

Camper Survival Kit 2010

The countdown has begun! You have made a great choice to come to Camp Cedarbrook in the Adirondacks this summer. Fantastic fun and great experiences await you. Here are a few tips to help make your stay at camp awesome.

What to Pack

Use the What to Bring list to pack your clothes. The Adirondacks are sometimes chilly and wet. Don't leave home without rain gear, warm clothes, and boots! Open-toed shoes are not safe on woodland paths, so leave them home. **If you are taking Horsemanship or Fun with Horses**, remember to bring shoes with hard uppers and one-inch heels (like work boots).

Remember to **put your name in all clothing**. Clothes left behind will be donated to needy families after two weeks.

Please do not pack snacks, since snacks attract unwanted forest creatures into cabins and tents.

Reading Matters Since your stay at camp is a time to grow spiritually, bring your Bible and Christian books you want to share. Please do not bring books, comic books, or magazines that are not helpful for spiritual growth.

Staying Healthy We want everyone at camp to be healthy and safe. Don't even think about bringing or using alcohol, drugs, or tobacco!!! You could be sent home without a refund.

Spiritual Theme for 2010

"Safe in His Hands"

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

—Isaiah 41:10

Weekly Themes for 2010

Week 1 "Fly to Neverland"

Week 2 "Medieval Quest"

Week 3 "Antarctic Adventure"

Week 4 "Colonial Cedarbrook"

Week 5 "Arabian Nights"

Week 6 Specialty Week

Any Questions?

Call the camp registrar Nadine Jascor: (518) 608-6800 or after June 15 at camp (518) 654-6262

The Cedarbrook Experience

Living together in a Christian community means treating one another with love, kindness, and respect. Teasing, bullying, and behavior that's harmful to yourself and others, or disruptive to our community is not appropriate and will not be tolerated.

Keeping It Clean Everyone helps to keep camp clean, neat, and safe. We all take turns with reasonable chores, like sweeping the dining hall and cleaning the washhouses.

The Sound of Music At camp we enjoy the quietness and special sounds of God's creation. We enjoy singing and making music together, too. You may bring your musical instruments (not electric). **Please do not bring radios, headsets, or portable music or DVD players.**

Good Night Your camp day begins at 7:30 AM and is packed with action! To help your body recharge, we have set times for you to be in your cabin with lights out.

Staying in Touch Be sure to write home each week. It may take four days for mail to travel between camp and home. Your family can also e-mail you at camp. (Follow the directions in the CCA Clue.) You will receive printed copies only and cannot reply via e-mail. **Please do not pack cellphones, PDAs, or pagers.** (Cellphones, PDAs, and pagers can't find a signal in the high mountain terrain.)

Since telephones are not available for campers, your family will be notified by the camp director or camp nurse in case of emergency. If your family has an emergency, they may telephone the director to reach you.

Wash and Dry Campers staying two or more weeks will have their laundry done each weekend. Service crew members may launder clothes as often as needed. Pack biodegradable liquid laundry soap. Laundry costs are included in the weekend stay-over fee.

Tuck Shop Tuck Shop is our camp store. We suggest you deposit \$25-\$40 in your Tuck charge account for each week you will be at camp. Your purchases will be deducted from your account every day. You might like to purchase clothing (price range \$12-\$40), snacks (limit: three per day), souvenirs, camp photos (\$5-\$8), and other personal items (stamps, rain ponchos, toothpaste, soap). Any money left in your account will be returned to you at the end of your stay.

What to Bring

Use this list as you pack for camp. Write how many of each item you pack in the "Home" column. When packing to return home, double-check your items in the "Camp" column.

Be sure to check Lost & Found.
Unclaimed items will be donated to needy families after two weeks.

HOME	CAMP
	Shirts/tops (straps 1 inch in width or wider)
	Sweatshirts
	Sweaters
	Warm jacket
	Shorts (modest length)
	Warm pants or jeans
	Undershirts/bras
	Underpants
	Socks
	Warm pajamas or sleep sweats
	Modest, one-piece bathing suit
	Sneakers
	Shoes
	Flippers (to lake only; not for general wear)
	Belt
	Hat
	Rain gear (coat, hat, boots)
	Sleeping bag or bedroll
	Pillow
	Fitted twin sheet
	Bath towel
	Washcloth
	Beach towel

HOME	CAMP
	Laundry bag
	Eyeglasses
	Sunglasses
	Sunscreen
	Lip balm
	Bath soap
	Shampoo
	Comb
	Hairbrush
	Toothpaste
	Toothbrush (nonelectric)
	Plastic or metal drinking cup
	Facial tissues
	Feminine sanitary items
	Insect repellent
	Flashlight and batteries
	Camera and film (optional)
	Biodegradable liquid laundry soap (for stay-overs)
	Bible
	Pencils/pens
	Postcard with stamp, addressed to your family
	Washcloth
	Beach towel

HOME CAMP

For Registration	
	Medications (in original bottles, with doctor's permission)
	Spending money for Tuck Shop (if not sent with registration)

For Horsemanship and Fun with Horses	
	Long pants
	Hard leather shoes with one-inch heels

For Hikers	
	Broken-in hiking boots
	Wool socks
	Thermal underwear
	Lightweight pants
	Lightweight shorts
	Bandanna

For Canoers	
	Water shoes
	Wool socks
	Thermal underwear
	Lightweight pants
	Lightweight shorts
	Bandanna

For Groom Aides	
	High boots

For Kitchen Aides	
	Bandanna or hat

Special Notes: