

Sea Campers must be prepared to be in the sun on the beach all day. We set up shade tents and umbrellas at some of our beach sites when the conditions allow. Sea Camp staff will regularly take breaks to remind campers to put on sunscreen, drink water and have snacks. Sea Camp provides snacks and extra water during the day to help keep us all thriving.

### **What to Wear / Bring**

- **Bathing suit** for an active and potentially messy day. Girls may also want an old pair of shorts over their bathing suit.
- **Old T-shirt** that can get wet and possibly dirty. Light colored (white is best). Light weight.
- **'Sun shirt' with SPF** (if you have one) that you wear in the water to provide extra sun protection. A t-shirt will work for this.
- **Hat** (light colored is best)
- **Flip flops** or **sandals**: the sand gets super-heated to the point where you will need footwear.
- **\*Wet shoes**: old lace-up sneakers that we must wear into the water at several locations to protect our feet from barnacles, glass etc. *Must be lace-up* in order to stay on in sticky mud. You will not need the wet shoes every day. Please see itinerary and talk to trip leaders at the end of the day about plans for the next day.
- **Towel**
- **Lunch and snacks**: we will have extra snacks and drinks, but you want your own to be sure.
- **Water bottle**: 1 liter a day! A re-used plastic bottle works just fine.
- **Sunglasses**
- **Sunscreen** with a minimum of 15 SPF
- **Backpack or bag** to put it all in.
- **Positive and team-oriented attitude**
- *Optional*: change of clothes (shorts, T-shirt)
- *Optional*: Mask and Snorkel / Goggles. We may experience clear water which will allow us to snorkel at several sites.

### **Fishing Tackle:**

Fishing opportunities will arise during many camps. Sea Camp staff will inform campers to bring their poles when fishing might happen. Sea Camp will provide hand-lines for fish and crabs during any fishing / crabbing sessions. Campers are also welcome to bring their own fishing pole and tackle. If your camper will be bringing a fishing pole, we advise that it be an 'all purpose' medium-weight rod and reel that can fish from the beach or from a kayak. We will provide bottom rigs, weights, hooks and bait for the fishing/crabbing sessions.