

What a day of camp may look like!

7:00am wake-up

7:30am breakfast

8:30am lake day

11:00am head back to camp

11:30am small groups

12:30pm lunch

1:45pm Skill workshops

3:15pm free time

5:15pm dinner

6:00pm varies

7:00pm Chapel

8:30pm game

9:15pm back to cabins

10:00pm Lights out

more info: <http://www.foresthome.org/camps-and-retreats/youth/adventure-mountain/>

What to Bring!

The Essentials:

Sleeping bag and pillow (TIP: You can usually roll the pillow in the sleeping bag. It is a good idea to make sure the sleeping bag is in a watertight bag—a plastic trash bag will do.)

Bible (TIP: Be sure your camper's name is in it.)

Pen or pencils

Bath towel and washcloth

Flashlight (TIP: Please be sure to label the flashlight and send extra batteries.)

General toiletries (unscented): soap, toothpaste, toothbrush, shampoo, etc.

Chapstick or other lip protection with sunscreen (non-flavored)

Waterproof **sunscreen**, with minimum SPF 15

Lotion (if prone to dry skin)

Bug repellent: lotion, stick or spritz (NOT aerosol spray)

A water bottle (these can also be purchased if lost or forgotten)

Clothing for five days (TIP: Bring at least one pair of long pants and long sleeves for chilly nights.)

Swimsuits: must be **one-piece suits** for girls, **no speedos** for boys (TIP: We spend so much time in swimsuits, two or more may be helpful for your camper. Please note that it's a great idea to wear a swimsuit under clothes when arriving at camp, so kids can swim immediately upon arrival.)

Clean socks (bring extras) and underwear

A warm hat or beanie

Sweatshirt (TIP: Evenings can be cold—bring layers.)

At least two pairs of **closed-toe** shoes—in case one pair gets wet

Poncho or other light rain gear

Spending money (TIP: \$15 – \$30 is just fine. Please click on the link at the top of the page for more information.)

Recommended:

Hat for sun protection

Small backpack (daypack) for hikes

Plastic garbage bag or two for dirty clothes

Books or appropriate reading materials or simple games for free time and travel to and from camp

Please Note:

All items should be labeled with your name, phone number, and church. It may be wet when you arrive so packing luggage in plastic bags is a great idea.

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 and will not administer them.)

Homesickness

Homesick feelings are normal in adjusting to a new environment.

Encourage the child to sleep over several different friends' home and then spend a week-end with a friend or at a relatives home.

- When the child returns home, the parents would discuss the child's adjustment and feelings.

Parents need to prepare themselves for the separation.

- Remember if your anxious then your child is anxious.

Encourage child to take one day at a time.

If you have time go camping for the weekend.

Encourage child to take a journal and write their thoughts and feelings.

Let them know that others will feel the same way.

Write a letter to you child letting them know how proud you are of them and telling them positive things.

- Remember if negative things a said most children will feel guilty they are not there by your side.

Leave for camp on a positive note.

Having your child's things packet the day or night before will relieve that stress an anxiousness.

- This will allow more time to spend as a family the day of camp.