

WHAT TO BRING TO CAMP:

- Sleeping bag (for possible trips)
- Twin sized (single) fitted bed sheet
- Pillow
- Warm, water-repellant jacket & a sweater/sweatshirt
- Aqua shoes (or old shoes) – must be worn in the lake to protect feet
- Athletic shoes – one pair to remain dry, the other to get wet (2 pairs)
- Shower sandals (for indoors use only)
- Suitcase/duffel bag or backpack to hold items
- Toiletries bag (the Bath House is not adjoined to all cabins)
- Toiletries (toothbrush, toothpaste, soap, deodorant, shampoo, comb/brush)
- Laundry bag
- Raincoat/poncho and boots (when it rains at Camp it pours!)
- Shorts, jeans, T-shirts – light colored for sunny days
- Underclothes, socks and warm pajamas
- Cap or hat with a brim; light colored for protection from the sun
- Two swimsuits (please be modest)
- Towels/washcloths
- Flashlight (check the bulb first) with new batteries
- Sunscreen (SPF 45 or higher), lip balm
- Sunglasses
- Insect repellent (non-aerosol, please instruct camper in proper use)
- Reusable stainless steel water bottle
- Small travel-size games or a deck of cards; and if age-appropriate, a stuffed animal/toy
- Letter writing supplies, stamps, and/or a journal
- Books or other appropriate reading material
- Self-addressed, stamped envelopes to send mail home
- A photo of family members, or pets (in case of homesickness, and to share with friends)
- Optional items include a disposable camera with film, fishing or sporting equipment, musical instruments and equipment for Horseback Riding Camp.
- Please put your camper's name on all items!
- You may wish to give the administration camper mail on the first day, or send it prior to arrival.

PLEASE DO NOT BRING:

The following items are NOT allowed at YMCA Camp Onyahsa: food, pets, music boxes, electronic games or gadgets, laptops, large sums of money, expensive items, skateboards, rollerblades, fireworks, matches, scooters, jack knives or any type of weapon, any illicit substances or inappropriate materials, *open heel (flip-flop) sandals to be worn outdoors* (these are a leading cause of injuries and program delays in camps, as well as long-term podiatric problems), dark or black clothing to be worn in the sun, snack food/drinks or any valuables. Onyahsa does not have vending machines or other opportunities to spend money; (with the exception of our Outfitters Trading Post, which is only open during check-in and departure times).

If present, prohibited items will be put in the Main Office for the duration of the camp session. Any valuables (such as passports, money and airline tickets) must be deposited in the Camp's safe. Please give these items to Camp Administration upon arrival. Camp Onyahsa cannot be held liable for lost items. If it is brought to Camp, the camper should see to its safekeeping and care.

Please check the Camp's Lost and Found (located at the Flag Pole) before departure. Lost items will be held until the end of the summer season, and then donated to charity. See the Camp's cell phone policy on page 9.

DIRECTIONS TO CAMP

Camp Onyahsa was founded in 1898 and is *one of the longest-established YMCA resident camps in the nation*. This beautiful lakefront camp is nestled within wooded acreage along the shores of northern Lake Chautauqua. Its facilities include a large winterized dining hall, year-round lodges, sports fields, nature areas, cabins and tents. Recent development has created a beautiful year-round facility. The site is available for off-season group use year-round.

Onyahsa is located at 5411 East Lake Road (also known as Route 430) in Dewittville, New York, 14728; twenty minutes from Jamestown NY; fifty minutes from Warren PA; fifty minutes from Erie PA; two hours from east Cleveland OH; and eighty minutes from Buffalo NY. For Internet directions and a map, please consult the Onyahsa website at www.onyahsa.org.