

**Mount Shepherd Retreat Center**  
*Christian Education Outdoors*

1045 Mount Shepherd Road Extension  
Asheboro, NC 27205-2844  
Web address: [www.mtshepherd.org](http://www.mtshepherd.org)

Phone: 336-629-4085  
Fax: 336-629-4880  
E-mail: [mtsheph@asheboro.com](mailto:mtsheph@asheboro.com)

**All Campers – whether attending an overnight camp(s) or a day camp(s) – must bring the following:**

- |   |  |
|---|--|
| <input type="checkbox"/> Bible (RSV preferred but not required)                                 | <input type="checkbox"/> Sneakers (broken in)                  |
| <input type="checkbox"/> Modest Swimsuit (Girls: Swimsuit covers belly button; Boys: trunks)    | <input type="checkbox"/> Sunscreen or suntan lotion            |
| <input type="checkbox"/> Towel for swimming   | <input type="checkbox"/> Plastic bag for wet or dirty clothing |
| <input type="checkbox"/> Flip flops or slip on pool shoes                                       | <input type="checkbox"/> Insect repellent                      |
| <input type="checkbox"/> Light weight jacket or poncho  | <input type="checkbox"/> Willingness to have fun!              |
| <input type="checkbox"/> Water bottle (Can be purchased from camp store)                        | <input type="checkbox"/> Camp store money                      |
| <input type="checkbox"/> Completed Medical and Liability Release Form                           |  |
| <input type="checkbox"/> Completed Medical form (Physical required within 2 yrs. of attendance) |  |

**In addition to the items above All DAY CAMPERS must:**

- Pack items in a lightweight book bag with child's name on the outside

**In addition to the items above All Campers staying OVERNIGHT must bring:**

- |  |  |
|--|--|
| <input type="checkbox"/> Twin size bed sheets and a light blanket                            | <input type="checkbox"/> Towels and washcloths                           |
| <input type="checkbox"/> Sleeping bag for camping out (can also be used in place of bedding) | <input type="checkbox"/> Toiletries (soap, toothbrush, toothpaste, etc.) |
| <input type="checkbox"/> Stuff sack for sleeping bag   | <input type="checkbox"/> Pillow with pillowcase                          |
| <input type="checkbox"/> Changes of clothing   | <input type="checkbox"/> Flashlight with extra batteries                 |
| <input type="checkbox"/> Ball cap or hat   |  |

**If registered for any camp below the camper must bring the items listed as well as the items listed above.**

**Backpacking Campers**

- |   |   |
|---|---|
| <input type="checkbox"/> Stuff sack for sleeping bag                | <input type="checkbox"/> 1 – 2 water bottles or bladder   |
| <input type="checkbox"/> Tent (Lightweight)                         | <input type="checkbox"/> (16 – 20 oz. drink bottles work well)  |
| <input type="checkbox"/> Frame Backpack                             | <input type="checkbox"/> Mess kit (Includes plate, fork, spoon, knife and cup. All items must be metal) |
| <input type="checkbox"/> Backpack cover                             | <input type="checkbox"/> Hiking boots ( <b>MUST</b> be broken in)                                       |
| <input type="checkbox"/> Changes of clothing (Non-cotton preferred) | <input type="checkbox"/> Ball cap or hat  |
| <input type="checkbox"/> Pocket knife                               |   |
| <input type="checkbox"/> Spending money for 1 meal on road trip     |   |

**Golf Campers**

- |  |   |
|--|---|
| <input type="checkbox"/> Golf clubs (can be provided; call to reserve) | <input type="checkbox"/> Suitable clothing for golf course                      |
| <input type="checkbox"/> Spiked shoes (optional)                       | <input type="checkbox"/> (shirts with collars, shorts; no cut off shorts, etc.) |

**Mission Campers**

- |  |                                     |
|--|-------------------------------------|
| <input type="checkbox"/> Denim jeans   | <input type="checkbox"/> Gloves     |
| <input type="checkbox"/> Tool (Tool list to be mailed to each registered camper) | <input type="checkbox"/> Work boots |

