



Forest Home: High School Camp 2010 Packing List

Luggage:

1. Label ALL luggage and items with a **permanent marker** (name, address, phone, church).
2. 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.** 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** (even a plastic trash bag works).
- ❑ **Bible (and pens)** – be sure your name is in it
- ❑ **Bath towel and wash cloth**
- ❑ **Flashlight:** Please be sure to label the flashlight and bring extra batteries.
- ❑ **General toiletries:** soap, toothpaste, toothbrush, shampoo, towel, washcloth, etc.
 - Chap stick or other lip protection with sunscreen
 - Waterproof Sunscreen
 - Lotion – If prone to dry skin
 - Bug repellent: stick or spritz - NOT aerosol spray!
 - A Water Bottle (you may also purchase one at camp)
- ❑ **Clothing for six days**
 - Plenty of clean socks & underwear.
 - Swimsuit(s) – Girls' suits should be one-piece swimsuit(s)! Sorry boys, no Speedo style suits either.
 - T-Shirts and shorts
 - At least one pair of long pants and sweatshirt; evenings can be cool
 - Shoes and sandals
 - 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.

Recommended:

- q Hat for sun protection
- q Small backpack (daypack) for hikes
- q Beach/swimming towel-in addition to bath towel for pool and lake days
- q Plastic garbage bag (or two) for dirty clothing
- q Camera: Disposable cameras are a good option. Be sure to label it with your name.

Please DO NOT bring the following items:

- Weapons, such as knives or any other item or weapon designed to hurt someone (including toy weapons)
- **Cell phones**
- iPods or other music players
- Any electronic games including Nintendo DS and other electronic video games.
- Please avoid preventable heartache; do not bring anything that is irreplaceable.

LAT 34° 5' 18" | LONG -116° 55' 13"

Forest Home Mill Creek Canyon
40000 Valley of the Falls Dr.
Forest Falls, California 92339

MAIN 909.389.2300

LAT 34° 24' 48" | LONG -119° 18' 24"

Forest Home Ojai Valley
655 Burnham Rd.
Oak View, California 93022

MAIN 805.715.6060



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.)

General Information

Camp Security:

For the safety of all campers, 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.

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 - but please note...if some campers are not in the pictures that does not mean that they are not at camp and having a great time...with upwards of 1,700 people each week at Forest Home it is tough to get every camper in camp on the website.

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

Camper Name and Church
Lakeview (dates of camp)
Forest Home
40,000 Valley of the Falls Dr.
Forest Falls, CA 92339

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