

Camp Hemlock

Dad and Daughter Half Week Camp

Gear List and General Information Sheet

Dad and daughters should arrive at camp between 2:00-4:00 on Sunday.

Camp ends Wednesday at 1:00 following lunch.

Dress Code: Modesty should be the guideline for all outfits

Main Clothing Packing List:

- Pants
- Shorts
- Socks
- Underwear
- Long Sleeve Shirt
- Short Sleeve Shirts
- Pajamas
- Sweatshirt or Jacket
- Poncho or raincoat
- Swimsuit – one piece for the girls
- Sneakers
- Closed toe shoes with laces for hiking and zip line

Other Gear Packing List:

- Completed camp health form
- Bible
- Sleeping bag and sheet
- Pillow
- Towel
- Toothbrush and toothpaste
- Soap
- Shampoo
- Deodorant if applicable
- Day backpack
- Dirty clothes bag
- Bug spray
- Flashlight
- Baseball hat
- Sunscreen
- Bug net (optional)
- Camera (optional)
- Water shirt for swimming (optional)
- Water bottle
- Medicines for Health Station

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. We encourage dads to be fully present with their child. Camp is a special bonding time for dads and girls unlike any other opportunity available during the rest of the year. Please do your best to clear your work schedule so that you can give your daughter the attention she deserves. There is a secondary phone line where personal calls can be made if kept to a few minutes, but we strongly encourage you to let the phone call wait and be with your daughter.

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

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.