

# Important Information & Packing List

## Dear Parents & Guardians,

Please take time to read carefully through the following information. If you have any questions concerning any of these areas, please call us and we'd be glad to discuss it with you. We ask that everyone adhere to our policies.

Thank you! We look forward to having your child at camp this summer!



### medications

ALL medications, prescription and over the counter, have to be turned into the camp nurse at the time of check-in. By state regulations, **campers cannot keep any medications** with them (with exception to some inhalers). The camp nurse will make sure the camper takes the prescribed dosages at the proper times. Bring enough medication to last the entire time at camp. **Keep it in the original packaging/bottle that identifies the prescribing physician, the name of the medication, dosage, and the frequency of administration. Do not put pills in baggies/pill boxes. We must give the dosages as prescribed.** If the dosage has been changed, make sure you bring a written doctor's prescription that gives the adjusted dosage. Prescription medication **must be in the child's name.** It is against the law for us to administer medication prescribed to someone else!



### dress code

At Cross Bar X, we teach campers of all ages what it means to live a life pleasing to the Lord. We emphasize this even through how we dress. Our staff will be enforcing our guidelines with your children. Please check what they have packed in order to make sure they follow our standard. Thank you. Please no clothing with alcohol, cigarette, obscene, gang-related or inappropriate subjects. **BOYS:** no wallet chains. no tank undershirts **GIRLS:** Please no short shorts, spaghetti strap tops, tight shirts, open back tops, or shirts that come above your belly button .no swimsuits with low cut front or back, high cut legs, or considered bikini or inappropriate tankinis (you will be asked to wear a t-shirt) Our staff has the right to ask your child to change if we deem the clothing inappropriate.



### contacting your child

Write your child a letter or a card and send it to us early in the week. Mail to: (your child's name), Cross Bar X, 2111 CR 222, Durango, CO 81303. Or you can email your child from our website at [www.crossbarx.org](http://www.crossbarx.org) or email directly to [mycamper@crossbarx.org](mailto:mycamper@crossbarx.org). Include your child's name in the subject and we'll print it out and have it to your child at mail call. We only allow phone calls when there is an emergency, a birthday, or an important matter. Please respect our phone policy as one casual call to/from home starts a frenzy of phone call requests from all the campers. It also aids in homesickness when campers are allowed to talk to family at home. We want this time to be the most fun for all. Therefore, if you wish to contact your child, please do so by the ways listed above.



### What to pack...

Bible/pen	toiletries
toothbrush/paste	shampoo/soap
comfortable clothes	sandals
modest swimsuit	sleeping bag/pillow
towel/washcloth	jacket
long sleeve shirt	long pants
closed toed shoes	

Other items to consider bringing: flashlight & disposable camera (no cell phones are allowed)

**If attending Red Hawk Camp, please bring the following extra items... church clothes, comfortable hiking shoes.** We also suggest that you label your clothing and items.



### check-in and last day of camp

It is important that your child arrive at camp during the check-in hours, 3-5pm. If for some reason you are not able to have your child here during that time, you need to contact the camp prior to that day. If you fail to contact us about this, we will assume that you are not attending and we will contact someone on the waiting list to take your child's place. If you cannot pick up your child at 9am on the last day of camp, you will need to make other arrangements for someone else to pick up your child and inform us of those arrangements.

**If your child is new to Cross Bar X and feels uncomfortable attending a new camp with new faces, we invite you to come visit the camp property and meet our staff. We'd love to help in any way if it would make your child feel more comfortable and answer any questions you may have!**



### Do not bring:

money, valuables, jewelry, soda/drinks, matches/lighters, fireworks, MP3 players, cell phones, food/candy/gum, knives or other items considered weapons, cigarettes/alcohol/drugs, inappropriate clothing (see dress code)

*\*We reserve the right to send your child home at your expense if certain prohibited items are brought to camp and/ or if your child participates in behavior or activities that are destructive to himself and others.*