

# *So you are going to camp? Check this stuff out!*

## **Things to bring to camp:**

- Cooperative spirit
- Pillow and sleeping bag or sheets and blankets
- Towels and washcloth (separate towels for swimming and for showering)
- Toiletries (soap, toothpaste and brush, shampoo, deodorant, etc.)
- Flashlight and batteries
- Bible
- Sunscreen and insect repellent (no aerosols – mist spray is acceptable)
- Paper and pen or pencil
- Rain gear: waterproof poncho or slicker. It does rain at camp!

## **Clothing:**

- Comfortable clothes (T-shirts, shorts, jeans, sweatshirts and sweater or light jacket)
- Sufficient undergarments for one-week stay
- Two pairs of shoes and/or sneakers and lots of socks
- Bathing suit(s)
- Jacket and/or sweatshirt. (It may get cool in the evening)

## **Dress Code:**

As a Christian camp everyone is expected to dress appropriately. Clothes such as tube tops, net tops, plunging necklines and see-through garments are not appropriate. We are working to promote an atmosphere where physical appearance is not the most important aspect of an individual.

- Proper bathing suits must be worn. Underwear cannot be worn as a swimsuit.
- Clothing promoting and/or endorsing the use of alcohol, tobacco or illegal drugs cannot be worn.
- Clothing items that are vulgar, obscene, and rebellious or denigrate others on account of race, color, religion, creed, national origin, gender, sexual orientation or disability cannot be worn.
- Camper must wear proper footwear at all times, to avoid foot injury - no “flip-flops” can be worn outside of the cabins.
- Undergarments must be covered completely. Visible bra straps or jog bras and the waistband of boxers are not acceptable.

## **Things Not to Bring to Camp:**

- Alcohol
- Cell Phones
- Drugs (except legitimate medications which will be given to the camp health director)
- Animals of any kind including pets
- Weapons
- Expensive jewelry or elaborate cosmetic and beauty care items
- All sports equipment (unless specifically requested by your program director)
- Electronic equipment (games, beepers, phones and tape or CD players)
- Food of any kind (food packages should not be sent to campers during their stay)
- Any items of value – sentimental as well.

**Vehicles:** Campers are not to bring a vehicle to camp unless prior written permission is obtained from the Camp Director. Adult campers are exempt from this directive

**Camp Store:** The store provides a variety of snacks and beverages, including fruit juices and granola bars. Campers can bring \$ 10 - \$ 20 for their store accounts. T-shirts, sweatshirts, jackets, mugs, stuffed animals and other items are available. The store is also open during camper registration and pick-up times.

**Telephone Use Policy:** Please do not tell your camper to phone home when he/she arrives at camp or during their stay. Camp leaders will contact parent if a problem occurs and it is necessary for a camper to be in touch with home. **Cell phones or other electronic communication devices are not permitted.**

**Medical Notification Policy:** A camper's parents will be notified by the health staff of any injury, accident or illness that requires treatment by a physician or of any illness that lasts more than one day.