



# Ways to Help Craft Manual



# Dear Volunteer,

## Welcome to The Painted Turtle Family

Thank you for helping The Painted Turtle create an empowering, life-changing camp experience for children with serious medical conditions. Because no child pays to attend camp, we rely on the kindness and generosity of people like you to support our efforts with donations of products and services. In these pages, you will find instructions for projects that help bring The Painted Turtle's mission, to provide a year-round, life-changing environment and authentic camp experience for children with chronic and life-threatening illnesses, to life.

Camp hugs,  
Your Painted Turtle Team



**PLEASE WASH  
YOUR HANDS**

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# Family & Volunteer Welcome Kits

We greet camper families and volunteers to Camp with the biggest welcome possible and these Welcome Bags are always a treat. During spring and fall Family Weekend seasons, we use 35 bags for one Family Weekend, or up to 210 bags for 6 Family Weekends in a season.

## Supplies

- 35-210 [paper gift bags](#) or drawstring backpack
- Travel-size games: Uno (cards)
- Decks of cards or card games
- Party favors **\*\*Latex free (no stretchy or rubbery products)**
- Miniature stationary (pens, journals, stickers, kid's ink stamps)
- Travel-size toiletries such as the following (**please note that none of the below can have nut oils or shea butter in them. Coconut oil is fine**)
  - Sunscreen – accepted brands are Aveeno Baby, Kiss My Face, Organic Kids, Equate Baby, Banana Boat Kids Sunscreen
  - Soap, shampoo, conditioner
  - Deodorant
  - Mouthwash
  - Toothpaste
  - Toothbrushes
  - Hand Sanitizer
  - Lip balm



## Items to Avoid

For the health and safety of our campers, please do not include the following:

- Bug spray
- Food-based items
- Latex – all items **MUST** be latex-free
- Products that may contain nuts



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# Camper Summer Welcome Kit

Each Summer, hundreds of campers come through our gates ready for an unforgettable experience! We want to make sure they are prepared to have the best time by providing them the right supplies with these Nalgene Water Bottle kits.

## Supplies

- 120 [1 Liter Nalgene Water Bottles](#) – BPA Free and with printed graduation lines
- Travel-size toiletries such as the following (**please note that none of the below can have nut oils or shea butter in them. Coconut oil is fine**)
  - Sunscreen – accepted brands are Aveeno Baby, Kiss My Face, Organic Kids, Equate Baby, Banana Boat Kids Sunscreen
  - Lip balm (preferably non-petroleum based)
  - Hand Sanitizer
  - Toothpaste
  - Toothbrush
  - [Kool Tie](#)



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# Non-Sew Fleece Blankets

Sometimes it can feel cool at Camp. Our campers and families love to grab fleece blankets to stay warm when moving from one activity to another. These no-sew blankets are easy to make and cozy for our campers!

## Supplies

- 1-2/3 yds. of print outerwear fleece
- 1-2/3 yds. of a solid outerwear fleece
- Fabric scissors
- Ruler or tape measure

## Instructions

- Cut the fabric into a 56" or 58" square. Remove the selvages (fabric fray).
- Place the squares over each other, back sides together.
- Cut a 4-5" square from each corner.
- Make 1" wide, 4-5" inch long cuts all along the edges of your borders. Use a ruler or tape measure for easy measurement.
- Using an overhand knot, tie the front and back fringe together.
- Do this all the way around the blanket being careful not to stretch the fabric.
- Be creative and fun with your patterns, but keep in mind these will be used by campers of all genders ages 6-17.



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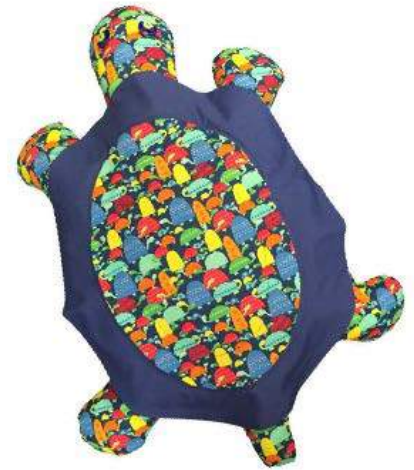
# Turtle Pillows

Many of our campers spend very little time away from home and family. To make the transition to Camp as easy as possible, each camper's bed is made up with a handmade quilt and fleece blanket, as well a beautiful stuffed turtle pillow.

