

What to Bring for United Camp 2018 at Doe River Gorge

Packing

- Sleeping Bag and/or
2 Flat Sheets and 1 Blanket (Mattresses are Twin XL)
- Pillow and Pillowcase
- Bath Towel and Washcloth
- Soap, Shampoo, Toothbrush, Toothpaste, Toiletries
- Pajamas
- Underwear and Socks (lots)
- 1-2 Pairs Athletic/Tennis Shoes
- Sandals (with heel strap) and Flip-Flops (for shower)
- Windbreaker or Jacket, and hooded Raincoat or Poncho
- 2-3 Swimming Trunks (guys), modest one-piece Bathing Suit (girls)
- Beach Towel
- 8 Short-Sleeved Shirts and 1 Sweatshirt
- 5 pairs of modest shorts (no short shorts!)
- 1 pair of clothes that can get very messy
- Sunglasses, Sunscreen, Bug Spray
- Flashlight
- Bag for dirty clothes and separate bag for wet clothes
- Bible, Pen, Journal or Notebook
- Water Bottle
- Prescription Medicine in original container with instructions
- Optional: Hat, Bandana, Nose or Ear Plugs if needed for water activities

Note: On Friday, June 29th, wear your swimsuit under a t-shirt and shorts, and bring sunscreen and a beach towel...we will be going straight to the lake when we arrive at camp!

Please pack all items in soft-sided luggage or duffle bag, if possible, for easy transport - you must carry it yourself! Be sure to label ALL ITEMS clearly using nametags, labels or marker, to ensure things return home with you! All campers will have a small locker space to store their personal items.

Prohibited Items:

- Electronics like handheld games, laptops, tablets - phones are allowed but may be taken up by leaders when necessary
- Radio, CD player, MP3 player, iPod
- Food, gum, candy, drinks, energy drinks
- Alcoholic beverages, tobacco products, illegal drugs
- Knives, firearms, fireworks
- Matches, cigarette lighters
- Inappropriate books, magazines or materials
- Vitamins or dietary supplements (only if necessary, must be checked in with Medical Staff). *Prescription and non-prescription medications must be checked in with Medical Staff in the original containers. Nurses will have basic over-the-counter medications on hand if needed.*

* Although not prohibited, jewelry and valuables are discouraged. Doe River Gorge cannot be held responsible for these items in the event of loss or theft.

Prescription Medications, Inhalers, and EpiPens®

All medication must be turned in to the Medical Staff upon arrival. Please do not pack any medications in your student's luggage as you will need to have this with you at registration to check in with our Medical Staff. If your student requires prescription medications while at camp, please bring an adequate supply of the medication in the original, clearly-labeled prescription container, prescribed to your student, and check it in with the Medical Staff. State Law prohibits us from accepting medications in any other pill case or container or medications prescribed to another person. Medications are secured in our Health Center and distributed according to instructions by licensed Medical Staff.

If your camper uses an inhaler or EpiPen®, please send two: one for the counselor to carry during the day and one to be kept in the Health Center for back-up. Please be sure both EpiPens® are labeled with your student's name.

It is very helpful for you to explain to your student what medications they will need to take during their stay at camp so they will know what is necessary and that you expect them to take these medications as prescribed.