
We are excited for you to get here!

any colored paper needs to be signed and returned, white paper is yours to keep and reference
In order to be prepared for your SUMMER adventure, be sure to read the following information carefully. Please pack all items in duffel bag or backpack. Be sure to label **ALL items** clearly using name tags, labels, or marker.

Daily arrival/departure Times:

Check-in each day begins at 9:00 AM at the Dawg House at the lake (Please do not arrive before 9:00).
Campers need to be picked up by 2:00 pm at the Dawg House each day.
If you have any questions call (276) 328-6876 or 1-800-359-4049.

What to Bring/wear:

* Sack lunch each day, including drink (except Friday, they will have a pizza lunch provided)

* Sunscreen, bug repellent, hat/cap, sunglasses

* Guys & Girls: Tennis shoes or well fitting sandals

Not permitted: excessively frayed, torn jeans, fishnet tops, tops with inappropriate tears or holes, and heavy chains. Clothing with vulgar remarks and/or pictures, those which promote alcohol or tobacco products, acts of violence, sexual connotations or secular bands are restricted.

Girls: Please bring modest one piece swimsuit, and shorts that have about a 5-inch inseam. Remember, you will be involved in many different games and activities. Tank tops need to be 3 inches at shoulder seam, NO spaghetti straps, bare midriff, bra straps showing, or low cut tops. Camp staff does have permission to ask you to cover up or change if you do not abide by these requests.

*****Marked clothing and items left behind can be returned at owner's expense. You must notify us within 14 days if you wish your items to be returned. Camp Bethel is not responsible for lost or stolen items.*****

What NOT to Bring:

Please do NOT bring **CELL PHONES**, radio/CD/MP3/IPOD, handheld games, valuables, food, gum, alcoholic beverages, tobacco products, illegal drugs, firearms, fireworks, tasers, silly string, shaving cream for pranks, or anything that would deface Camp Bethel. If you wish to use any media items mentioned on your trip, please turn them in to Camp Bethel staff on arrival. Thank you!

Prescription and Over-The-Counter Medication(s):

If your child will be taking prescription medication at camp, please send it in the **ORIGINAL prescription container** with the **CORRECT dispensing information!** If the dosage or times have changed, please have your physician or pharmacist correct the label. Medication will be dispensed according to the instructions. The chance for error is much too great if this is done. Any and all medications, including vitamins are to be checked in with the nurse or Camp Bethel staff at registration.

CAMP BETHEL HEALTH CARE CENTER:

Our Health Care Center supplies many over-the-counter (OTC) medications. We prefer that campers not have ANY medication in the cabins. If he or she needs OTC medications such as Tylenol, ibuprofen, Benadryl (capsules, liquid, chew, gel), anti-diarrhea medication, Sudafed, etc., the camp nurse or Camp Bethel staff will administer them. Please indicate on the Camp Bethel Information & Medical form if we have your permission to administer these medications if needed. If you have questions about your child's specific needs, please call the office in advance. (276-328-6876).

Homesickness and child sickness:

Through experience, we have found that children tend to become "homesick" after calling home. We have also found that parents become "child sick" when sending their child to camp. We ask you to discuss this with your child. Encourage your child to make it through camp without calling home. Tell them they are brave and they can make it. Please remember, if the camper decides to go home after having stayed for the first meal, no portion of your fee will be refunded.

See you soon!!