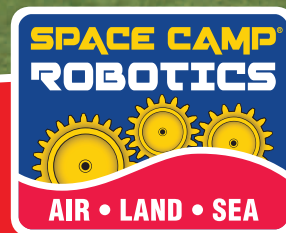
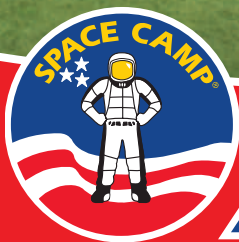




# Mission Briefing Kit

*Welcome to Space Camp® and Aviation Challenge® Camp  
and Space Camp Robotics*



Huntsville, Alabama • (800) 637-7223

[www.spacecamp.com](http://www.spacecamp.com)



SpaceCampUSA

# 3.2.1 COUNTDOWN TO CAMP

*Use the convenient checklist on this page to ensure you are ready for camp.*

## Here's What to Pack

**\*\* We recommend packing items in a rolling suitcase or rolling duffel bag that is easy for the camper to manage. \*\***

- ☐ **Prescription medications in original bottle with prescription legible in English. If medication is administered differently than what the bottle indicates, then a separate physician prescription must accompany the medicine.**
- ☐ **Vitamins and herbal products must have written instructions by parent/guardian or physician, legibly written in English, or they will not be administered.**
- ☐ **Over-the-counter medications need written instructions by parent/guardian or physician, legibly written in English, or they will not be administered.**

***All of the above items will be collected and dispensed by our nursing staff. Trainees are not permitted to self-medicate, without prior approval from a staff nurse.***

- ☐ Sheets, pillowcases and blankets are provided
- ☐ Towels and washcloth
- ☐ Spending money for vending machines - \$1 denominations
- ☐ Telephone Calling Card
- ☐ Combination padlock (Please ensure trainee knows how to operate the lock.)
- ☐ Toothbrush/toothpaste
- ☐ Bath soap (travel size)
- ☐ Flip flops for shower or shower shoes
- ☐ Deodorant
- ☐ Shampoo
- ☐ Hair brush/comb
- ☐ Sleepwear
- ☐ Casual clothes (see dress code below)
- ☐ Climate appropriate outerwear (jacket/rain poncho)
- ☐ Socks and athletic shoes (closed-toed shoes)
- ☐ Zip lock bags for soiled clothing
- ☐ Lip balm for chapped or wind-burned lips
- ☐ Water bottle
- ☐ Hat
- ☐ During the months of November through February, please bring a jacket, sweatshirt or coat, gloves and hat.
- ☐ For Groups attending in late May – Oct 1: All weeklong camps (not including Expedition) have water activities. Please bring swimwear, towel, sandals and sunscreen.
- ☐ Space Academy and Aviation Challenge Mach I and Mach II curriculum include year-round indoor water activities. Please bring swimwear, towel, sandals and sunscreen

### Dress Code

While attending the program trainees are required to dress in an appropriate and conservative manner.

• Swimwear should be conservative. (Note: Swimming takes place from late May – September) Please note that Space Academy and Aviation Challenge Mach I and Mach II curriculum include year-round indoor water activities.

- o One piece suits for females are recommended.
- o Females wearing a two-piece are asked to wear a t-shirt.
- o Females will wear shorts with their swimsuit.
- o Males should wear board type swim shorts.

• Aviation Challenge trainees will need two pair of long trousers & extra shoes for activities involving crawling on the ground. Long trousers are required for these activities.

Campers will be asked to refrain from wearing the following:

- Shorts that do not cover the upper thigh
- Dresses/skirts without shorts
- Low-cut tops
- Tank tops that have straps that measure less than one inch in width
- Any clothing that reveals undergarments
- Shirts that reveal the midriff
- Clothing (including hats) that displays risqué, offensive, inappropriate logos, mottos or art. This would include, but are not limited to, logos advertising or advocating the use of alcoholic products, tobacco products or drugs/drug use.

### PLEASE DO NOT BRING

Food/beverages • Cell/mobile phones • Portable music players • Roller blades • Hand-held computer games • Other expensive items

**PLEASE NOTE: FOOD AND BEVERAGES ARE NOT PERMITTED IN THE HABITAT FACILITIES. IN ADDITION, WE ARE NOT RESPONSIBLE FOR ITEMS THAT ARE LOST, STOLEN OR DAMAGED WHILE ON SITE.**

### Sending Mail

If you wish to send mail to your child, we recommend you send it the week prior to your child's camp session. Make sure the address includes the program your child is attending and the week number. We cannot accept faxes. Please do not send perishable items!

### Visiting the Trainee

We understand that you will miss your child while he or she is attending our program. However, we discourage visits while camp is in session so that your child may have a true "away-from-home" experience. We do encourage parents to attend graduation ceremonies and will make special arrangements for visitation as necessary.

### Phone Calls

Trainees cannot receive personal phone calls or e-mails unless it is an emergency. Schedule permitting, your child will have the opportunity to call home in the mornings and at night before lights out. Calls after 10 p.m. are discouraged. You may not hear from your child every day.

Make sure he/she has phone numbers where family members can be reached at all times.

Our facility is TDD/TTY accessible for the hearing-impaired. If you need to reach your child, please call Camp Services at (256) 721-7185.

### Conquering Homesickness

The key to dealing with homesickness is to prepare the child in advance. Some suggestions:

1. Ask a close friend or relative to register for the same camp session your child is attending.
2. Have your child spend the night with friends or relatives.
3. Discuss what camp will be like before your child leaves home and discuss any concerns.
4. DO NOT tell children that you will rescue them if they do not like camp.
5. Assure your child of your love.
6. Send along a favorite stuffed animal.
7. Do not go into great detail about what the child may be missing at home.

***If, despite all efforts, your child does become homesick:***

1. Acknowledge your child's feelings.
2. Reassure your child of your love.
3. Reassure your child that camp is an opportunity for children to grow, mature and gain independence.
4. Do not mention how much you miss your child.

*We have few homesick trainees,  
but we have homesick parents by the dozens.*