



**Your child should wear**

1. Your child should wear clothes that you don't mind getting dirty. Light colored, lightweight clothes are suggested for protection from insects and poison ivy.
2. Your child should wear comfortable shoes. It is important that your child wear comfortable shoes because they will be hiking. Sneakers are recommended. Please do not let them wear open sandals, flip-flops, or shoes with slippery bottoms.

**Your child should bring (clearly label)**

1. A water bottle (at least 1 liter capacity), preferably refillable, with water. Please, **no soda or disposable drink containers.**
2. Two healthy snacks (we may ask you to eliminate peanut/nut items for the health and safety of all our campers).
3. A lunch (Full Day Pre-K/K and 1<sup>st</sup>-8<sup>th</sup> graders only).  
Place in a clearly labeled bag, lunch box or other container. Please use reusable/refillable containers with minimal packaging to reduce waste. (All waste is sent home in the box or bag it came in.)
4. A full set of extra clothes (socks, shirt, shorts and undergarments) which can be left in a bag at TNC for the duration of the week.
5. A second pair of shoes for getting wet (sneakers, rubber boots, or close-toed/hard-soled water sandals)-(can be left at TNC for the duration of the week).
6. Rain jacket or poncho (no umbrellas please).
7. A hat.
8. Plastic bag for wet/dirty clothing.
9. A large bag for everything, and a small backpack (with two shoulder straps is highly recommended) for trail essentials.

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

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

Please **clearly label** hats, lunch boxes, backpacks, clothing, water bottles, etc. so that 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) Electronic games or music players
- 3) Toys & personal items that could be lost (i.e. jewelry, collector cards, stuffed animals)
- 4) Aerosol containers of insect repellent. Please pre-treat at home.
- 5) 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 ticks, sun and mosquitoes 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 protection (i.e. hat with brim). The staff here is

more than happy to remind and help campers reapply 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 [www.state.nj.us/health/cd/gldac.htm](http://www.state.nj.us/health/cd/gldac.htm)

Adapted from Fact Sheet developed by the Hunterdon County Department of Health