

Camp Hemlock

LACE

Gear List and General Information Sheet

Campers should arrive at camp between 2:00-4:00 on July 25

Pick-up time is at 10:00 on August 7

Dress Code: Modesty should be the guideline for all outfits

Packing List:

- Completed camp health form
- Medicines for Health Center
- Pants
- Shorts – mid-thigh to knee
- Socks
- Underwear
- Long Sleeve Shirt
- T-Shirts – no inappropriate images or slogans
- Pajamas
- Sweatshirt or Jacket
- Poncho or rain coat
- Swimsuit – must be one piece
- Sneakers
- Hiking boots (optional)
- Closed toe shoes with laces for hiking and zip line
- Bible
- Sleeping bag and sheet
- Pillow
- Towel
- Toothbrush and toothpaste
- Soap
- Shampoo
- Deodorant
- Dirty Clothes bag
- Bug spray
- Flashlight/headlamp
- Baseball hat
- Sunscreen
- Mess kit (bowl, cup, plate, utensils)
- Bug net (optional)
- Camera (optional)
- Water shirt for swimming (optional)
- Water bottle

Additionally: framed backpack with padded straps and a hip belt (borrow a pack or contact the registrar to secure use of a camp backpack)

For Caving: one additional long sleeve shirt or sweatshirt, pants (no holes in the knees and no sweatpants), shoes with tread that can get muddy, headlamp or small flashlight with extra batteries – caving clothes may get muddy and might not be usable for other camp activities

Bring enough clothes for two weeks.

What Not to Bring:

- Cell phone
- Hand-held electronic games
- Music player
- Alcohol
- Tobacco
- Knives (other than pocket type)

Digital Detox:

How do we teach our children that there is life outside of their phones, social media and video games? We take time to unplug! At Camp Hemlock, we are committed to being 100% unplugged while your child is at camp. One of our goals is to show them that not only can they have a blast without being plugged in, but also develop real and meaningful relationships with the people present at camp.

Phone Policy:

There is no cell phone reception at camp. There is a primary phone line for camp business and emergency use by the staff.

Mail Call:

Mail call is a fun part of lunch each day. We recommend 2-3 pieces of mail. The first should be sent 2-3 days prior to the first day of camp or dropped off at the Wardensville Post Office when driving through town. Camp tradition calls for anyone receiving three or more pieces of mail in one day to run around the dining hall. It's fun, but please don't overload your child.

"Do's & Don'ts" of Letters:

When you write your daughter, ask her what she is doing and tell her what you are doing. Refrain from statements like, "I miss you so much," "I can't wait 'till you're home," or "The dog sure misses you." As well-meant as these statements are, they can cause a camper who may be prone to homesickness to feel some symptoms.

Camp Address:

Camper Name
Camp Hemlock
General Delivery
Wardensville, WV 26851

Pocket Knives:

For safety reasons, pocket knives will be collected at registration and only used under the supervision of Camp Hemlock staff