Campers ages 7-17 take their fleece blankets and turtle pillows home with them as tangible memories of their time at camp.

## Turtle Pillows for Campers

- Turtle skins (i.e. un-stuffed turtle pillows) are cut and sewn to a pre-made pattern. This ensures that all turtles are consistent in shape and size.
- There are opportunities to cut the patterns out of fabric, if sewing is not your skill.
- Stuffing pre-sewn turtle skins is also an option. Please contact us for more details.
- For sewing patterns, Turtle Pillow Pattern instructions can be viewed online at <https://www.thepaintedturtle.org/sewing-projects>.



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# Quilts

## Quilts for the Beds

- The size of the quilt should be 60" wide by 80" long.
- Please feel free to be creative! We need patchwork quilts to decorate every twin-sized bed in our cabins.
- Please make sure these quilts are machine washable and are not too heavy or warm.



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# The Painted Turtle Outpost



[The Painted Turtle Outpost](#) is a mobile camp program that takes the magic and fun of what we do at our camp-site to hospitals and medical community events throughout California. Outpost allows The Painted Turtle to reach out to children who are hospitalized, giving them a chance to be in an environment where they can “go to camp” while still in the hospital. Sometimes children aren’t able to get out of their room to participate in the program, so we create activity Bedside Bags that are hand-delivered directly to them and provide hours of fun. The projects in this Craft Manual will be used for these Bedside Bags. Outpost is a year-round program that serves campers of all ages, from infants through young adults, as well as caregivers and families.

Since we’re busy visiting campers in the hospital up to five days a week, we need your help to pre-assemble these kits! Your donations and time spent putting together bedside activity kits makes it possible for us to quickly create many Bedside Bags and spend more time interacting and playing with children in the hospital.



**Thank you!**



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# Outpost Toddler Art Kits

These art kits will go into the bedside activity bags for children typically ages 3-5 who aren't able to come to the playroom. They go along with an activity book that provides hours of fun!

## Supplies

### Must be brand new and unused

- Pencil Pouch: 1 pencil pouch holds one kit. Here are some options: [Clear](#), [Colorful](#), and [Patterned](#).
- [A box of 8 large crayons: 1 per kit.](#)
- [Play-Doh: 1 can per kit.](#)
- Mini Bubbles: 1 per kit. Here are a couple options for bubbles, [from Target](#) and [from Amazon](#).
- Foam Stickers: about 5-10 per kit. [Here is an example of stickers](#) you could use.
- **DO NOT** write any message or words either on the bag or included inside the Art Kit. We will not be able to use kits that have messages in or on them, as we need these bags to be as versatile as possible.
- **DO NOT** use your sorority/organization name or letters.
- **DO NOT** use religious symbols or text.
- **DO NOT** make them seasonal or holiday-themed; we use these all year long.
- **DO NOT** use dates/years; if we have extra, we want to use them next year.



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# Outpost School Age Art Kits

These art kits will go into the bedside activity bags for children typically ages 5-12 who aren't able to come to the playroom. They go along with an activity book that provides hours of fun!

## Supplies

### Must be brand new and unused

- Pencil Pouch: 1 pencil pouch holds one kit. Here are some options: [Clear](#), [Colorful](#), and [Patterned](#).
- A box of 8 crayons: 1 box per kit; you can use [classic crayons](#) or [twistables](#).
- [Glue sticks](#): 1 per kit.
- Stickers **without words**: a handful or about 5-10 per kit. Stickers need to be suitable for a variety of ages and interests, and you can mix themes so the child has options. Here are some ideas: [dinosaurs](#), [animals](#), [transportation](#), [flowers](#), [shapes](#), [space](#), and [emojis](#). Please avoid using food stickers, as some campers are unable to eat or drink during their hospital stay and food can be a tricky topic.
- **DO NOT** write any message or words either on the bag or included inside the Art Kit. We will not be able to use kits that have messages in or on them, as we need these bags to be as versatile as possible.
- **DO NOT** use your sorority/organization name or letters.
- **DO NOT** use religious symbols, text, or themes.
- **DO NOT** make them seasonal or holiday-themed; we use these all year long.
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# Outpost Teen Art Kits

These art kits will go into the bedside activity bags for teens and young adults who aren't able to come to the playroom. They go along with a teen activity book that provides hours of fun!

