Office of Christine Lizardi Frazier
Kern County Superintendent of Schools

Kern Environmental Education Program

A Program operated by the Kern County Superintendent of Schools Office

What to Bring to KEEP Cambria & KEEP Ocean

ESSENTIAL ITEMS

1 sleeping bag & pillow
1 pair pajamas
2 or 3 pairs of shoes (tennis shoes or hiking boots; no sandals)
8 pairs of long socks (no ankle socks)
4 pairs of pants or sweats (no shorts)
1 warm jacket
1 or 2 sweaters or sweat shirts
7 shirts or T-shirts
5 pairs of underwear
2 handkerchiefs or Kleenex

1 bag for dirty clothes
1 bottle for water
1 flashlight (KEEP Ocean only)
1 toilet kit to include:
- comb and/or brush
- 1 bath towel and wash cloth
- shampoo/conditioner
- toothbrush
- toothpaste
- chapstick
- soap
- deodorant

Rainy Forecast:

Poncho or raincoat and extra dry shirts, pants and socks to change into.

Optional Items:

Camera & extra film (kids go through their first roll by Tuesday), binoculars, sun glasses, back-pack, $7 for an additional KEEP T-shirt, flip-flops or sandals for shower, earplugs if you are a light sleeper and a watch or alarm clock.

Additional money may be brought to KEEP Cambria or KEEP Ocean for purchase of other KEEP Foundation items. Please see **www.campkeep.org/newkeep/merchandise** for merchandise and pricing information.

PLEASE DO NOT BRING:

swimsuits, shorts, scary books, knives, radios, cell phones, electronic games, music players, matches, blow dryers, make-up, anything scented (hair spray, lotion, perfume), candy, gum, extra food or any other item that is not allowed at school.

New clothes are impossible to keep clean at camp. Please bring only those clothes and shoes that you are comfortable getting muddy. We can guarantee they will!