

We like getting dirty and making big messes at camp! Please keep this in mind while packing for an overnight camp or even in what might be needed during day camp. **Phones:** Currently we don't have a no phone policy. We recognize that many campers carry phones. However, it should be known that there is no cell service at Rockhaven. We allow phones for photos or music but bring these at your own risk and please do not expect sympathy if a phone is lost or dropped into the river.

What to bring to camp:

- Sleeping Bag or Sheets and blankets (It can get pretty cold at night)
- Pillow with pillow case
- Toiletries
 - Shampoo
 - Soap
 - Toothpaste
 - Deodorant
 - Hair brush or comb
- Towel
- Swim Suit (Optional - but we often play in the creek)
- Water shoes or flip flops for bathhouse or creek
- Closed Toed Shoes (A must for climbing, hiking or high ropes course)
- Flashlight (Optional)
- Appropriate Outdoor Clothing: Tee shirts, blouses, shorts, underwear, socks, pants, outdoor shoes, for a lot of hiking and playing, rain gear, jacket, sweatshirt, and or fleece. Please pack clothing that can get dirty. We often play in the creek and have messy fun with crafts! It is usually cool in the morning so a layering strategy is usually best.
- Be sure all items have your camper's name clearly printed on them.
- Any necessary prescription medication (must be declared and logged with the camp staff on the day of check in)

Additional Recommended Items to bring:

- Sunglasses and or Hat
- Sunscreen (Minimum SPF 20)
- Bug spray or lotion
- Journal or Art Pad with pen or pencil for reflection or letter writing
- Water Bottle with name clearly labeled

What NOT to bring to camp:

- Food, snacks, drinks, perfumes or smelly lotions
- Computers, Video Games, electronics
- Weapons

NOTE:

Please limit valuable articles brought to camp. Rockhaven does not take responsibility for lost or damaged clothing or personal items. Choose clothes that can get dirty. Please label everything clearly.

If you have packing questions or concerns, please email the Director, Scott Thrasher at scott@rockhavencamp.org or call him at 406-586-9194.