

# Family Camp Packing List 2023

## General Packing List:

- Clothing for # of days you will be at camp; include at least one pair of long pants and a jacket/sweatshirt (see below)
- 1 pair of shoes (see below)
- Sandals or flip flops (see below)
- Swimsuit and towel (see below)
- Sleeping bag and pillow
- Raincoat, poncho or umbrella
- Non-aerosol insect repellent
- Bible, notebook/journal and pencil/pen
- Sunscreen
- Flashlight (extra batteries suggested)
- Water bottle
- Towels, soap, personal hygiene and other bathroom items

## OPTIONAL:

- Hat and sunglasses
- Stamps/envelopes for letter writing
- Swim goggles and/or arm floaties
- Camera

## Clothing Guidelines:

Summer camp is an outdoor sport! Bring clothes and shoes that are OK to get dirty. Campers are asked to bring modest clothing. Please do not bring spaghetti strap tops, shirts which are very tight or expose the midriff, very short shorts, or pants that sag below the waist. Females, please bring a one-piece swimsuit or a tankini which covers the midriff. Campers not adhering to these guidelines will be asked to change clothes. Shoes: when participating in outdoor and woods games, campers are required to wear shoes with closed toes and heels. Campers are also required to wear clean, dry tennis shoes for use in the Activity Center. Sandals: It is suggested that campers bring a pair of sandals for pool or shower use. It is encouraged to have something to just slip on the feet to go to meals, bathroom, etc.

----- We encourage you NOT to Pack: -----

- iPod, tablets, or other electronic devices (This is camp!)
- Food and drinks. If you do, items other than water are NOT allowed in the cabins at any time.
- Extra cash (unless you wish to purchase camp store items)
- Phones (we understand there are responsibilities outside of camp, but please use phones discreetly and as little as possible. Be present at camp and enjoy this time with your family!

# Family Camp Other Info

## Arrival

All campers are to arrive at the Pavilion area between 4:30-5:00pm designated for their camp. Upon arrival, campers will check-in and be assigned their cabin. Families will be in charge of their own medications. All additional fees may be paid upon arrival.

## Departure

Before departing, please remove trash from your cabin. Please check the lost and found area for any items you may have left during your stay. A lost and found table will be set up at the Pavilion as well.

## Stuff we deal with

**Head Lice:** A nuisance and inconvenience that affects people of all socio-economics, camp staff understand that discovery of lice is unsettling for both parents and children. We want to partner with parents to minimize the spread of this pest.

What can parents do prior to arrival?

1. Perform a check of your child's hair for head lice (nits) several days in advance of arrival
2. If necessary, take treatment measures to stop and prevent the spread of lice prior to arrival at camp
3. If treatment is necessary, recheck for head lice.
4. Notify camp office if head lice are discovered. Camp wants to be a partner with you in preventing the spread of head lice to others.

This information is not to be considered medical advice. For more information on lice including treatment(s) and how they are spread, please visit <http://www.cdc.gov/parasites/lice/>

**Covid-19:** We ask that families respect the boundaries of other participating campers by respecting others personal space and not entering another family's cabin unless invited. We recognize we cannot control Covid-19, but we ask families use their best judgements and practices while at Crooked Creek.

**Nature stuff:** Nature is a great place to explore and learn more about God's creation. This is also a place where sunburns, bug bites, and poison ivy can create negative experiences. To minimize these inconveniences and potential reactions we encourage each camper to bring (marked with their name):

1. Sunscreen
2. Insect repellent
3. Long pants and long sleeve shirts (suitable for the weather conditions)
4. Hat or cap
5. Closed toe shoes

We look forward to sharing with your child God's cathedral...the great outdoors!

## **In Case of Emergency**

In spite of proper planning and precautions, emergencies can still happen. In case of an INJURY or other health issue, our first call is to the parent followed by the emergency contact person listed on the health form. If those persons are not available, Dr. Matt Pihoda, MD at Mercy Services of Washington is our camp doctor and will attend to our camper's needs. If a visit to the emergency room is required, campers will be taken to the Washington County Hospital and Clinic's Emergency Room which is located 3.5 miles from camp and can be safely driven in less than 10 minutes.

In case of a FIRE, all campers and staff will report to a pre-designated location and remain there until the proper authorities declare it safe. Staff will be with the campers at all times to help keep them safe and calm during such emergencies.

Due to the dynamic WEATHER potential during summer months in Iowa, camp is prepared to deal with a variety of sudden weather changes. The Washington County Sheriff's office contacts the Camp Administrator if any type of weather watch or warning is issued for Washington County. The Administrator then contacts the Program Director and plans are altered accordingly. For non-threatening weather, outdoor activities can be redirected to the Activity Center. If the weather becomes threatening, all campers and staff will report to the basement of the Pavilion and will remain there until the weather situation ends.