



## WHAT TO PACK



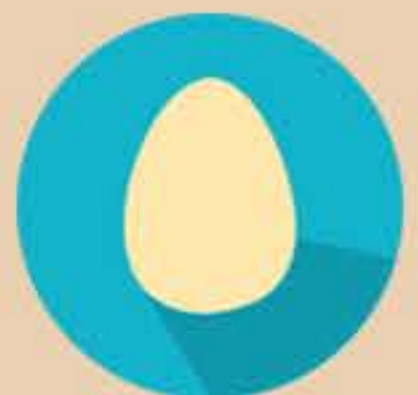
**Breakfast To Go**  
Make a batch of muffins and freeze them



**Two Sandwiches**  
One just isn't enough when you're active all day



**Fresh Veggies**  
Hungry kids are eager to munch on broccoli and baby carrots



**Protein Rich Snacks**  
Try turkey jerky, pistachios or hard-boiled eggs



**Frozen Grapes**  
Keep lunch cool and enjoy after they defrost



**Sweet Treat**  
Throw in a brownie or a favorite candy

## HOW TO PACK



**Insulation is Key**  
Most camps don't have refrigerators for lunchbox storage, so invest in a good quality insulated lunchbox and ice packs

**Ease Homesickness**  
Add in a note or memento from home to ease homesickness

## OTHER FACTORS



**Stay Hydrated**  
Pack several bottles of water to help keep your kid hydrated throughout the day. Toss in a single-serving flavor packet to encourage kids to drink more during camp.

**Remember to Reapply**  
Pack an extra bottle of sunscreen in your child's lunchbox as a reminder to reapply during the day.  
**BONUS:** The sunscreen will help soothe hot, sweaty skin!

