

## SALT PACKING LIST

Remember that you will have to live with everything you pack. We MAY be backpacking, canoeing, caving, running, swimming, and/or rock climbing. You'll be able to leave gear at camp when we go on a trip.

Bring enough clothes to last a week of sweat and dirt. We'll be heading into town to do laundry on the weekends. Laundry soap will be provided.

Arrive between 1-2pm.

### Clothing necessities:

- Shoes you can run in and get dirty (2 pairs would be ideal)
- Shoes you can hike in. Does not have to be hiking boots.
- Sandals or water shoes
- Clothes for a sweaty week (About 7 shorts and pants & about 9 shirts)
- Sweatpants & sweatshirt
- 10 pairs of socks & 10 sets of underwear
- Swimsuit
- Rain jacket or poncho

### Personal Gear:

- Bible, pens and pencils (you'll want some way to waterproof your bible ie a Ziplock bag)
- Journal or notebook (Take any notes on the passages we asked you to read in this)
- Letter(s) to send home with stamps
- Toothbrush & toothpaste, deodorant, soap, shampoo, combs, etc...
- 2 towels
- Prescription medicine (should you have any)
- Money for the weekends (about \$60 should be plenty)
- Watch (required, you can get a cheap one at Walmart if you don't have one)

### Camping Gear:

- Water bottles/canteens <- Plural! You'll want at least 5 liters
- Backpack for backpacking (internal or external frame)
- Smaller day backpack
- A flashlight or two (extra batteries a plus)
- Sleeping bag & ground pad
- Sunscreen & bug repellent
- Mess kit

### Things that you might like to have:

- Backpacking tent
- Hammock (Don't plan to stay in a hammock all summer, you still need a ground pad)
- Compass
- Hat
- Rope/cord, Matches, Knife
- Zip-lock bags & Trash bags
- Duct Tape
- Dry bag
- Backpacking Camp Stove (if you have one)
- Snacks
- Cell phone (will be kept in a lockbox at camp and available for part of Saturdays)

This is not an all-inclusive list there are many things that are not on here you may want, but everything on the list is highly suggested and will improved your experience. Think about what you would want for a long camping trip.

**What Not to Bring:**

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

**Mail Call:**

Mail call is a fun part of lunch each day. We recommend 2-3 pieces of mail. The first should be sent 2-3 days prior to the first day of camp or dropped off at the Wardensville Post Office when driving through town. 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. Information will be sent about how to send emails to your child.

**"Do's & Don'ts" of Letters:**

When you write your son, ask him what he is doing and tell him what you are doing. Refrain from statements like, "I miss you so much," "I can't wait 'till you're home," or "The dog sure misses you." As well-meant as these statements are, they can cause a camper who may be prone to homesickness to feel some symptoms.

**Camp Address:**

Camper Name  
Camp Hemlock  
General Delivery  
Wardensville, WV 26851

**Camp Store:**

The camp store is open daily for campers. There are several souvenir items along with candy and beverages. You were given the opportunity during online registration to put store money on your child's account. You can send your child with additional funds. Many SALT graduates like to buy a \$30 sweatshirt.

**Pocket Knives:**

For safety reasons, pocket knives will be collected at registration and only used under the supervision of Camp Hemlock staff

