



Camper Survival Checklist

Just a quick note to tell you that the staff at Emmanuel Heights cannot wait to see you at camp! Over all the years we have been doing this whole camp thing, we have put together a list of essentials that we would want if we were campers at Emmanuel Heights. We think you will find these following items very valuable to have while at camp. This list is not an exclusive list by any means! Please check with your group leader for additional needs.

Forms you MUST have sent in by registration:

- Health History
- Medical and Liability Release
- Medication Administration Record

If you are a counselor, you must also provide the following forms before registration:

- Counselor Information Sheet
- Voluntary Disclosure

Please bring the following (in addition to items suggested by your group leader):

- clothing appropriate for the time of year and number of days you are staying
- closed toe shoes – a must if you want to go for a bike ride or a hike!
- a bathing suit – girls must wear a one piece bathing suit or a dark shirt over a two piece. Modest tankinis are ok. Guys must wear swimming trunks – no speedo's
- a towel
- shampoo and soap – we don't mind dirty campers, but your roommates might!
- a flashlight cause it gets really dark when the sun goes down
- sleeping bag
- sunscreen!!!
- money for the snack bar (sodas and candy are \$0.75 each)
- a pillow
- a jacket/sweatshirt – even in the summer!
- a notepad or journal and a pen
- your camera – if allowed by your group leader
- any medication you need (all medication – even over the counter stuff must be turned in at registration)

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And absolutely most important...

an open heart and good attitude!

The following list is prohibited at Emmanuel Heights Camp and Retreat Center: weapons of any kind, illegal drugs, prescription drugs must be turned in upon arrival, non-FDA approved medications, tobacco, alcohol.