## Supplies

### Must be brand new and unused

- Pencil Pouch: 1 pencil pouch holds one kit. Here are some options: [Clear](#), [Colorful](#), and [Patterned](#).
- 10-count packs of markers: [1 pack per kit](#), or [10 markers per kit](#).
- Glue sticks: 1 per kit.
- Pencils (sharpened or unsharpened): 1 per kit.
- Pencil sharpeners: 1 per kit.
- Pens: 1 per kit.
- **DO NOT** write any message or words either on the bag or included inside the Art Kit. We will not be able to use kits that have messages in or on them, as we need these bags to be as versatile as possible.
- **DO NOT** use your sorority/organization name or letters.
- **DO NOT** use religious symbols or text.
- **DO NOT** make them seasonal or holiday-themed; we use these all year long.
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# Outpost Lanyard & Friendship Bracelet Kits

Our bedside activity book for teens includes instructions on how to make a lanyard and a friendship bracelet. These starter kits allow them to begin easily so they can learn something new or practice their skills!

## Supplies

### Must be brand new and unused

- [Plastic lacing cord](#); at least two different colors, two strands (one lanyard starter) per bag.
- [Key rings](#); 1 per lanyard starter.
- [Cotton embroidery floss](#), at least four different colors, four strands (one friendship bracelet starter) per bag.
- [Sealable cellophane treat bags](#).

Each bag will contain one lanyard key starter with a key ring and one friendship bracelet starter. Do not write on the bags. Directions for creating the starters below.

### Starting a lanyard key chain

- Cut two colors of plastic lacing cord about an arm's length each. Please avoid using red and green together, or orange and black; these colors are too closely associated with Christmas and Halloween and we need to use these kits year-round.
- Create a box stitch. You will need to do 2-4 stitches, but no more. This is just a starter, the camper will continue the rest of the lanyard! [Click here for a YouTube tutorial](#).
- Add the key ring to the start of the box stitch.

### Starting a friendship bracelet

- Choose 4 colors of embroidery floss, cut each about an arm's length (4 total pieces of floss).
- Tie the four pieces together with a simple knot towards to top. That's it!



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# Outpost Woodshop Paint Kits

This is a great way to bring the magic and fun of our Woodshop to the hospital for our campers! Campers love to paint wooden shapes like boats, fish, wind chimes, flowers, butterflies, and bugs, just to name a few.

## Supplies

### Must be brand new and unused

- [Pouch](#) or [Plastic Draw String Bags](#) (5x8).
- [Paint pots](#): at least [four color options](#) per kit.
- [Sturdy paint brushes](#); at least [two brushes](#) per kit.
- Wooden shapes (**without words**) one to three per kit. Shapes need to be suitable for a variety of ages and interests. Feel free to mix themes, therefore giving the child options. Here are a few ideas: [unicorns](#), [cars](#), [insect keychains](#), and [sea creatures](#). Please **avoid using food shapes**, as some campers are unable to eat or drink during their hospital stay and food can be a tricky topic.



### When assembling the Woodshop Paint Kits

- **DO NOT** write any text on the pouch or include messages in the kit. We will not be able to use kits that have text, as we need these bags to be as versatile as possible.
- **DO NOT** use your sorority/organization name or letters.
- **DO NOT** use religious symbols or text.
- **DO NOT** make them seasonal or holiday-themed.
- **DO NOT** use dates/years.



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# Outpost Bedside Bags

The Painted Turtle's Outpost program delivers the magic of camp to hospitals and medical centers. We provide an activity book and a few arts and crafts projects and supplies for them to keep and enjoy. A decorated bag makes these kits more festive and fun!

