



PARENT/CAMPER HELP SHEETS

APPLIES TO SR. HIGH, JR. HIGH AND KIDS CAMP ONLY!

Notes

WHAT TO BRING

- Bible
- Pencil or pen and notepad
- Towels and washcloths
- Toothbrush and toothpaste
- Soap and all toiletry items
- Comb or brush
- Sheets and pillow
- 2 blankets or sleeping bag
- Sweater or coat
- Modest swimsuit
- Swimsuit cover-up or robe
- Practical camping clothes
- Spending money
- Shoes that stay dry for indoor use
- Clothing and shoes for outside water & mud sports
- Recommend aqua shoes for outside water sports
- Flashlight

WHAT NOT TO BRING

- Immodest clothing
- Electronic devices
- Cell phones (Note: students must turn in cell phones at registration. They will be returned on Friday)
- Electronic games
- Skateboards
- I-Pods and other MP3 players
- CHEWING GUM

Please Note: Heartland Conference Retreat Center and respective camp leadership are not held responsible for any lost or stolen items.

medication

All medications must be turned in to the Camp Nurse during registration. PLEASE NOTE: Medications MUST be brought in their original containers! No exceptions! The nurse will be available throughout the week to dispense medications as prescribed.