

# Camp Hemlock

## Mother/Daughter Weekend

### Gear List and General Information Sheet

Campers should arrive at camp between 6-8pm on Friday night.  
There is a cook-out dinner planned for 7pm on Friday night for everyone.  
Departure time is Sunday at 1:30pm

#### Packing List:

- Medicines for Health Center
- Pants
- Shorts
- Socks
- Underwear
- Long Sleeve Shirt
- Short Sleeve Shirts
- Pajamas
- Sweatshirt or Jacket
- Poncho or raincoat
- Sneakers
- Closed toe shoes with laces for hiking
- Sleeping bag and twin-size sheet
- Pillow
- Towel
- Toothbrush and toothpaste
- Soap
- Shampoo
- Deodorant
- Dirty Clothes bag
- Bug spray
- Flashlight
- Baseball hat
- Sunscreen
- Bible
- Bug net (optional)
- Water bottle
- Shoes for walking in the creek (optional)

#### What Not to Bring:

- Cell phone (kids)
- Hand-held electronic games
- Music player
- Alcohol
- Tobacco
- Knives

#### 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 almost no cell phone reception at camp. There is a primary phone line for camp business and emergency use by the staff.

**Camp Store:**

The camp store is open daily for campers. There are several souvenir items along with candy and beverages. It is operated on a cash basis.

**Pocket Knives:**

Please leave pocket knives at home. We have plenty of other exciting activities to do instead.

