

DISCOVERY SUPPLY LIST

- Supplies listed below are recommendations, some items may be substituted as needed.
- Campers may choose to do more than one Discovery.
- Age restrictions are listed below for each Discovery category.
- If you have questions about supplies, contact us at ctlconnect@camptwinlakes.org.

Arts and Crafts

12 years old & under

General supplies

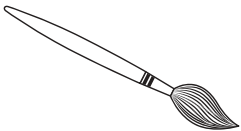
- Pencils (with and without erasers)
- Pencil sharpener and/or extra lead
- Scissors
- Paint brush
- Cups
- Spoon

Day 1: Arts Skills

- Paper: with and without lines
- Alternatives: cardboard, newspaper, napkin, construction paper, scrapbook paper, old greeting card, business card, post-it note, envelope

Day 2: Zentangle Method

- Coloring utensils
- Ruler

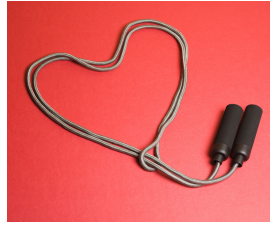


Day 3: Playdough

- Mixing bowl
- Spoon or spatula
- 1 c. flour
- ½ c. salt
- ½ c. water
- Optional: tray or place mat, rolling pin, cookie cutters, Ziploc bags, food coloring

Day 4: Painting

- Warm water
- Homemade paint materials include
 - a. Sprinkles, any brand and color
 - b. Coffee, any brand of instant coffee grounds
 - c. Spices, I chose to use paprika, cinnamon, cumin, and cayenne pepper, but you can use whatever spices you have on hand.
 - d. Flour and Water
 - e. Any type of food coloring



Movement

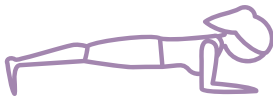
12 years old & under

General Supplies

- Water to drink!

Day 1: Yoga Meditation

- A yoga mat, towel, or area of carpet
- A quiet, open space



Day 2: Obstacle Course

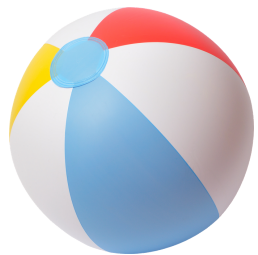
- Chalk
- Open space to draw in
- Some household items (chairs, pillows, benches) to create obstacles with

Day 3: Exercise

- Jump rope
- Cones or something to mark out space
- Ball or elevated surface
- An open area to move around in

Day 4: Just Dance

- A phone, computer, or tv that you can play a video from or music of your own





Music

13 years old & older

General Supplies

- Scissors
- Yarn
- Glue
- Pencils
- Tape
- A variety of sizes of rubber bands

Day 1: Drum & Flute

- Aluminum coffee can with a plastic lid (or an oatmeal can with a plastic lid)
- Construction paper of any color
- A scrap piece of cloth material
- 10 plastic drinking straws

Day 2: Guitar & Water Xylophone

- Shoe box lid
- 8 glass cups (if you don't have 8, you can use as many as you have)
- Water
- 2 wooden or metal spoons

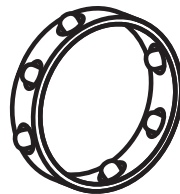


Day 3: Harmonica & Tambourine

- 2 jumbo Popsicle sticks
- 1 plastic straw
- 2 paper plates
- A single hole puncher
- 5-10 jingle bells
- A handful of beads (or dried beans)

Day 4: Components of Music

- Journal or pieces of paper
- Writing utensil
- Some of your favorite songs
- A quiet place to listen to music





Mad Scientist

13 years old & older

General Supplies

- Medium sized bowl
- Spoon for stirring
- Measuring cups and spoons
- Food coloring of your choice

Day 1: Fluffy Slime

- ½ cup of Elmer's glue (all glue brands will work)
- 1 ½ cups of shaving cream
- 2 ½ tablespoons of contact solution

Day 2: Bouncy Balls

- ½ cup of warm water
- 1 tablespoon of borax
- 1 to 2 tablespoons of clear Elmer's glue or Elmer's glitter glue

Day 3: Invisible Ink

- Knife
- Cutting board
- Small cup
- Spoon
- Paint brush or Q-tips
- White paper or card stock
- Heat source (iron, hairdryer)
- 1 lemon

Day 4: Volcano

- Popsicle sticks
- Large plate
- Cutting board
- Baking soda
- Dish soap

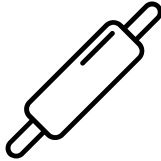


Cooking

13 years old & older

General Supplies

- Medium and large mixing bowls
- Measuring cups and spoons
- Knife
- Cutting board
- Wooden or plastic spoon to stir
- Frying pan
- 2 sauce pans
- Rolling pin
- Plates
- Paper towels
- Metal tongs
- Forks and spoons
- Drinking cup
- Whisk
- Oven mitts or pot holders
- An electric hand mixer (a whisk or potato masher can be substituted)



General Ingredients

- All purpose flour
- 3 large eggs
- Salt
- Sugar
- Vegetable oil

Day 1: Muffins

- 2 large bananas
- 1½ cups of oatmeal
- 1 tsp. vanilla extract
- Any mix-in options of your choice (fruit, nuts, chocolate chips, etc)
- Muffin tin



Day 4: Apple Pies

- 1½ sticks of butter
- ¼ cup cold water
- 1-3 granny smith apples
- 1 tbsp. brown sugar
- ¼ cup water
- 1 tbsp. cornstarch



Day 2: Homemade Pasta

- A colander
- A variety of ingredients to get creative and make your own sauce!

Day 3: Mini-Corn Dogs

- 8 hot dogs
- ¾ cup cornmeal
- 3 tsp. baking powder
- 1 tsp. black pepper
- 2 tsp. paprika
- ¾ cup milk or cream