



## STAFF PACK LIST & FOOD AND DRINK INFO

### What to Wear and Bring

- Gear: Wear daily *MBC T-shirt and/or sweatshirt*- starting 1<sup>st</sup> two days with blue color gear, to help new folks identify staff. We also are having YLs wear their green color gear the first 2 days.
  - Exception for *Wacky Wednesday*, like if wearing a onesie or other top. even if just wearing different socks or funny clothing.
  - Dress to mess- plan to be doing art, sitting in the grass, getting a bit muddy.
  - Layer, layer, layer: we spend lots of time outside. Dress for the weather-we like the adage: "There is no such thing as bad weather, just bad clothing." It can be quite cold or warm in Berkeley, with the fog, and never being sure when or if it will clear. Staying positive about the weather really helps keep vibe at camp upbeat.
  - Wacky Wednesday participation-it really makes a difference when staff participate, even if just wearing different socks or mismatched clothes. At pre-summer orient, we will have a costume box so you can pick out one item that you can use for any camp.
  - Return staff- Turn in worn stuff to camp Ops team (they'll use for smocks or projects). If considering donating staff gear, donate it back to us, thanks!
- Shoes: Sturdy shoes/sneakers or close toed sandals only, with great tread, no heels or flip-flops. There's lots of moving, lifting, and running around!
- Wrist Watch, so camp more tech-free & you can help with transition timing. If your time piece is "smart", use only for timing until your breaks.
- Mask- *Pack an N95 or similar, for illness or air quality.* Also, wear if close contact with person w/ covid, or other illness. You can pick up masks at staff orients.
- Optional but recommended at least some of the day in summer, since outside all day: hat/visor (MBC ones or your own), if you use sunscreen & lipblock; sunglasses- lighter shade lenses, so that kids and staff can see your eyes

## Food and Drink- What to Bring and Policies

- Water bottle-refill at the water fountains, bring to participate with “toasts” at meals, as this helps with regular hydration, which will go a long way to helping you feel better.
- Hot beverages or smoothies- you are welcome to bring, but please hot ones out of reach of campers and carefully monitor. We just do not want them to be your main focus of attention 😊
- Lunch and two snacks- camp seems to make people hungrier, so pack accordingly. If you are used to having more flexibility around eating, it’s helpful at camp to plan, going shopping for items for snacks or lunches, cutting up veggies like celery or carrots for the week, so easy to grab and pack. Some groups will be nut/nut butter free, but in most cases allowed, which means you can eat nuts on your lunch break away from kids, just wash your hands well before returning. For your one-hour lunch break, it can be relaxing to have packed a lunch.
- Food at camp Policies:
  - No sharing of food between you and campers or between them. Just since there can be allergies and we want to ensure camper safety.
  - Eat breakfast or snacks before camp or on your break, except for when you are with kids sitting down for snacks and lunch (snacks with kids are around 10:15 and 3:30, lunch break away from kids between 11-2:30, depending on timing of your break)
  - Ordering out- if you want to do it, then do it away from camp sites/outside of school. Do not have it delivered inside school or to our picnic areas. In Summer, when Merry Go Round open, there is a snack bar there with some food, like hot dogs- a few minutes’ drive away
  - Treats:
    - We have noticed that staff or parents sometimes bring treats for staff team. Please just keep this on the “down low”, as we don’t want it to become something that the campers or youth leaders are wondering why they did not get.
    - On the last days of camp, we almost always give campers & YLs a little treat, but do not tell them until it happens. This will be either a packet of fruity gummies or fruit popsicles, or a food option at the Carnival.