## Supplies

### Must be brand new and unused

- [Assorted Colored Goodie Bags](#) 9x12.
- Permanent markers, stickers, etc. These will be used to decorate the bags.

### When decorating the bags

- Decorate both sides with fun patterns, drawings, and designs.
- Leave room to add a label and a camper name on one side of the bag.
- All ages: Please create family-friendly bags that would appeal to a wide range of ages, from 2-25 years old.
- Be creative and fun! Bags can be decorated with patterns, themes, camp activities, music, hobbies, animals, etc. (Avoid food.)
- Send bags empty and laid flat.
- **DO NOT** write any message on or inside the bags. If you would like to add text, please limit to "The Painted Turtle".
- **DO NOT** use your sorority/organization name or letters.
- **DO NOT** use religious symbols or text.
- **DO NOT** use dates or years.
- **DO NOT** use seasonal or holiday themes as we use these all year-long.
- **DO NOT** use glitter, pipe cleaners, popsicle sticks, pom-poms, foam stickers, or other materials that do not lie flat or could fall off. Some of these materials are not allowed for all patients.
- Avoid using food themes or images, as many campers are unable to eat or drink during their hospital stay and food can be a tricky topic.



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# Outpost Scratch Art Kits

Making a Scratch Art Kit is easy! This is a great craft for campers confined to their hospital beds. It is easy and fun, and almost any age can enjoy scratching their unique designs on these cool shapes. You can purchase a wide variety of scratch art shapes on Amazon.

## Scratch Art Shape Options

- [Ocean Animals.](#)
- [Garden Critters.](#)
- [Dinosaurs.](#)
- [Bookmarks.](#)
- [Animal Masks.](#)

### When creating the kits

- Place 2 scratch art shapes into a plastic drawstring bag.
- Add one scratch art stick to each bag.
- Add one piece of ribbon for each shape (this is included in the package).
- **DO NOT** write any message on or inside of the Ziploc bag.
- **DO NOT** use your sorority/organization name or letters.
- **DO NOT** use holiday or religious symbols or text.
- **DO NOT** use dates/years – if we have extra, we want to use them next year.



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# Outpost Stained Glass Craft Kits

These stained glass craft kits will be included in bags for older school age and teen campers in the hospital.

## Supplies

### Must be brand new and unused

- [Tissue Paper Squares](#): Each Kit needs 20-30 squares of varying colors.
- [Medicine Cups](#): Each kit needs 1 medicine cup.
- [Wax Paper](#): Each kit needs two 4.5" x 4.5" sheets.
- [Craft Sticks](#): Each kit needs 4 craft sticks.
- [Mini Glue](#): Each kit needs 1 bottle of mini glue.
- [Paint Brush](#): Each Kit needs 1 paint brush.
- [Pipe Cleaners](#): Each Kit needs 1 pipe cleaner.
- [Plastic Drawstring Bags](#): All the above will go inside of these bags, please **DO NOT** write on the bags.
- Include one quarter sheet of craft instructions in each kit.



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# Other Ways to Help

## Wish List

The Painted Turtle is always in need of items for our year-round programs. You can check out our Wish List online for our most up-to-date list of items:

<http://thepaintedturtle.org/wish-list/>

## Shipping

Once completed, you can mail or hand-deliver your items to our campsite or our business office in Santa Monica. **All Outpost kits should be delivered to the Santa Monica office.**

**Please include a completed Gift In Kind form with your donation. A blank copy can be found at the end of this document.**

### Administrative Office

1300 4th Street, Suite 300  
Santa Monica, CA 90401  
Phone: (310) 451-1353

### Camp Office

17000 Elizabeth Lake Road  
P.O. Box 455  
Lake Hughes, CA 93532  
Phone: (661) 724-1550



Please contact Jessie Chandler with any questions or comments at

[jessicac@thepaintedturtle.org](mailto:jessicac@thepaintedturtle.org).

**Thank you again for all you are doing to help The Painted Turtle deliver a magical experience to some amazing campers!**



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