



CAMP 345 PACKING LIST

Please label everything with camper's name

One suitcase, one backpack, and one bedroll per camper and label with camper's name, grade & gender

PLEASE BRING	
Twin sheets and blanket OR sleeping bag	
Pillow	
2 Towels	
Tennis shoes (old – 2 pairs)	
Recreational clothes (1 outfit per day)	
Bible	
Toiletries (toothbrush, toothpaste, shampoo, etc.)	
Swimsuit (girls: no two pieces that show the midriff)	
Swimsuit coverup	
Sunscreen	
Bug repellent – must be DEET FREE	
Plastic bag for dirty clothes	
Refillable water bottle (canteen type with string)	
Flashlight	
Pens or pencils	

OPTIONAL ITEMS	
Inexpensive OR disposable camera	
NUT FREE snacks in <u>Ziplock bags</u>	
Money for camp store	
DON'T BRING	
Technology of any kind including cell phones, handheld games, iPads, etc.	
Valuable items that would be missed if lost	
Two-piece swimsuit	
Silly String or shaving cream	
Fireworks	
Drugs/Alcohol/Tobacco	
Face paint	

PRESCRIPTION MEDICATION POLICIES:

- RockPointe Counselors will administer all prescription medicine
- Bring your prescription to camp check-in, labeled with your child's name in a Ziploc bag along with your completed form
- All prescriptions must be in the original container
- Inhalers may be packed in the camper's bag
- Over the counter medicines will be provided at the camp (i.e. Tylenol, Benadryl, etc.)

Medications are given at breakfast and dinner. Please indicate the time of day the medications need to be administered.

CAMPER MAIL PROCEDURE

- Parents are encouraged to bring one letter for their child as an encouragement while they are gone to camp
- Please label the envelope with the child's name and grade