



Suggestions for Parents of Campers

Thank you for registering your child for UNC's Camp Kelly! We firmly believe in the importance of quality summer programs for youth. In fact, studies have shown that summer camps make children more resilient and can help them to be better learners. We've seen firsthand how campers learn to be more social, curious, independent, and creative at camp. Our goal is to encourage campers to make the most of this opportunity to learn and grow, while also having a safe and fun experience. Below are some suggestions of ways you can help us, and your camper, achieve that goal.

General

- Register early! Camp fills up quickly.
- Pack more blankets than you think they'll need; it gets chilly at night.
- Pack a book or age-appropriate magazine for downtime.
- Pack some funky costume pieces for skit night, glow sticks for campfire, or extra craft items to decorate the cabins.

Health/Safety

- All medications need to be up to date and in the original container you received from the pharmacy. Please do not combine medications or transfer them into bags/new containers.
- On the physical form, please let the nurse know of any pre-existing medical conditions. The more we know about your child's health, the better care we can provide.
- For emergency contacts, include the number of someone who does not live in your house, who is easy to reach, and who will know where to find you.

Homesickness

- Pack a favorite stuffed animal or pictures of family, friends, and pets.
- Provide your camper with stamped, addressed envelopes to make it easy to write home.
- Leave notes in your camper's suitcase or, even better, send them some mail a few days before camp starts so he/she receives mail at the beginning of the week.
- If your child is having a rough time with homesickness, we will give you a call and make a plan together. Help us encourage your child to stay.

Making Friends

- Encourage your camper to make new friends by only listing a few requested roommates (we can only guarantee the top two requests). We've found that when parents are excited about their camper making new friends, he/she will feel more comfortable with the idea as well.
- If a group of your camper's friends are preparing for camp by making t-shirts or other custom items, make sure they make enough for new friends. It's very easy to feel left out when you're the only one in the cabin without that special thing.
- Want your camper to get the full experience? Leave their cell phone at home.

Thank you! We're looking forward to a fun and healthy summer together!