

A SAFE, FRAGRANCE-FREE ENVIRONMENT

We ask that you use only fragrance-free personal hygiene products: soaps, lotions, hair products, deodorant, powder, sun block, etc. at camp. Some campers have *serious* allergies, and the cumulative effect of everybody's scented stuff in the dance hall can make them very ill.

Thank you for your cooperation in making camp welcoming and comfortable for everyone.

Our Contribution:

BACDS provides

- > Fragrance-free hand & body wash, lotion, shampoo, and hair conditioner will be amply stocked in all bathhouses.
- > Two kinds of insect repellent: essential oil-based (mint, lemongrass & lavender) and soy-based (Bite Blocker). The Mendocino Woodlands Association utilizes effective mosquito magnets.

Your Contribution

When you are packing, please:

- > Bring fragrance-free deodorant, powder, body oil and sun block.
- > Leave out perfume, cologne, aftershave lotion, hairspray, fragranced dandruff shampoo and commercial hand sanitizers.
- > Leave out insect repellents containing DEET or citronella.
- > Wash your clothing in unscented laundry detergent, without fabric softener.
- > Completely air out any clothing that has been dry-cleaned and avoid bringing clothing that has been stored in mothballs.

These days, fragrance-free products are readily available at natural food and body care retailers and at well-stocked drugstores and supermarkets:

- > Deodorant: Tom's of Maine, Le Stick, Jason, The Crystal, Liken, Almay, Mennen
- > Hair gel: Magick Botanicals, KMS, Giovanni, Aloe Vera 80
- > Shaving cream: Noxema, Kiss My Face, English Leather
- > Aftershave: witch-hazel
- > Bar soap: Pure & Natural Unscented Glycerin Soap, Dr. Bronner's
- > Laundry soap: Arm & Hammer, All Free & Clear, Trader Joe SoapWorks, Planet, Country Save
- > Body powder: baking soda and/or cornstarch
- > Lip balm: beeswax-based varieties
- > Sun block: Nature's Gate, Zia, Alba Botanica, Neutrogena