

## IMPORTANT INFORMATION – PLEASE READ CAREFULLY

### **CLOTHING LIST AND SUPPLIES – YOUR LUGGAGE**



#### **PACKING TIPS:**

- 1) For ease of travel we recommend to use only **1 MEDIUM SIZE SUITCASE OR BAG WITH WHEELS** and an additional carry on (small) backpack. Please do not bring a huge bag or suitcase!  
**Children with 2 suitcases will NOT be able to board the train, only 1 suitcase per child**
- 2) **Below is a RECOMMENDED LIST OF CLOTHING AND SUPPLIES:**  
Feel free to adapt it to the type of camp your child will be attending (10 or 20 days, camp located in the mountains, in the country side or by the sea), and to the age of your child.
- 3) Parents often review the clothing list and feel it is necessary to go out and purchase new items. It is **not necessary for these items to be new**; it is only important that they be of good quality.
- 4) You can pack some **nice and fun clothes for special evenings, shows and parties!**
- 5) **Do not bring any valuable items** such as electronics (iPad, computers, etc.) or expensive jewelry. These items **are prohibited at camp.**
- 6) **LAUNDRY** is done (by the camp staff) twice during camp for 10 days campers, 4 times for 20 days campers.

*VSF and the camp organization are not responsible for loss or damage of personal items by laundry, carelessness of campers fire, theft, or other causes.*



## CLOTHING LIST AND SUPPLIES for 20 days (Trousseau)

\* Column to be completed by parents prior to departure

CAMPERS'S NAME / NOM	CAMP PROGRAM / Séjour
>	>

RECOMMENDED	CLOTHING AND SUPPLIES	* PACKED	ARRIVEE	DEPART
<b>CLOTHES (Vêtements)</b>				
7	Tee-shirts – <i>Tee-shirts</i>			
7	Slips ou culottes - <i>Underwear</i>			
2	Pyjamas ou chemise de nuit - <i>Pyjamas</i>			
7 pairs	Chaussettes - <i>Socks</i>			
2	Survêtements - <i>Sportswear (sweatpants +sweatshirt)</i>			
1 or 2	Pull-over de laine - <i>Warm sweatshirts (fleece)</i>			
1	Imperméable avec capuche - <i>Rain Jacket</i>			
2	Pantalons, robes, jupes – <i>Pants, Dresses, skirts</i>			
3	Sweat-shirt, polos – <i>Sweat shirts, polo-shirts</i>			
5	Shorts, bermudas – <i>Shorts,</i>			
<b>SHOES (Chaussures)</b>				
1 pair	Chaussures de sport – <i>Tennis shoes</i>			
1 pair	Chaussures de ville - <i>City shoes</i>			
1 pair	Sandaes - <i>Sandals (flip flops or Crocs ok)</i>			
1 pair	Pantoufles – <i>Slippers (kids &lt; 12 yrs old)</i>			
<b>BATHROOM SUPPLIES (Nécessaire de Toilette)</b>				
2	Serviettes de toilette – <i>Bathroom towels</i>			
2	Gants de Toilette – <i>Wash cloth</i>			
1	Nécessaire de toilette – <i>Bathroom Kit : toothbrush, toothpaste, hair brush, soap, shampoo, Q-tips...</i>			
1	Sac à linge – <i>Laundry bag</i>			
<b>MISCELLANEOUS ITEMS (articles divers)</b>				
	Mouchoirs jetables - <i>Kleenex</i>			
1	Serviette de table (selon le séjour) – <i>Table napkin</i>			
1	Petit sac à dos (environ 20 l) – <i>Small back pack (20 l)</i>			
1 pair	Lunettes de soleil (verres filtrants) – <i>Sun glasses</i>			
1	Casquette ou bob ou chapeau - <i>Hat</i>			
1	Crème solaire <i>Sunscreen (Max protection)</i>			
1	Gourde – <i>Water bottle</i>			
1	Lampe de poche + piles – <i>Flashlight + batteries</i>			
1	Protection contre les moustiques - <i>Mosquito repellent</i>			
2	Maillots de bains - <i>Swimsuits (for boys Speedos only)</i> <b>Boxer shorts are forbidden in public pools in France</b>			
1	Bonnet de bain (exigé en piscine) <i>Swimming Cap (Pool)</i>			
2	Serviettes de bain – <i>bathroom towels</i>			
2	Serviette de Plage – <i>Beach Towels (if Beach camp)</i>			
<b>FOR CAMPS WITH HORSEBACK RIDING ACTIVITIES please ADD:</b>				
1	Pantalon d'équitation - <i>Riding pants</i>			
1	bottes ou Chaps (d'équitation) – <i>Riding boots or Chaps</i>			

**For Horseback riding camps:** Helmets are provided by the camp. If you want to bring your riding boots or mini chaps you can, but you can also ride with regular shoes.

**> PLEASE TAPE THIS LIST INSIDE YOUR CHILD'S SUITCASE for easy inventory at the end of camp.**

## IMPORTANT:

→ All items in the Clothing list should be marked with camper's name.

→ Do you need to bring a sleeping bag?

