

## Illnesses at Camp

CentriKid Camps will work with church group leaders to handle cases of illness at camp on a case-by-case basis. Because of recent H1N1 (and similar) concerns, we must ask that campers displaying flu-like symptoms be sent home for the safety of the remaining campers. Please do not bring campers who are already showing high temperatures or obviously sick.

## What should campers bring?

- Twin sheets or sleeping bag, towels, pillow, blanket
- Clothes that can be worn to recreation and tracks
- Clothes that can get really messy (for OMC and if you plan on taking a messy track)
- Closed toe, closed heel shoes (for outdoor activities)
- Bible, notepad, pen and backpack to carry things in
- Water bottle
- Toiletries (toothpaste, shampoo, etc)
- Sunscreen
- Spending money for snacks, camp store, and missions offering (more info on page 9)
- An alarm clock (no cell phones)
- A dark t-shirt if you plan to take tracks including activities with water.
- Modest one-piece bathing suit or two-piece with dark shirt to wear over it

### **Do not pack:**

- Anything that advertises alcohol, tobacco, illegal drugs
- Anything that explicitly or implicitly promotes racism, sexism, or hatred of any group or person
- Anything that explicitly or implicitly refers to sexual actions or situations
- Excessively short or tight fitting clothing
- alcohol, tobacco, illegal drugs, fireworks, or any kind of weapon
- radios, iPods, CD players, roller blades, skateboards, cell phones, or water guns
- Anything that calls attention to underwear (sagging pants, rolling down waistband, etc)