

Forest Home: High School Camp 2015 Packing List

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.** 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 pen/pencil)** – be sure your camper's name is in it
- Bath towel and wash cloth**
- Flashlight:** Please be sure to label the flashlight and send 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.
 - Swim suit(s) -Girl's suits should be one-piece.Swim suit(s)! Girl's suits should be one-piece. 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:

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

Please DO NOT bring the following items:

- Weapons, such as knives or any other item or weapon designed to hurt someone (this includes 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 send anything that is irreplaceable.

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