**Bedding is provided at all camps** (sheets, pillows, blankets for each bed).

However, campers attending certain camps should **BRING A PERSONAL SLEEPING BAG + MAT** for camping trips that may be organized outside the center during the camp session. Since they do take a lot of space, sleeping bags can be carried outside of the suitcase as an extra carry on luggage.

**SLEEPING BAGS + MATTRESS COVER + PILLOWCASE + CAMPING PLATE, CUP AND SILVERWARE are required for children attending the following camps:**

VSF CAMP 7 : LA CITÉ DES CABANES

VSF CAMP 19 : MILLAU TERRE D'AVENTURES

VSF CAMP 20 : AVENTURES EAUX VIVES

For all other camp programs, NO SLEEPING BAG REQUIRED



## WHAT TO PACK IN YOUR CHILD'S BACKPACK

(CARRY ON LUGGAGE)

(CARRY ON LUGGAGE)	
<b>YOUR VSF LUGGAGE TAGS</b> <i>(sent to you separately)</i>	<b>SPENDING MONEY</b> <b>ENVELOPE</b> (See Spending money document)
<i>If flying to Paris alone,</i> <b>VERY IMPORTANT</b> <b>Wear a RED hat upon arrival!</b>	<b>MEDICINE</b> in a zipped plastic bag <b>with printed document (below)</b> "MEDICAL TREATMENT AUTHORIZATION" and the doctor's prescription  <b>+ A COPY OF ALL REQUIRED DOCUMENTS FOR ENTRY IN FRANCE (COVID-19)</b> + PROOF OF VACCINATION + NEGATIVE PCR TEST RESULTS
<b>If staying with the group in PARIS:</b>  A warm sweatshirt A waterproof Jacket An empty plastic bag a pen and paper 1 small game or book for the trip	

## → **PASSPORTS and ID:**

THE VSF TEAM only keeps the passports of the children who will be flying unaccompanied to and from Paris.

Parents who will be in France OR in Europe during camp should keep their children's passport with them.

## → Is your child going to bringing medication to camp?

- IF SO, PLEASE **COMPLETE THE "MEDICAL TREATMENT AUTHORIZATION" FORM** BELOW AND SEND IT TO VSF OFFICE PRIOR TO DEPARTURE. A copy of this document should be packed with the medicine inside your child's backpack.

## **FRENCH CAMPS LAW AND REGULATIONS about medication:**

- All medications **must be accompanied by a doctor's prescription**, we must know why your child must take this medication, and the exact dosage. Without prescription the camp staff will NOT be authorized to give this medication to your child.
- **For non-prescription medication** (over the counter medicine or supplements). Complete the medical treatment authorization below, thank you.

MEDICATION CANNOT BE GIVEN TO THE CHILDREN WITHOUT PROPER DOCUMENTATION, IT IS FORBIDDEN BY LAW IN FRANCE.

DURING CAMP ALL MEDICATION WILL BE KEPT IN THE NURSE'S OFFICE, CHILDREN CANNOT KEEP THEIR MEDICATION WITH THEM (EXCEPT FOR ASTHMA).



**ANY LAST MINUTE QUESTIONS?**

CALL +33 (0)6 76 86 86 89/ Email [vlevent@vsfcamps.com](mailto:vlevent@vsfcamps.com)

## « MEDICAL TREATMENT – PARENTAL AUTHORIZATION »

> **Email or fax a scanned copy of this document TO VSF OFFICE** prior to departure.

### **(Autorisation parentale pour la prise de médicaments)**

**NAME OF CAMPER (L'ENFANT) :** \_\_\_\_\_

**CAMP NAME / SEJOUR :** \_\_\_\_\_

I give permission for VSF personnel and/or the camp staff to give the following medication (or over the counter medicine or supplements) to my child during camp.

*Nous autorisons le personnel du centre de vacances ainsi que les responsables de VSF, à administrer tous traitements médicaux (ou compléments naturels ou alimentaires) comme prescrits ci-dessous à notre enfant :*

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_

> **The medication should be in a closed plastic bag** in your child's carry on luggage with a copy of this signed authorization + the doctor's prescription – THANK YOU !

### **PLEASE GIVE MY CHILD THE FOLLOWING TREATMENTS :**

#### TREATMENT #1:

- NAME OF MEDICATION (médicament):
- DOSAGE (posologie):
- Length of treatment (durée du traitement):
- **Why is your child taking this medication?** (Pathologie):

### TREATMENT #2:

- NAME OF MEDICATION (médicament):
- DOSAGE (posologie):
- Length of treatment (durée du traitement):
- **Why is your child taking this medication?** (Pathologie):

### TREATMENT #3:

- NAME OF MEDICATION (médicament):
- DOSAGE (posologie):
- Length of treatment (durée du traitement):
- **Why is your child taking this medication?** (Pathologie):

### TREATMENT #4:

- NAME OF MEDICATION (médicament):
- DOSAGE (posologie):
- Length of treatment (durée du traitement):
- **Why is your child taking this medication?** (Pathologie):

**> IF YOUR CHILD IS TAKING MEDICATION TO CAMP  
PLEASE EMAIL A COPY OF THIS DOCUMENT TO VSF OFFICE**

**PRIOR TO DEPARTURE.**