

Camp Hemlock

Adult Volunteers

Gear List and General Information Sheet

Arrive between 12:00-1:00.

Campers will arrive at camp between 2:00-4:00 on Sunday

Campers get picked up Saturday morning at 10:00

Dress Code: Modesty should be the guideline for all outfits

Packing List:

- Medicines for Health Center
- Pants
- Shorts – not too short in length
- Socks
- Underwear
- Long Sleeve Shirt
- T-Shirts – no inappropriate images or slogans
- Pajamas
- Sweatshirt or Jacket
- Poncho or raincoat
- Swimsuit – Women: one piece or tankini that fully covers the torso.
Men: no bikini bottoms
- Sneakers
- Closed toe shoes with laces for hiking and zip line
- Bible
- Sleeping bag and twin fitted sheet
- Pillow
- Towel
- Toothbrush and toothpaste
- Soap
- Shampoo
- Deodorant
- Dirty Clothes bag
- Bug spray
- Flashlight
- Baseball hat
- Sunscreen
- Bug net (optional)
- Water shirt for swimming (optional)
- Water bottle

Pro Packers: Optional additions to make your stay better include a foldable camp chair for Trout Pond day, shoes to walk in the creek with, an outlet splitter or power strip with extension cord and personal fan for hot nights, second towel for showing, sun glasses, fun decorations for the cabin like Christmas lights, ear plugs, phone charger.

For Caving: one additional long sleeve shirt or sweatshirt, pants (no holes in the knees), shoes with tread that can get muddy, headlamp or small flashlight with extra batteries – caving clothes may get muddy and might not be usable for other camp activities

What Not to Bring:

- Hand-held electronic games
- 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. Volunteers can have a cell phone but it should not be out around campers.

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.

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. \$20-\$60 is enough money.