

Camp Hemlock Cornerstone Challenge

Gear List and General Information Sheet

Campers should arrive at camp between 2:00-4:00 on Sunday.
Pick-up time is Saturday morning at 10:00

Packing List:

- Completed camp health form
- Medicines for Health Center
- Pants
- Shorts
- Socks
- Underwear
- Long Sleeve Shirt
- Short Sleeve Shirts
- Pajamas
- Sweatshirt or Jacket
- Poncho or raincoat
- Swim trunks
- Sneakers
- 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
- Baseball hat
- Sunscreen
- Bug net (optional)
- Water shirt for swimming (optional)
- Water bottle

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

For Canoeing: water shoes or old sneakers that can get wet (no flip-flops)

For Paintball: Recommended but not required: camouflage or green/brown/black pants and long sleeve shirt, personal paintball equipment is permitted

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 son, ask him what he is doing and tell him 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

Camp Store:

The camp store is open daily for campers. There are several souvenir items along with candy and beverages. \$20-25 is enough money.

Pocket Knives:

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

