

# FIT NEIGHBORHOOD



## Summer camp

### 2023 What to Bring Each Day!

The equipment list is important as we spend most of our time outdoors (except in case of a weather emergency i.e. lightning or extreme heat).

We are able to loan any items you don't have so please just let us know if you need something!

- WATER BOTTLE
- HEALTHY SNACKS and LUNCH
- RUNNING or TENNIS SHOES
- SUN SHIRT FOR SWIMMING (strongly recommended)
- SWIMSUIT (**wear this to camp; plan on keeping it on all day; we will not be using locker rooms to change**)
- TOWEL
- SUNSCREEN (**please arrive with a good layer of sunscreen applied and more to reapply**)
- RAIN JACKET (just in case)
- Optional: Mask for indoor spaces

**PLEASE MAKE SURE THAT YOUR NAME IS ON EVERYTHING SO WE CAN RETURN ANY LOST ITEMS!  
NO IPODS, CELL PHONES, OR VIDEO GAMES IN CAMP AT ANY TIME.**

Questions? Feel free to contact us by phone or e-mail. See you soon!

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