

## 2013 Care Package Rules

**We need your help for a healthy camp summer!**

**Rule #1: Only One Care Package will be allowed each week per camper.**

(Exceptions to this rule include packages with medicine, clothes, camp gear or supplies, or if it's the child's birthday—please indicate on the outside of the package if it's in one of these categories.)

**Rule #2: If you send food, please send just enough in a sealed container for one serving for the cabin, e.g., 14 brownies in a sealed container for a cabin with 10 campers and 4 counselors.**

**Rule #3: If more than one package arrives for a camper in a week, we will hold it and deliver it to the camper at the beginning of the next week.**

### Here are the reasons behind our decision to set this Care Package Rule:

- Care Packages are fun to send and receive, but the total amount of candy, cookies, chips and dips, and gums that an average bunkhouse receives over a one week period is enormous—imagine 20 care packages full of junk food coming into your child's cabin each week!
- Junk food attracts hordes of ants and makes bunk cleanup more difficult.
- The constant presence of large amounts of sweets in the cabin encourages unhealthy eating habits throughout the day and sugary snacks at night make it harder for kids to get to sleep.
- Ecologically speaking we need your support because to recycle or otherwise get rid of the 'remains' of care packages presents one of our biggest waste management problems.

### If you send one care package a week, please follow these simple instructions:

- Limit the amount of food you send and be certain it is in a sealable container. A tin of a dozen brownies is just right since the bunkhouse group can finish them as a treat at one sitting.
- Please remind relatives who may send Care Packages about our rules.
- Other than food, you might consider some of these items in a care package:
  - Enough toy animals or small dolls for your child's whole bunk to play with.
  - Sports magazines, National Geographic, joke books, paperback books, a favorite CD.
  - Board games like Clue or Monopoly for the whole bunk to play.
  - Crossword puzzles, other pencil and paper games, coloring books and crayons

*Thanks for helping us keep the ranch clean and make your child's  
Summer healthier!*