food and Drinks

- Application with updated dietary information **MUST** be submitted each year.
- In most cases, our food service team can accommodate special diet needs of a participant. Please notify Kitchen Manager Brad Pottorf at least two weeks prior to arrival at (513) 735-8885 or [brad.pottorf@SteppingStonesOhio.Org](mailto:brad.pottorf@SteppingStonesOhio.Org) of any special diet needs.
- **Participants MAY NOT BRING their own beverages, snacks or candy to camp.** Unregulated food items create a potential hazard to other participants and attract unwelcome pests.
- Food items brought to camp for special dietary needs must be registered with Kitchen Staff and will be stored in the kitchen to ensure the health and safety of all participants.