

8 PREPARATIONS FOR YOUR WEEK AT CAMP BETHEL:

1. What to pack: Gear list.
2. Camp rules and policies.
3. Preparing for camp living.
4. Preventing homesickness.
5. Driving directions to camp.
6. Trading Post Souvenirs.
7. Communicating with your student during the camp week.
8. Climbing Wall and High Ropes Course participant waiver.

#1: What to pack: Camper's Gear List:

Please put your name on ALL items! Pack lightly enough that you can easily carry all gear by yourself. Remember, you will be sleeping in your cabin all week, and your space is limited. Cabins have window-unit air conditioners if needed. Keep your packing simple and minimal. In addition to items required or recommended by your WBHS Band Leaders, you should pack:

- Light-weight, small, carry-able sleeping bag **or** blanket/sheet and small pillow for cabin bunk.
- Bath towel(s), washcloth & beach/pool towel.
- Hygiene items: toothbrush/paste; soap; etc. Try to avoid scented body products as these attract insects.
- Clothing (for 6 days): at least 1 pair of long pants and 1 long sleeved shirt; shorts; tee shirts; swim suit(s); underwear; socks & extras; light jacket; sleepwear; (*Remember, hot days & cool nights.*)
- Everyday dry shoes (closed-toe active shoes for practice, running, hiking, games).
- Pair of strap-on sandals, water shoes or old shoes to get wet. We suggest no flip-flops or Crocs.
- Large plastic bag or trash bag for dirty or wet clothes & shoes.
- Daypack/backpack for carrying water bottle & gear around camp.
- Rain jacket/poncho with hood; no stopping for rain!
- Hat (with brim to block sun) or bandana.
- Small flashlight & extra batteries.
- Sunscreen (waterproof and at least 30 SPF).
- Water bottle: quart-sized, non-glass, screw-top.
- Signed forms/waivers, if applicable.
- Money for souvenir shirts, hat, etc. from Camp Bethel's Trading Post (if scheduled by leadership).
- Wristwatch, alarm clock, or time piece, if you cannot use your cell phone.

Optional to bring: swim goggles; extra fan for cabin; bug repellent; camera

WBHS and/or Camp Bethel provides first aid & safety gear, and all cabins have window-unit air conditioners and fans.

Things **NOT** to bring:

- anything not allowed in school or against school/band policies
- jewelry, valuables of any kind
- food, drinks, candy, snacks, gum (this camp provides all-you-can-eat meals plus lots of snacks)
- cell phone/smart phone, i-pod, mp3-player, radio, TV, CDs/DVDs, video games, pets, toys, any electronics
- alcohol, tobacco, drugs, vaping supplies, weapons, knife, fireworks, matches, lighter
- cologne, perfume, scented products, hairspray (bugs are more attracted to these)
- flip-flops or Crocs

#2: Camp rules and policies:

Camp Rules:

1. Wear shoes always (except bed, shower, pool).
2. Do not throw or kick anything.
3. Walk, don't run, on paths, pavement or gravel.
4. No rough play.
5. Stay with your group; do not wander alone.
6. Enter only the facilities and areas approved by your leaders.
7. Obey your leaders.
8. All rules and policies of WBHS Band and Botetourt County Schools shall apply to your camp week

Behavior Policy:

All staff and guests at Camp Bethel are expected to behave in a manner appropriate to child and youth development. Behavior deemed dangerous, inappropriate, intolerable or unmanageable by WBHS leaders and/or the Camp Directors is grounds for dismissal from camp, (ex: fighting; possession of illegal or harmful item; constant misbehavior; unsafe behavior; etc). Parents will be called as needed.

Recommendation for Students with Medications:

All student medications should be checked in to your nurse/trainer/medical director before departing from WBHS and before arriving at Camp Bethel. We suggest that you only send a one-week supply. Send medications in the original, labeled container with camper name, medication name and strength, and dosage instructions. Place your medication containers in a zip-lock bag with camper's name on it to speed along the registration process. Your staff, training staff or your medical director should administer all medications. Provide written permission and instructions to WBHS leaders/staff regarding any medications. Your trainer/med director should also have one or more Epi-Pens for any severe allergies.

Visitation is **NOT** allowed during camp week:

Parents: Please understand our need for a successful, undisturbed week of growth and unity during Band Camp. Each student, including your child, deserves this opportunity. Do NOT arrive at camp unexpectedly. While hosting guest groups, the Camp Bethel staff are trained to