

Pointers for Parents

Packing For Summer Camp

(NAPSA)—As if getting your kids ready for summer camp weren't crazed enough, here's the newest question that could be on parents' frazzled minds: Did I remember to pack their business cards?

Well, not "business cards," exactly. But parents are now realizing that helping their kids keep track of people is as important as tracking their things when preparing for camp, and a variety of products—including "Call Me" Cards—exist to help them do both.

"Kids exchange the cards at the end of the summer," says Amy Lipton, a mother and CEO of Stuck on You, which makes the cards and specializes in ways to help parents keep kids healthier and organized. "They're a fun way to make saying good-bye a little easier."

What else should be in every camper's suitcase? Try these tips:

Essential Gear

Pack a water bottle, a flashlight for telling scary stories after lights out and plenty of sunscreen. Just be sure to label your child's things so they don't get lost or mixed up with another camper's belongings. Lipton's company makes vinyl labels that can do the trick. They're UV-resistant and even waterproof, which means they work on goggles, flippers and flip-flops. An added bonus: You can protect against head lice and other health issues associated with communal living by applying the labels to pillowcases and hairbrushes.

Camp Clothes

Kids usually need about seven pairs of shorts, seven T-shirts and 14 pairs of socks and underwear.



"Call Me" Cards are the new way for kids to stay in touch with summer camp friends.

But remember: It can also get chilly, so don't forget some long-sleeve shirts, sweatshirts, pants, rainwear and a few pairs of sneakers, too. You can use Stuck on You's tagless clothing transfers, which are handy for labeling and tracking clothes, towels, sheets and even bathing suits.

In The Bag

Along with their suitcase, kids should bring a backpack and duffel bag to camp to easily carry sports gear and for shorter outings. Bag tags and minitaggs are ideal solutions that will help children easily identify their bags and keep them from getting mixed up with other campers' gear. That's because bag tags are available in a rainbow of colors and made of sturdy recycled material that also helps families stay eco-friendly.

Stay In Touch

Finally, encourage your child to keep in touch with a personalized notepad featuring rockets, surfboards and butterflies. And remember, when it comes to "Call Me" Cards, kids can personalize them with creative aliases, e-mail addresses and phone numbers.

For more information or a complete summer camp packing list, visit www.stuckonyou.biz.