



## **Gokuldhham Pushticamp Guidelines**

### **For Parents and/or Guardians:**

To inform you, your child is in good and safe care of our program leaders and counselors. A great amount of planning has gone into making this program a learning and fun filled experience. We would like to request that you:

- Do not call your child or us unless there is an emergency.
- Do not call to inquire about the well-being of your child.
- Do not leave a cell phone with your child.
- Please make sure to speak with your child's counselor about any allergies or medical condition during the camp orientation.
- If a camper is ill or not able to adjust, we will give you a call and take the situation from there.
- If needed, please be prepared to come to camp to take your child back with you.
- Please mark or label all personal items and clothing so that one can keep track of one's belongings.

### **Rules and Regulations for ALL Participants:**

#### **DRESS CODE**

Campers/Counselors are expected to dress neatly and appropriately. Dress or appearance that distracts is not permitted and unsuitably dressed will be requested to change to appropriate clothing. Clothing with inappropriate language or messages (implied or stated) is not acceptable. Only mid-thigh walking-type shorts are permissible. No spandex, boxer-type, running or short-shorts are allowed. Micro-mini skirts and tight short skirts are not permitted. Pants must be worn at waist level. No ripped or tattered clothing is permitted. Clothing should cover the shoulders. Sundresses, tank tops, halter tops, see-through shirts, bare midriffs are not allowed. Campers will be asked to change any dress deemed inappropriate for campus. Sneakers **MUST** be worn during morning walks, field trips and sports.

## **LIST OF ITEMS TO BRING FOR THE DAY CAMP:**

### **Clothing**

1 extra pair of clothes in case  
feminine hygiene supplies if needed  
1 notebook  
pens and pencils

## **LIST OF ITEMS TO BRING FOR THE OVERNIGHT CAMP:**

### **Clothing**

10 pair underwear  
10 T-shirts (1 plain white, no Tank Tops)  
10 pair socks  
2 pair casual pants for yoga  
7 pair pants/capris (appropriate length)  
1 pair sandals or flip flops and 1 pair sneakers  
1 rain poncho or raincoat with hat or hood  
Night clothes (pajamas)  
Boys 2 dhoti or pajama/kurta for temple  
Girls 1-2 salwar kameez and 1 chaniya choli for garba

### **Toiletries**

soap and soap dish  
toothbrush and toothpaste  
brush and comb  
insect repellent- spray or lotion  
sunscreen or sunblock cream  
feminine hygiene supplies if needed

### **General Items**

1 pillow and case  
1 bed sheet  
1 warm blanket  
1 notebook  
pens and pencils  
laundry bag  
2 large bath towel  
1 wash cloth  
1 hand towel

### **Additional Items (Optional)**

Musical Instruments, any items for Camp fire, baseball glove, balls, and sports items

### **Do Not Bring**

Phone, hand held games, radios, electronics and food items, gum, or any cash

**IMPORTANT:**

Please bring Your prescribed or any other required medication. Please pack and wear clothes that are appropriate for the temple environment. (i.e.) clothes exposing shoulders or midriffs are prohibited. Girls can wear Knee length shorts only. Clothing should be packed to last at least 7 days as we do not provide laundry facilities. All personal belongings must be confined to ONE suitcase. No closet space is available.