

# Camp Hemlock Explorer and Battalion Camps

## Gear List and General Information Sheet

*Campers should arrive at camp between 2:00-4:00 on Sunday.*

*Pick-up time is Saturday morning at 10:00*

### Packing List:

- Medicines if needed
- Pants
- Shorts
- Socks
- Underwear
- Long Sleeve Shirt
- Short Sleeve Shirts
- Pajamas
- Sweatshirt or Jacket
- Poncho or raincoat
- Swim trunks
- Sneakers
- Closed-toe shoes with laces for hiking and zip line
- Bible
- Water bottle
- Sleeping bag and fitted twin sheet (*note: Explorers sleep in tents all week*)
- 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)

### Explorer and Discovery Programs:

Backpacking: Framed backpack with padded straps and a hip belt (borrow a pack from a friend or contact the registrar to secure use of a camp backpack), day backpack, mess kit (cup, bowl, plate, and utensils in a ziplock bag are fine), backpacking type tent (optional, tents are provided by camp)

Caving: one additional long sleeve shirt or sweatshirt, pants (no holes in the knees and no sweatpants), 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

Canoeing: water shoes or old sneakers that can get wet (no flip-flops or slides which will fall off in the river)

**Paintball Program:** Recommended but not required: camouflage or green/brown/black pants and long sleeve shirt, personal paintball equipment is permitted

**Marksmanship Program:** Bring up to \$20 for the gift shop at the firearms museum (optional)

### What Not to Bring:

- 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 Camp during registration. 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.

**"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  
2828 Trout Run Road  
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. 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.

**Pocket Knives:**

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