

Forest Home: Adventure Mountain Camp 2011 Packing List

A "Must Do" for Luggage:

1. Label ALL luggage and items with a **permanent marker** (name, address, phone, church).
2. Make sure that your camper can transport the luggage they are bringing to camp.
3. It may be hot and dry or cool, rainy or muddy when campers arrive at camp, so be ready for **anything**. You can check our website at www.foresthome.org for a weather report.

The Essentials:

- ❑ **Sleeping bag and pillow.** We recommend the sleeping bag is in a water proof bag (even a plastic trash bag works).
- ❑ **Bible (and pens)** – be sure your camper's name is in their Bible
- ❑ **Bath towel and washcloth** (beach towel optional)
- ❑ **Flashlight:** Please be sure to label the flashlight and send extra batteries.
- ❑ **Camera:** Disposable cameras are the best. Be sure to label it with the camper's name.
- ❑ **General toiletries (unscented):** soap, toothpaste, toothbrush, shampoo, towel, washcloth, etc.
 - Chapstick or other lip protection with sunscreen
 - Waterproof Sunscreen: minimum spf 15
 - Lotion - if prone to dry skin
 - Bug repellent: lotion, stick, or spritz - NOT aerosol spray!
 - A Water Bottle (they can also buy one at camp if they do not arrive with one)
- ❑ **Clothing for five days**
 - Plenty of clean socks & underwear. (Socks get wet and dirty really fast at camp)
 - Swim suit(s)! We spend a lot of time in swimsuits so two or more swimsuits may be helpful for your camper. Please note that it is recommended that your child wear or bring a swimsuit on the first day of camp so they can swim immediately upon arrival.
***Girl's suits should be one-piece.
 - T-Shirts and long sleeve shirts
 - At least one pair of long pants and sweatshirt
 - Two pairs of close-toed shoes. Hiking boots are not necessary but may be helpful for some children. However, some type of sturdy shoes is necessary. Waterproof shoes are a good idea too.
 - Rain coat, Poncho or other light rain gear: rain is not uncommon. Having waterproof gear of some sort can be helpful if it does happen to rain on us.

Medications: Must be in their **original pharmacy container** along with written instructions. All in a Ziploc plastic bag with the camper's name printed on it. (PLEASE NOTE: If meds are not in the original container we cannot administer them.)

Recommended:

- ❑ Hat for sun protection
- ❑ Small backpack (daypack) for hikes
- ❑ Plastic garbage bag (or two) for dirty clothing
- ❑ Books or other appropriate reading material and simple games for free time and during the bus ride to and from camp

Please DO NOT bring the following items:

- Cell phones, pagers, radios, PDA's, computers, CD & MP3/Ipod/Iphone/IPad players
- Any electronic games including Nintendo DS and other electronic video games.
- Weapons [such as knives, Air Soft Guns, BB guns, slingshots, etc.]
- Avoid preventable heartache; do not send anything that is irreplaceable, such as a child's treasured stuffed animal, toy or baby blanket ("blankie"), or Mom or Dad's \$1,000.00 camera. These items are easily lost or damaged at camp and we cannot guarantee their return.

General Information

Camp Security: For the safety of all children, Forest Home **DOES NOT** allow visits by anyone other than church staff during camp. Early arrival or pick-up of campers by parents is permitted in certain cases - they must be arranged in advance with church and camp staff.

Phone Calls: Forest Home does not make phone service available for campers. This includes pay phones, landlines and cell phones. Generally speaking, children are not able to make or receive phone calls during camp. If there is an extreme case involving your child during camp there will be an exception made. If you have a concern or a question during your child's week at camp, please contact the church with which your child is attending camp. If there is a situation with your child at camp that warrants parental contact (i.e. discipline, extreme homesickness, injury, etc.), you will be contacted by our camp staff.

Emergencies: If you have a serious family emergency and need to contact your child while at camp, you may contact the **Forest Home Roundhouse at 909-389-2300** and they can direct you to us.

Website: Our website has additional helpful information for campers and parents. Be sure to check it out for the latest information as well as camp pictures: www.foresthome.org . Please be aware that we cannot guarantee photos of every camper in attendance.

Mailing Address: (If you want to send mail to campers)

Camper Name and Church
Adventure Mountain (dates of camp)
Forest Home
Forest Falls, CA 92339
(Remember, counselors and staff appreciate mail too!)