

What to Bring to Northwest Camp 2007

July 29- August 5

Clothes for 7 days and 7 nights including:

- 1 swimming suit ****See Below and read the enclosed letter on dress and modesty**
- 2 pairs of tennis shoes (1 - hiking and outdoor sports; 1 - indoor activities only)
- 1 pair of "lake shoes" (this can be an old pair of shoes, or sandals, or water shoes)
- 8 pairs of socks
- 7 changes of underwear
- 2-4 pairs of jeans and shorts (no rips, tears, or excessively frayed styles)
- 4-6 shirts (modest; no negative, revealing or suggestive messages or styles)
- 1 nice casual outfit, appropriate for final banquet and dance
- 1 set of nice Sabbath clothes (no jeans are allowed at Sabbath services)
- pajamas or sleep-wear
- 1 warm sweatshirt
- 1 raincoat or poncho
- 1 warm jacket
- 1 hat for sun protection

****Swimsuit:** *modest one-piece or tankini. Tankinis must meet the following guidelines:*

- reasonable boy cut shorts or standard bottoms; no French-cut or bikini bottoms
- full coverage tops; no bare midriffs or exposed cleavage

Important: please put your name on all of your belongings

Additional Necessary Items:

- Sleeping bag & pillow
- 4 towels
- flashlight
- insect repellent & sun lotion
- small day-pack
- *Optional: sunglasses, camera, hair-dryer*
- toothbrush, personal hygiene items (soap, deodorant, etc.)
- laundry bag for dirty clothes
- Bible, notepad, pen
- small alarm clock or watch
- personal water bottle

Important: please bring a copy of your medical insurance card with you (photocopy is fine)

Do NOT bring:

Electronic equipment: no radios, walkmans, tape decks, video games, etc.
Large amounts of money or other valuables.
Toys/games which create isolated self-involvement. No rollerblades or skateboards.
Alcoholic beverages, illicit drugs, tobacco products, fireworks, animals.
Weapons of any kind.
Revealing clothing (including strapless, spaghetti-straps, too tight, too short)

Note: In order to promote biblical values, safety and health in dress and grooming, no jewelry connected with body-piercing is allowed to be worn at any United Youth Camp. The exceptions to this are earrings for girls, which can be worn in the evenings (at non-sporting activities) and on the Sabbath.

Medications, Vitamins & Herbs: Any and all medications, including over the counter meds, vitamins and herbs should be in their original container. If this is not possible then a new smaller bottle should be used with clear instructions on use. Over-the-counter medications and prescriptions must be in original bottles with the pharmacy label intact and clearly legible. Medications, vitamins and herbs in foil or in plastic baggies cannot and will not be dispensed to campers. If a parent needs to repackage vitamins/herbs then a form must be included & signed by the parent that includes name of medication, amount to be taken, time to be taken, strength of medication and what it is used for.

Directions to Northwest Camp

Located at Camp Arrah Wanna; 24075 E. Arrah Wanna Blvd., Welches, OR 97067

Phone 503-622-3189 (office) 503-622-1229 (fax)

60 minutes from downtown Portland.

• From the south, take exit 12 off of I205, and turn right onto Hwy 212. Follow Hwy 212 until it intersects with Hwy 26 East. Continue to the town of Sandy. Approximately 16 miles out, watch for the Wemme sign and the 40 mile marker. Turn right onto Arrah Wanna Blvd and continue half of a mile down the road. Turn right into the camp.

• From the north, take Hwy 84 take exit 16 at Wood Village. Turn right at the end of the exit onto 238th and go approximately 3 miles to Burnside Rd. Turn left onto Burnside and it will become Hwy 26 outside of the town of Gresham. Follow Hwy 26 through Sandy and continue with directions as from the south.

(Camper registration will take place in the cafeteria.)

(See reverse side for the United Youth Camps "Code of Honor")

United Youth Camps Code of Honor

Why a United Youth Camps Code of Honor? A code of honor is a way of showing consideration, respect, and love to others. It helps everyone get along better and it helps everyone to be treated the same way. Living by a code of honor demonstrates good character, protects the camp facility, it saves us time and it helps save money.

As a United Youth Camper, I will follow and respect the following Code of Honor:

- Strive to behave as a representative of Christ and represent God in an honorable manner (I Timothy 4:12).
- Keep the 10 Commandments (Exodus 20:1-17). Honor God's Sabbath day and avoid inappropriate Sabbath activities (Isaiah 58:13-14).
- Follow the "no-knock" policy (I will not criticize, make fun of, ridicule, exclude or put down others).
- Avoid going into unsupervised or restricted areas of the camp facility.
- Observe dorm lights out and quiet time.
- Respect my counselor, assistant counselor and other camp staff, and follow their instructions.
- Treat other campers with respect, dignity and a positive attitude. This includes showing proper respect and courtesy between guys and girls at all times.
- Observe the code of no guys allowed in girls' dorms and vice-versa.
- Observe the code of no practical jokes at camp.
- Keep my living area and bathroom appropriately clean and neat.
- Promote good sportsmanship and a spirit of teamwork during all camp activities.
- Observe all safety regulations while at camp.
- Wear appropriate apparel at all times.

(See reverse side for the Northwest Camp "To Bring" List)