



SUMMER YOUTH PROGRAM: CYSP EQUIPMENT CHECKLIST

What to Wear:

- Comfortable clothing that can get dirty and wet with swim suit underneath.
- Closed-toe shoes (water shoes or an old pair of sneakers work well!).
- Hat that protects the face, sunglasses (attaching the arms of the glasses together so they stay on the campers head easily!), or both.
- Optional: Lifejacket (campers can bring their own U.S Coast Guard approved lifejacket if they so desire, our instructors will inspect them before used out on the water).

What to Bring Every Day:

- Sunscreen (campers will apply sunscreen in the morning and if they are staying for the full day, they will apply sunscreen again at lunch).
- Extra set of clothing (Required for Mixed Boat Weeks and optional for half day)
- Closed-toe shoes (water shoes or an old pair of sneakers work well!).
- Bathing Suit and Towel
- Rain gear
- Warm Layer
- Water bottle(s) – we often are not able to refill water during the day, so bring what you'll need (2 liters is generally enough) (preferably a water bottle that you can tie securely to your boat)
- Healthy snacks (fruit, granola bars, trail mix)
- Lunch– send a hearty, non-perishable lunch with your camper each day; keep in mind that we DO NOT provide refrigeration. We encourage trash-free lunches to promote environmental stewardship. Recycling and composting are available. (Only for Mixed Boat Weeks)
- Bag– for day to day needs you will need a bag to carry the above listed items.

What to Leave at Home:

- ✓ Anything breakable or valuable
- ✓ All electronics
- ✓ Gum or excessive candy (a piece or two in the lunch is fine; a bag becomes a problem)
- ✓ Cell phones are not permitted during camp hours

Please contact us if you have any questions:

Squam Lakes Association
534 US Route 3
Holderness, NH 03245
Phone: (603) 968-7336
E-mail: info@squamlakes.org