

# Camp Hemlock

## Dad & Daughter Half Week Camps and Dad & Daughter Adventure

### Gear List and General Information Sheet

Registration is between 2:00-4:00pm on arrival day.

Half week sessions end Wednesday or Saturday at 1:00pm following lunch.

#### Main Clothing Packing List:

- Pants
- Shorts
- Socks
- Underwear
- Long Sleeve Shirt
- Short Sleeve Shirts
- Pajamas
- Sweatshirt or Jacket
- Poncho or raincoat
- Swimsuit – one piece or tankini
- Sneakers
- Closed toe shoes with laces

#### Other Gear Packing List:

- 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

#### Dad & Daughter Dance:

Bring nice clothes or a dress for your daughter and something nicer for the dad like slacks and a polo shirt or button-down shirt.

#### Dad & Daughter Adventure Additional Gear:

1. Canoe trip: water shoes or old sneakers that can get wet in the river (not flip flops or slides which will fall off in the river), sunglasses
2. Mountain overnight/hike: tent, tent ground cloth, sleeping ground pad, extra water bottle, mess kit (cup, bowl, plate, utensils), comfortable hiking shoes or sneakers with shoelaces that can be tightened

**What Not to Bring:**

- Cell phone (daughter)
- 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 unplugged while your child is at camp. We want to encourage everyone to have fun without being plugged in and to develop meaningful relationships with the people present at camp.

**Phone Policy:**

There is limited 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 kids 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 child attention they deserve.

**Mail Call:**

Mail call is a fun part of lunch each day. We recommend 2 to 3 pieces of mail. The first should be sent 3 to 4 days prior to the first day of camp or best is to drop off to us at the registration table when you arrive. 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.

We suggest that your letters ask what they are doing and tell what you are doing. Be careful with statements like, "I miss you so much," "I can't wait until you're home," or "The dog sure misses you." These types of statements may cause feelings of homesickness in some campers.

**Camp Address:**

Camper Name  
Camp Hemlock  
2828 Trout Run Road  
Wardensville, WV 26851

**Camp Store:**

The camp store is open daily for campers. There are several souvenir items along with candy and beverages - \$20 to \$60 is enough money. As a reminder, you may have added money to the camp store account during online registration, but you can send your child with additional funds.