

Info for parents:

Please do not send pictures of family with your camper. This only enhances homesickness rather than prevent it.

Please do send mail, email or faxes, understanding that your child will not be able to respond in the same manner. **Campers LOVE getting mail from home.** Please address your mail to:

Camper's Name
Campers Group
Stronghold Summer Camps
PO Box 199
Oregon, IL 61061

If you would like to email your camper, the address is summercampinfo@strongholdcenter.org. Be sure to include your camper's name and camp group in the "subject" line. You can also send faxes to 815-732-7325. **Please, just one email or fax per day per camper.**

All mail, e-mail, and faxes will be given out during meal times (8:30, 12:30, 6:00). Please note that staff prints email and gathers faxes, so privacy is not guaranteed.

We do not allow campers to have cell phones and beyond emergencies campers are not allowed to use the telephones at camp. Besides disrupting the group building process, we prefer campers to work out their differences or problems rather than just calling home. However, if your child has a concern and wants to call home, a staff member will be certain to call home to check in with the campers parents. If you wish to call me to check on your child's progress or would like to get in touch with me, please do. If there are problems (i.e. Illness, homesickness, behavior, etc.) the nurse or myself will be in touch with you to discuss the situation and if deemed necessary, or requested by the parents, we will put you in touch with your child. We will never prevent a parent from speaking with their child.

We understand that kids might miss their pets while at camp, however we ask that you please do not bring pet for registration or closing.

WHAT TO BRING, AND NOT TO BRING TO CAMP

*** A good rule is: If you can't afford to lose it don't bring it to camp! ***

- ___ **Casual Clothing**
- ___ **Rain Gear** (especially a rain jacket or poncho)
- ___ **Long sleeved shirts** 1 or 2 for cool evenings and to protect against mosquitoes
- ___ **Long pants** – for cool evenings and to protect against mosquitoes
- ___ **Swimsuit**
- ___ **Towel** (or two)
- ___ **Sweats/jacket** for cool nights
- ___ **Walking shoes** or **Hiking boots** (1 or 2 pairs)
- ___ 1 pair of **sandals** - **No Flip-Flops or sandals without backs**
- ___ **Sleeping bag**
- ___ **Pillow**
- ___ **Toiletries**
- ___ **Sun-block**
- ___ **Insect repellent** (OFF Towlettes work well as they help to prevent over use. A great DEET free product is Repel Lemon Eucalyptus)
- ___ **Water bottle** with your name on it

- ___ **Flashlight**
- ___ **Backpack or book bag** (to carry the days items)
- ___ **Bible**
- ___ **Notebook and writing tools**
- ___ Any **prescription medication** you may need (this will be administered by the nurse. Please make sure you have enough for the whole time you are here)

Optional Items

- ___ **Camera**
- ___ **Musical Instrument** you may want to perform
- ___ **Electric fan**
- ___ If you wish, **money** for the gift shop.
Please note Stronghold cannot hold money and is not responsible for lost money.

Please do not bring

- Cell phones or pagers
- iPods/CD players/radios/gameboys/PSPs or other electronics
- Expensive jewelry or clothing
- Food or candy (it attracts animals and insects to your stuff)
- Pocket knives
- Bad Attitudes