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## ECO CAMP TIPS & GEAR LIST

### What should your child wear daily to camp?

DRESS FOR DIRT!! You should expect your child to get dirty and/or wet daily. They should wear comfortable closed-toed shoes or boots that you don't mind getting muddy and wet. (Poison ivy loves uncovered toes.)

### What to pack in their labeled day pack:

- An extra outfit including a shirt, pants/shorts, socks, and underwear.
- Sun hat or cap
- Reusable water bottle – we will have filtered water available for refills throughout the day
- Garbage free lunch (see tips below)
- Mosquito repellent
- Sun screen

### Please apply the following to your children before arriving to camp:

- Mosquito repellent
- Sun screen
- Jackets or sweatshirts on cool mornings
- Rain jackets or ponchos; if rain is forecasted.

### What NOT to bring to camp:

- toys or games
- chewing gum or candy
- electronics of any kind
- pocket knives or any other weapon or sharp objects

## Tips for a “Trash-Free” Lunch

It has been estimated that on average a school-age child using a disposable lunch generates 67 pounds of waste per school year. That equates to 18,760 pounds of lunch waste for just one average-size elementary school.

If you're like us, you're always on the lookout for small changes that make a real difference in the world and your budget. Packing a waste-free lunch is once such change that's easy to make. We want to make our camp as easy on the Earth as possible so we appreciate your help in using these tips to help you achieve a “no garbage” lunch for your child. A good rule of thumb is to send things you **DON'T** want thrown away 🙄

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### Understanding the Problem

#### *The Typical Lunch (things to avoid for your camp lunch):*

If you walk around at lunchtime and take a good look at the lunches our children bring to school, here's what the typical lunch will look like:

- sandwiches in *disposable plastic bags*
- fruits and vegetables in *plastic bags*
- *prepackaged* chips, cookies, fruit bars, granola bars, cheeses, & rollups
- *single-use* yogurts, apple sauces, and puddings
- crackers, pretzels, chips, and other snack foods sealed in *plastic bags*
- *disposable* juice boxes/pouches, juice cans, water bottles, milk cartons
- **plastic** forks and spoons
- **paper** napkins
- **disposable** paper and **plastic** bags



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**A Waste-free Lunch (recommended for your camp lunch):**

- sandwiches and other main dishes, fresh fruits and, fresh vegetables, and treats in a **reusable** lunch container
- **cloth** napkins
- **stainless**-steel forks and spoons
- **reusable** drink containers / bottles
- **reusable** lunchboxes or sacks

**Pack a no-waste lunch for camp, work, or school with these tips:**

- Use a lunch box or reusable sack and pack food in containers that can be rinsed and reused (mason jars, Tupperware etc)
- Pack a cloth napkin and reusable utensils
- Purchase your snacks in bulk size and repack into individual reusable containers.
- Pack fresh fruit since it doesn't require any additional packaging.

**What does it cost to pack a waste-free lunch?**

A Disposable Lunch		A Waste-free Lunch	
1 egg salad sandwich	\$1.25	1 egg salad sandwich	\$1.25
1 yogurt	.85	1 serving of yogurt	.50
1 granola bar	.45	1 serving of granola	.35
1 apple	.30	1 apple	.30
1 package of carrots and dip	.65	1 serving of carrots and dip	.25
3 plastic bags	.12	Reusable packaging	0
1 juice pouch	.35	Water in reusable bottle	0
1 plastic spoon	.04	stainless steel spoon	0
1 paper napkin	.01	cloth napkin	0
<b>TOTAL</b>	<b>\$4.02</b>	<b>TOTAL</b>	<b>\$2.65</b>

Information taken from - [www.wastefreelunches.org](http://www.wastefreelunches.org) and *The Laptop Lunch User's Guide: Fresh Ideas for Making Wholesome, Earth-friendly Lunches Your Children Will Love*. Copyright 2002, Morning Run Press.