

Camp 42 South Carolina 2025

Important Information About Preparing For Camp

This Year's Theme

We are excited about this year's theme: Cirque 42 - Circus of Belonging

Talent Show and Dance

Camp 42 will have our talent show and dance on Friday evening.

For the talent show, some campers bring special outfits, props, or music to sing, dance, cheer or hula for an act during the talent show. Please do not send precious items. Camp does not have any special safe places to store precious things, and we cannot allow counselors to be responsible for expensive instruments, etc, in the cabins.

For the dance, many campers like to bring a dressier outfit; however, dressing up is not required. Please rest assured that there is no pressure either way. Some campers dress up, some do not, and either way is perfectly fine. Some are in fancy dress, some are in t-shirts, and everyone has a great time together!

First and Last Meals

The first meal to be served at camp is dinner on Sunday, in the evening AFTER check-in. Please make sure your camper has eaten lunch before arriving. Alternatively, you may purchase a pizza lunch at check-in through your camper's [online registration form](#).

The last meal to be served at camp is breakfast on Saturday.

Food/Snacks

Camp 42 will provide campers with all necessary nutrition, including 3 meals and 2 snacks each day, so it is not necessary for campers to bring their own food. **Only campers who have a medically-documented dietary need for supplemental nutrition are permitted to bring food to camp.** These food items will be held by the camp medical officer and given at appropriate times. All other snacks (including those in care packages) will be held by camp staff and returned at the end of the week. Candy and soda are not permitted.

Water Bottles

We require every camper to have a water bottle with their name clearly printed on it. Our summers are hot and dry, and it's vitally important to everyone's health that they stay hydrated. If your camper does not bring a water bottle to camp or loses it while at camp, we will require that one be purchased from camp.

Footwear

We recommend bringing at least two pairs of closed-toed shoes to camp, but **it is required to have at least one pair of closed-toed shoes.** Camp Long is spread out, and campers cover a lot of ground walking around camp; similarly, campers will not be allowed to participate in outdoor activities (such as the rock wall) without closed-toed shoes. **Campers will also need to have a pair of shoes that can be secured to their feet, such as sport sandals or tennis shoes that can get wet, to go out on the canoes.** Additionally, swimming at Camp Long is in a lake, so water shoes are highly recommended for your camper. **Finally, you may want to send flip flops for use in the shower.** Because yuck!

Optional, but Useful, Items

Based on experience, here are a few recommendations that may make life a little more comfortable for your camper.

- For campers who shave in the shower, [Schick Intuition razors](#) are helpful for showers at camp. Unlike roomier at-home showers, camp shower stalls are generally small and it is hard to apply shaving lotion to legs while the water is running. The Schick Intuition razor has a built-in moisturizing bar that eliminates the need for shaving cream, so it can be used directly on the skin even under running water.
- Cooling towels - These are made of high-evaporation breathable mesh fabric which can both help sweat absorption as well as cool the person wearing it. The user only needs to soak it in water, wring it out, and wrap it around their neck or head. There are many brands available on Amazon and at brick-and-mortar stores.
- Noise-cancelling headphones are great for campers who feel overwhelmed by loud noises - and camp can be loud! Regular over-the-head headphones work great, or if your camper is more into earplugs, check out this [NY Times article](#) for some recommendations.

Electronics

Camp 42 aspires to create a community among its campers and staff. To ensure all participants are invested in the community, any electronic device that transmits a signal outside of camp or that has a screen (including e-readers) is not permitted. **Cell**

phones, iPods, iPads, and other tablets are not permitted. Camp staff will confiscate and hold unauthorized electronics to be returned at the end of camp.

We discourage campers from bringing or using cameras, though we do allow it. Taking pictures inside the cabins is prohibited due to protecting the privacy of other campers, and camp staff will be taking pictures throughout the week. Those pictures will be posted online for parents to view and download after camp.

*We understand that participants might need time to unwind, so personal music players (standalone MP3/CD players – **a cell phone can NOT be your music player**) are permitted inside the cabin to be used during designated free time. Any music players seen outside of free time, as well as other electronics seen during camp, will be collected and returned at the end of the week. Camp staff reserves the right to confiscate any devices being used inappropriately.

Camp 42 understands that some campers may travel with someone other than their parents and might need to bring a cell phone for their travel. If a camper brings a phone, or any other electronic item that is not permitted at camp, it should be turned over to the check-in team for safekeeping at registration. All items will be returned at the end of camp.

