

FBCQ CHURCH CAMP JUN 29-JUL 3

PARENT INFORMATION

PREPARING FOR CAMP

WHAT TO BRING Labeling all items with camper's name is recommended.

Clothing must be modest. Shorts and t-shirts can be worn to all activities. No spaghetti straps, low-cut shirts or inappropriate imprints.

- Short sleeve t-shirts** (6-7)
- Shorts** (4-5)
- Athletic Shoes** required during all recreation.
- Long Pants/Jacket** in case of rain/cool temps
- Socks** (please send extra)
- Underwear**
- Pajamas**
- Swim Suit**
 - Girls** no bikinis or revealing swimwear. Two-piece tankinis that cover midriff are permitted. Camper may be asked to wear a dark colored t-shirt over suit to swim, if considered inappropriate.
 - Boys** no cut-offs or revealing swimwear
- Swim Suit Cover-up** *optional* - girls must wear clothes or cover-up to & from pool
- Wet Shoes or Flip Flops** for showering
- Small Bag** to carry towel, sunscreen, etc.
- Swim Towel**
- Bath Towel/Wash Cloth**
- Church will provide body wash & shampoo with conditioner
- Toothbrush/toothpaste**
- Laundry Bag** or trash bag for dirty clothes
- Bedding** for twin-sized bed. Pillow, sheets and blanket or sleeping bag.
- Deodorant** if needed
- Bible**
- Flashlight** *optional*
- Insect repellent** *optional*
- Sunscreen** *optional*
- NO Snacks** Snacks are not allowed in cabin. Church will provide snacks for group at designated times.

MEDICATION All medication must be in original pharmacy container. All medication and a **Mt. Lebanon Medication Chart** (provided by FBCQ) must be in a heavy-duty, quart-sized Ziploc bag, labeled with **camper's name** and **First Baptist Quitman** in permanent marker.

SPENDING MONEY *OPTIONAL* - Campers are responsible for their money. \$20 max. recommended
Gift Shop 25¢-\$20 **Crafts** at Camp Chuala 50¢-\$5
Camp Personalities' CDs, t-shirts, etc. \$5 - 20 **Vending Machines** \$1-5

WHAT NOT TO BRING

Electronics including but not limited to cell phones, TV, video games, tablets, etc.

Weapons guns, knives, etc.

Miscellaneous no fireworks, shaving cream, skate boards, scooters, etc.

DIETARY NEEDS Mt. Lebanon has limited dietary and nutrition assessment services and personnel may not be able to provide individual, customized meal plans for special dietary needs. Please contact church representative to address any dietary needs prior to camp.

FOOD ALLERGIES The risk of accidental exposure to **food allergens** may be present. Camp staff, parents and campers themselves should work cooperatively to minimize the risk.

TRAVEL FOR CAMP

IMPORTANT Campers must stay home if they are currently experiencing, or have experienced 2 days before arriving at camp, any fever or stomach virus symptom such as vomiting or diarrhea.

VAN DEPARTURE FROM FIRST BAPTIST QUITMAN Monday, June 29 at 7:00AM

Please arrive at 6AM to check in and load luggage.

VAN RETURN TO FIRST BAPTIST QUITMAN Friday, July 3 Mid-day

Campers will call parents during the return trip to confirm the arrival time.

WHILE AT CAMP

PRAYER Church camp is full of fun and fellowship, but most importantly, a time for children to grow in their relationship with God. Please pray for your camper and their leaders.

CLOSED CAMP No visitors are allowed at camp. No unregistered minors are allowed at camp, even those of church staff members.

DINING SERVICES Three meals are provided each day. The risk of accidental exposure to **food allergens** may be present. Camp staff, parents and campers themselves should work cooperatively to minimize the risk.

DISCIPLINE Camp dean is responsible for overall camp discipline. Church shepherds are responsible for all supervision, enforcement of all rules and conduct of their campers.

HEALTH CENTER All medications must be turned in to the Camp Health Center to be kept & dispensed there.

In case of serious injury or illness, the health supervisor will call the parent to determine if a camper should be taken to a doctor or hospital. If the parent wishes for the camper to be taken to the doctor or hospital, a copy of his or her registration form will be sent with the church leader and camper. Parents will be asked to meet the church leader and camper if necessary at the hospital or doctor's office.

HOW TO REACH YOUR CAMPER

Campers will be permitted to call home as time allows.

First Baptist Church Lead Shepherd

Molly Murphy (903) 497-0513

Camp Emergency Only

8AM-5PM (972) 291-7156

5PM-8AM (972) 489-0325

Health Center all hours

(972) 291-6045

