



What to Bring to Creation Camp 2.0

Please be sure to label your belongings!

- 3 Sets of tee shirts, shorts, socks, and underwear
- Shoes for activity that might get wet (running, climbing, kayaking, etc)
- Flip flops for **showers only!** Cannot be worn during daily activities.
- Bathing suit (quick dry shorts and shirts okay)
- Plastic bag for dirty laundry
- A plain tee shirt that can be decorated (any light color - will be used as a "camp shirt")
- Bandana – used to cool off by wetting and tying around neck
- Sun Hat – ball cap or wide brim hat to help protect from sun
- Back Pack/Day Pack for carrying items with them throughout the day. Needs to be able to be worn on back.

- Bible
- Blank notebook (please leave personal writing journals at home)
- Pen/pencil
- Self addressed stamped envelopes

- Sleeping bag & single sheet (for cover if too hot to sleep in bag)
- Pillow
- 2 towels
- Washcloths
- Soap
- Toothbrush
- Toothpaste
- Sunscreen
- Insect repellent
- Refillable water bottle
- Any prescription medications (will be checked in to staff and kept in safe box)
- Don't forget the back pack**☺

NO ELECTRONIC DEVICES!

2.0 Dress Code

Women/Girls

- No midriff shirts/tummy rings
- Straps on sleeveless tops must be at least the width of three fingers.
- Shorts should be no more than 6 inches above the knees

Men/Boys

- Pants must fit waist and not hang on hips or expose underwear.
- Shirts will be worn at all times.
- Shorts should be no more than six inches above the knee.

Shoes

- Comfortable and quick dry shoes preferred. Activities include running, kayaking, climbing, etc.
- Shoes need to be able to stay on the foot and not slip off. (NO FLIP FLOPS for day time).

Due to the nature of activities and being prepared for the outdoors all day, we ask to please wear shoes and clothing appropriate for being active. Loose and breathable clothing is best. We have learned over the years that longer shorts or capri pants that are of quick drying material are ideal for the activities that we do with the children. It also reduces the amount of exposed skin to sun and insects. Sun hats are encouraged as well. Modesty is expected.

A few pointers to make camp a better experience for your child:

1. **Decrease the amount of caffeinated drinks your child consumes coming into camp.** This will help with any withdrawal symptoms that may be exacerbated due to the increase of water consumption and physical activity during the week of camp.
2. **Get your camper outdoors and being active** (if they are not already). It will only make their week at camp even more enjoyable and fun!
3. **Review the "Participant Code of Conduct" with your child prior to camp (page 1 on Camper Application).** This is the standard with which we will run our camp time and will be an expectation of each camper to agree to follow the guidelines listed in the agreement. .
4. Campers will not be allowed to keep electronic devices with them, so we encourage communications through written letters. Please go ahead and **prepare self addressed stamped envelopes** for them to be able to send letters home if they desire to. Calls home will not be encouraged.

We encourage you to send letters to your kids during the week. We will gladly accept any handwritten notes for them on the drop off day to be given on the days of your discretion as well.

Mailing Address for Camp Week

Camper Name
OneLife
2765 River Road SE
Winnabow, NC 28479

Homesickness — Expert Advice for Parents

- Encourage your child's independence throughout the year. Practice separations, such as sleepovers at a friend's house, can simulate the camp environment.
- Involve your child in the process of choosing a camp. The more that the child owns the decision, the more comfortable the child will feel being at camp.
- Discuss what camp will be like before your child leaves. Consider role-playing anticipated situations, such as using a flashlight to find the bathroom.
- Reach an agreement ahead of time on calling each other. If your child's camp has a no-phone-calls policy, honor it.
- Send a note or care package ahead of time to arrive the first day of camp. Acknowledge, in a positive way, that you will miss your child. For example, you can say "I am going to miss you, but I know that you will have a good time at camp."
- Don't bribe. Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child's new found confidence and independence.
- Pack a personal item from home, such as a stuffed animal.
- When a "rescue call" comes from the child, offer calm reassurance and put the time frame into perspective. Avoid the temptation to take the child home early.
- Talk candidly with the camp director to obtain his/her perspective on your child's adjustment.
- Don't feel guilty about encouraging your child to stay at camp. For many children, camp is a first step toward independence and plays an important role in their growth and development.