Letters and Care Packages

Campers enjoy receiving letters and care packages from home. As a courtesy to our families, we are happy to accept any letters and care packages at check-in that you would like delivered to your camper throughout the week. Please write your camper's name, cabin number, and day you would like it to be delivered, and we will make the delivery free of charge. No postage required!

However, if you would prefer to mail or ship something directly to your camper at camp, please remember to allow several days for mail transit. Please do not send any food items. All food items must be checked in at registration. **Please do not mail anything after the Tuesday of camp! We cannot guarantee that mail received after the Thursday of camp will be delivered.**

The mailing address for the WEEK OF CAMP ONLY is:

South Carolina Location

Name of Camper, Cabin Number

Camp 42

c/o Camp Long
82 Camp Long Road
Aiken, SC 29805

Items Left at Camp

We require all parents to check in with us before departing with your campers. In addition to letting us know that your camper has been safely picked up, it gives us the opportunity for our camp director to share any important information with you as well as for any medications and late-arriving packages to be returned to you. We also ask parents to look through the tables with camp projects and lost and found items to ensure that all your camper's items make it home.

If items are left behind that need to be shipped to you, we ask that you pay the postage as well as a small fee to cover the time and any gas required to do this.

Phone Calls To and From Home

Except for emergencies, we do not allow phone calls to or from home. We have found that phone calls have been counterproductive for campers with homesickness, and phone calls by some campers can cause other campers to want to call home. We will be posting pictures and updates from camp periodically throughout the week in our Facebook groups

- [Camp 42 South Carolina Families and Campers Facebook Group](#)
- [Camp 42 Natchez Trace Families and Campers Facebook Group](#)
- [Camp 42 Florida Families and Campers Facebook Group](#)

Camp Leadership Contact Information

If you need to speak to the camp director during the week of camp, you can call or text them at the numbers below. Please email them outside of the week of camp.

- South Carolina Camp Director and Camp 42 Executive Director
 - Amy Monsky
 - 843-291-8248
 - Amy.Monsky@Camp42.org

Parent Visits During the Week of Camp

Except for Sunday drop-off and Saturday pick-up, we do not allow parents or other guests to visit camp during the week of camp as it is disruptive to our program and can stir otherwise calmed feelings of homesickness in some campers.

Period Products

Campers who have periods should bring their own sanitary products. Camp 42 does have a limited supply of pads and tampons for emergency use, but we do not have enough to supply all campers with a period's worth of supplies.

Over-the-Counter (OTC) Medications

Camp 42 has a limited supply of the following OTC medications which can be dispensed to campers on an as-needed basis with parental consent given on the Camper-Support Questionnaire. However, if your camper uses any of these on a regular basis as part of their regular daily routine, please do provide that medication for your camper at check-in.

- Acetaminaphen
- Ibuprofin
- Antibiotic ointment/spray
- Hydrocortisone cream
- Calamine lotion
- Diphenhydramine (benadryl)
- Loratadine (claritin)
- Calcium carbonate (antacids)
- Loperamide (imodium)
- Polyethylene glycol (miralax)
- Simethicone (mylicon)
- Menthol (cough drops)
- Phenylephrine (nasal decongestant)
- Dextromethorphan (cough suppressant)

Prescription Medication and Summer Break

PLEASE DO NOT USE CAMP AS A MED VACATION. Keeping your campers at their optimal levels helps them have a successful week at camp. Please remember that our staff is entirely volunteer and we may not have mental health professionals.

COVID-19, Vaccination, and Masking

Because the CDC removed the COVID-19 vaccination from its vaccination schedule, we do not require COVID vaccinations, though we do strongly encourage those who can vaccinate to do so. We understand that this now means that some doctors will no longer carry the vaccination and may even decline to write a prescription for it. We also understand that insurance may no longer cover the cost, which could make the cost prohibitive to some families.

We will not be requiring masks, though campers may choose to wear them if they are more comfortable doing so.

Please see our [COVID-19 At-Camp Prevention Strategies](#) and [COVID-19 Vaccination FAQs](#) for more information.

COVID Tests

Like in 2025, Camp 42 will administer COVID tests to all participants on arrival. New for 2026, Camp 42 will provide the tests, so you do not need to bring any tests with your camper.

If you have any questions or would like to discuss any of the information above, please contact the Camp Director using the contact information above or Executive Director Amy Monsky at Amy.Monsky@Camp42.org.

Thanks for helping us keep your kids safe and healthy at camp!