**Wet-n-Wild White Water Rafting Campers**

- |   |   |
|---|---|
| <input type="checkbox"/> Shoes for rafting (Not flip flops) | <input type="checkbox"/> Strap for glasses (if needed)          |
| <input type="checkbox"/> Completed USNWC Release Agreement  | <input type="checkbox"/> Spending money for 1 meal on road trip |

**Saddle Up! Horseback Campers**

- |  |   |
|--|---|
| <input type="checkbox"/> Boots with ½ inch heel (required)           | <input type="checkbox"/> Blue jeans for riding (required) |
| <input type="checkbox"/> Completed Release & Hold Harmless Agreement |   |

## Rafts, Rocks, and Rappelling Campers

- |  |  |
|--|--|
| ___ Shoes for rafting (Not flip flops)           | ___ Strap for glasses (if needed)          |
| ___ Completed USNWC Release Agreement            | ___ Spending money for 1 meal on road trip |
| ___ Boots for hiking ( <b>Must</b> be broken in) |  |

## Wilderness Adventure Campers

- |  |              |
|--|--------------|
| ___ Tent (light weight)  | ___ Backpack |
| ___ Mess kit (Includes plate, fork, spoon, knife and cup. All items must be metal) |              |

### We suggest ALL campers bring the following:

- |                    |  |
|--------------------|--|
| ___ Camera         | ___ Paper & envelopes for letters home           |
| ___ 1 or 2 pencils | ___ Favorite book (for reading during rest time) |

### Campers are not allowed to bring the following:

- |  |   |
|--|---|
| ___ Electronic equipment (ipod, games, etc.) | ___ Cell phones: if brought the cell phone will be kept in the office |
| ___ Radio, Tape or CD player's               | ___ Knife (unless requested)  |
| ___ Paint Balls                              |   |
| ___ Snacks of any kind                       |   |

## A Note to Parents

Thank you for checking that the luggage is packed properly. Limit luggage to one suitcase and a sleeping bag. (Tip: sheets and towels can be rolled into the sleeping bag.) Assure that all items are clearly marked with camper's name or initials.

Campers live for mail! Take a moment to write a letter to your camper! A letter usually arrives one to two days after being mailed. You may fax letters to 336-629-4880 and email letters to [mtsheph@asheboro.com](mailto:mtsheph@asheboro.com)!

Water bottles may be purchased at the camp store. Mess kits can be purchased at Wal-Mart, K-Mart, Target, Sears or on-line at [Campmore.com](http://Campmore.com).

During camp, your child/youth may be transported to and from camp for various activities. To assure safe travel read to your child/youth or have your child/youth read the following:

- \* Do not get on or off the van unless the driver or counselor is present and tells you to do so.
- \* Get on and off the van one person at a time.
- \* Seatbelts are to be worn at all times.
- \* Everyone will stay in their seats while the van is moving.
- \* Arms and legs are to remain in the van at all times.
- \* NO horseplay is allowed.
- \* Keep the noise level to a minimum.
- \* Stay in the van while the van is refueling unless directed to do otherwise.
- \* Obey all instructions from the driver or counselor.

### Requirements for sending Emails and Faxes:

Numerous emails and faxes are received each day for campers. Emails and faxes are delivered at least once each day and, generally, in the morning.

Observing the following requirements will speed up the delivery process as well as assure that a camper gets a well intended message.

#### Emails:

- Put the child's name, cabin/room assignment and counselor's name in the subject line AND at the beginning of your message.
- If you have more than one child attending camp at the same time send the email to each child instead of including all children in one email.
- Avoid the use of graphics and backgrounds in the message portion of your email.
- Pictures/Photos will not be printed.

#### Faxes:

- If sending a Fax include the child's name, cabin/room assignment and counselor's name.

Your attention to these requirements will be appreciated!

Thank You!