

NEEDS LIST WE SUGGEST THAT YOU BRING THE FOLLOWING:



Please bring adequate amounts of the items in this column to last five days:	Sleeping Bag or Bed Roll (sheets/blanket) Pillow 3 pairs of shoes, if possible <ul style="list-style-type: none"> • 1 pair tennis shoes • 1 pair for river (no flip-flops) • 1 pair for shower (can be flip-flops) *Swimming Suit <u>APPROPRIATE ATTIRE, PLEASE</u> *(See Dress Code)	Sunscreen Alarm Clock – Battery Operated (if desired) Bible (if you have one – the camp at Fredericktown has Bibles available for your use)
Long pants (for cold days) Socks Underwear Pajamas Short pants Shirts Sweatshirt or Light Jacket Toilet Articles <ul style="list-style-type: none"> • Soap • Toothbrush & Toothpaste • Comb or brush • Toothbrush & Toothpaste • Shampoo, deodorant, etc 	Water Bottle (REQUIRED) 3 or 4 Towels 2 Wash Cloths Umbrella or Poncho Flashlight Insect Spray	<u>ALL MEDICATIONS must be in original bottles and turned into the Nurse at check-in</u>

OTHER SUGGESTED ITEMS:

- Musical Instruments for participation in musical parts of the liturgy. (Guitars) **CAMP RE-NEW-ALL ASSUMES NO RESPONSIBILITY FOR THE LOSS OR DAMAGE OF INSTRUMENTS.**
- Halloween or Dress-Up costumes/items – to be used during skits. NO MOCK WEAPONS.
- Fan with an extension cord & power strip.

LABEL ALL BELONGINGS!!!!

CAMP DRESS CODE:

Camp Re-NEW-All is a Christian based camp. **All clothing should be appropriate, tasteful, and reflect good moral character.** For this reason the following clothing will **NOT BE PERMITTED** at Camp Re-NEW-All:

- Any clothing that exposes bare midriffs or backside
- Any clothing that exposes cleavage or undergarments
- Muscle Shirts (those with extremely large arm openings)
- Spaghetti-strapped Tank Tops, Tube Tops, Halter Tops
- Mesh or other see-through clothing
- **Shorts or Skirts that are excessively short-** should be mid-thigh length (no cheer/dance shorts)
- Items that include vulgar or profane words, pictures or symbols, or promoting Tobacco, Alcohol or Drugs
- Two-piece Bathing Suits (Tankinis showing NO more than three inches of midriff are permitted)
- Sandals or Flip-Flops (can be used in shower, river shoes need to have ankle attachment)
- Crocs or Five-Fingers (For Use in River Only)

**Any rules are subject to change according to Camp Director. Campers/Staff in violation of dress code will be asked to change. **

DO NOT BRING:

- Cell Phones – NO RECEPTION
- Electronic Equipment of any kind including: I-pods, I-pads, MP3 players, gaming devices or e-books
- Knives/weapons
- Money
- Food/Gum/Candy of any kind--**WILL BE CONFISCATED AND NOT RETURNED!!** This is a safety issue; food items in the cabins attract wildlife
- **IT IS ILLEGAL FOR ANYONE YOUNGER THAN 18 TO USE OR POSSESS TOBACCO PRODUCTS. ALCOHOL IS STRICTLY FORBIDDEN AT CAMP**

SEE REVERSE SIDE FOR OTHER IMPORTANT INFORMATION

TIPS FOR HELPING YOUR CAMPER AVOID HOMESICKNESS:

Please remember the following tips when preparing your child to be away from home.

- Don't suggest that your child can phone you if he/she is homesick—the camp phone is for emergency purposes only and cell phones do not work.
- Do encourage letter writing! Send camper with addressed, stamped envelopes and writing paper.
- Don't promise to rescue your child if he/she is homesick—set your child up for success by helping them develop strategies for coping.
- Assure your child that you love him/her, that you will be happy thinking about the good experiences they are having, and that you'll look forward to hearing about them AFTER camp.

TIPS ON HOW TO PREPARE FOR THE HEAT:

- Hydration takes time. Begin hydrating for the week of camp BEFORE coming to camp.
- Campers/staff should be drinking at least 64 oz of water daily for at least two days prior to attending their camp session.
- Drinking Gatorade daily prior to camp can also be helpful.
- Acclimate to higher temperatures by planning outside activity in the days prior to camp is also suggested. Spending large amounts of time in air conditioning prior to arrival can make the transition to camp difficult.
- Please remember to send a good quality water bottle with your child to camp.