



Winter Participant Daily Checklist

Clearly label and bring

The following is a list of items your child **must** bring to camp:

- A **refillable water bottle** filled with water or juice (no soda or disposable drink containers). Water is available all day to refill bottles.
- 2 snacks (we are not peanut-free but are peanut-aware).
- A lunch (full day Pre k -5th graders only)
 - Make sure the lunch is in a clearly labeled bag or lunch box.
 - Nothing microwavable or that requires refrigeration.
 - Please use reusable/refillable containers with minimal packaging to reduce waste (all waste is sent home in the box or bag it came in).
- Wear seasonally appropriate clothes. Most campers attend camp in jeans, t-shirts, sweatshirts, seasonal jackets, and sneakers/boots (that can get muddy, snowy, smelly, and wet).
- For wet and cold days: warmer layers, coat with a hood, **snow pants**, hat, **gloves**, scarf, and snow/water proof boots (no Uggs). Please make sure your child's head can be covered in some way.
- A **full** change of clothes (including extra socks, underwear and an old pair of sneakers)
- A backpack with two shoulder straps to carry water and snack for picnics on the trail.
- A smile 😊

The following is a list of **optional** items your child may bring to camp:

- Towel
- Insect repellent sticks (**no spray or pump repellents**) When using sprays or pumps pre-treat your child's clothing **at home**.
- Sun block or sunscreen. Please put on before arriving at camp.

By **clearly labeling** hats, lunch boxes, backpacks, clothing, water bottles, etc. your child will be able to find his/her items. The camp staff is not responsible for identifying or locating unlabelled items.

Do **not** send the following items to camp with your child:

- 1) Juice boxes (the straw wrappers tend to escape from children).
- 2) Cell phones
- 3) Electronic games or music players
- 4) Toys
- 5) Aerosol containers of insect repellent. Please pre-treat at home.
- 6) Personal items that could be lost (i.e. jewelry, collector cards)
- 7) Weapon-like items

Outdoor concerns

Because most of the activities at the Tenafly Nature Center are outdoors, we are sensitive to and are aware of the weather, ticks, and sun concerns. We address these issues in a proactive, clear and efficient way through education (of staff, campers and parents) and implementation of risk management procedures.

We ask that parents apply a liberal amount of sun-block to their camper's before camp each day and to make sure your camper is dressed for sun and cold weather protection (i.e. snow pants, winter coat, boots, gloves, and a hat). The staff are more than happy to remind and help campers reapply sunscreen throughout the day. Please let the staff know if your child is especially sensitive to the sun.

We do not apply insect repellent here at the Tenafly Nature Center and instead ask that you spray your camper's clothing with an appropriate spray before leaving for camp in the morning. Parents may want check with your doctor before doing this. At camp we educate everyone about ticks, minimize off-trail hiking, establish a tick check system for campers and staff, and follow other tick-related safety procedures and practices. Parents are advised to help their camper check clothes and all body areas after each camp day. The evening bath or shower is a good time for this.



Lyme Disease Prevention Message from the Governor's Lyme Disease Advisory Council *Fact Sheet for Parents*



The State of New Jersey continues to have one of the highest rates of Lyme disease in the country. The disease is transmitted by the bite of an infected deer (black legged) tick. Common habitats for the deer tick are leaf litter in wooded areas, grassy areas along wooded edges and low bushes and shrubs. Deer ticks are not commonly found on athletic fields, cut lawns or agricultural fields. The majority of Lyme disease cases are caused by tick bites acquired around the home. Children may be at particular risk because of the amount of time they spend playing outdoors and the failure to recognize a tick bite. To help reduce this risk of tick exposure, remind your family of these "tick safety tips":

Before Going out: Wear light-colored, tightly woven clothing to make it easier to spot ticks; tuck shirts into pants and pants into socks; wear closed shoes / sneakers rather than open sandals; use a tick repellent as directed. Products should contain DEET (for clothing OR skin) or Permethrin (for clothing ONLY). Remind children to ask an adult to apply the tick repellent and DO NOT apply to hands or face. Use products with less than 10% DEET and always follow manufacturers' directions carefully. Do not use repellents on children under 3 years of age. Pay particular attention to tops of shoes and lower portion of pant legs, as ticks are most likely to attach here.

Use These Steps for Proper Tick Removal:

- **GRASP** tick as close to skin as possible, using tweezers.
- **PULL** gently with a steady, backward pressure—be patient!
- **WASH** area with soap, water, and topical antiseptic.

REMEMBER:

Incorrect removal of an attached tick can increase your risk for Lyme disease.

Never burn, smother or crush an attached tick!

While Outside: Stay in the center of trails; avoid low bushes and leafy brush; periodically check clothing and skin for ticks and remove.

Upon Return: Check clothing, skin, and hair for ticks (take special note of your child's navel, underarm, groin area and behind the ears). If a tick is found, remove it carefully with tweezers. If it was attached, note spot of attachment, mark calendar, and save tick in a jar for later identification. Should symptoms such as an expanding "bull's eye" rash, flu-like symptoms or painful joints develop, contact your physician.

Don't Forget:

It generally takes at least 36 hours after attachment for a deer tick to infect its host with the bacteria that causes Lyme disease. So remember:

Do tick checks DAILY!

For more information, please contact your local health department or visit our website www.state.nj.us/health/cd/gldac.htm