



2020 DIGITAL VBS SUMMER CAMP

SUPPLIES LIST

Parents: This is an itemized list of supplies that you will need for EACH CHILD. This means that you should multiply the number of items needed if you have multiple children participating in your home.

Track & Faith for Monday [No “Game” Segment]

For the Craft, you will need:

- Drawing Paper
- Pencil (for tracing/outlining)
- Markers or Crayons or Colored Pencils
- Ruler

For the Fitness Food of the Day, kids are encouraged to eat:

- Veggie Snack Medley (Carrots, Peppers, & Celery)

Track & Faith for Tuesday [No “Craft” Segment]

For the Game, you will need:

- 35 Coins (Pennies work best, but any coins will do.)
- OR
- 6 Apples (for stacking purposes)

For the Fitness Food of the Day, kids are encouraged to eat:

- Apple Slices

Track & Faith for Wednesday [No “Craft” Segment]

For the Game, you will need:

- 2 Plastic Spoons (in case one breaks)
- M & M's OR Raisins OR Rice Grains OR Oats
- 2 Bowls OR Plates (paper options are best, for safety)

For the Fitness Food of the Day, kids are encouraged to eat:

- Watermelon!

Track & Faith for Thursday [No “Craft” Segment]

For the Game, you will need:

- A Cereal Box
- Kid-Friendly Scissors (parental guidance may be helpful for younger kids)

For the Fitness Food of the Day, kids are encouraged to eat:

- Grapes

Track & Faith for Friday [No “Game” Segment]

For the Craft, you will need:

- 3-5 Pieces of Paper (different colors of paper - optional)
- Kid-Friendly Scissors (parental guidance may be helpful for younger kids)
- Markers or Crayons or Colored Pencils

For the Fitness Food of the Day, kids are encouraged to eat:

- Yogurt (w/ possible toppings of fruit, honey, cinnamon, chocolate chips)