

# CAMP DeSales

## CATHOLIC YOUTH CAMP INFORMATION PACKET CAMPER PACKING LIST

### THANK YOU!

**Parents,** thank you for sending your child to Camp DeSales Catholic Youth Camp. We are excited to journey with your teen this summer in their relationship with Christ. This information will be helpful for you and your teen as you prepare for camp. If there is anything we can do to better serve you and your family in this mission, please let us know.

**Parish Youth & H.S. Campus Ministers,** thank you for giving up a week of your time to journey with the youth of your parish or school. This mission would not be possible without your dedication to loving teens and walking alongside them in their relationships with Christ. We are so excited to serve alongside you this summer! This information will be helpful to know before you arrive at camp.

**Campers,** we are so excited to have you at camp with us! This packet includes information on what to bring and what not to bring along with a few helpful tips for how to get ready for camp. Know that we are praying for you, your family and friends. See you soon!

### PREPARING FOR CAMP

Your week at camp is going to be an incredible time filled with making new friends and growing in your relationship with Christ. There are a couple things you can do to help prepare for an amazing week!

- \* Thank your youth or campus minister and mom/dad for sending you to camp!
- \* Take a couple minutes to pray about what you want to get out of camp and write it down in a journal. Be honest with God and let Him know how you're feeling/what you're thinking about camp.

### WHAT TO BRING

- One pair of old clothes and shoes to get muddy (afterwards to be pitched or kept outdoors in garbage bag)
- Clothing that is comfortable and appropriate for low ropes (long pants recommended)
- One pair of clothes for paintball course (long sleeve shirt and pants)
- 6-days worth of athletic/casual clothes for daily outdoor activities and games (t-shirts, shorts, etc.)
- Sweatshirt/light jacket for cool mornings/evenings
- Bathing suit/swimming trunks (see "Guidelines for Modesty")
- Toiletries (shampoo, soap, toothbrush, toothpaste, deodorant, etc.)
- Towels (2 recommended- 1 for shower, 1 for lake)
- Pillow, sleeping bag OR twin-size sheets/blanket
- Money for snacks, t-shirts and crafts at Pop's Place (suggested amount \$25-\$75)
- Sunscreen and bug repellent
- Flashlight
- Water bottle (or purchase one at Camp)
- Sunglasses and/or hat
- Rain jacket/poncho
- Bible (Bibles used during sessions/morning prayer)
- Journal and pen
- One pair closed-toe tennis shoes (for paintball)

### WHAT NOT TO BRING

- \* I-Pad/I-Pod/tablets, and computers
- \* Tobacco products, illegal drugs and alcohol
- \* Juuls or other vaping devices
- \* Weapons of any kind, including guns or knives
- \* Portable Gaming Devices

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## PICTURES DURING CAMP

To find pictures throughout the week of your teen at camp, please visit our Facebook page “**Camp DeSales**” and look for the picture album title with the session number and dates for your teens week at camp.

## GUIDELINES FOR MODESTY

We encourage all campers to respect their own bodies and those of others. All campers and adults are required to adhere to our modesty guidelines. Many activities during camp involve bending, running, and sitting. *Our guidelines are directed toward functionality and safety, not fashion.*

- \* No short shorts - If you place your hands at your sides, your shorts should be at least as long as your fingertips. The same guideline applies for male swimwear;
- \* No thin-strapped tank tops or crop-tops. Shirts must cover your chest and undergarments. Tank tops with thicker straps are allowed as long as the chest cannot be seen through the open arm holes and undergarments are covered;
- \* No tight pants;
- \* Female swimwear: full coverage, one-piece or modestly cut two-piece suits. No string, thong, or crochet suits;
- \* Male swimwear: modest swim trunks only (see first guideline above). No Speedo or bikini style.

## ARRIVAL AND DEPARTURE

Please arrive at Camp on the first day between 2-3 PM. Camp concludes on the last day with 11 AM Mass and picnic for departing campers and their families. Camp provides the bratwurst, hotdogs, chips, lemonade, and water. Feel free to bring additional food for your family or to share.

## AFTER CAMP

Former CYC campers and families are welcome to return for any remaining 11 AM Masses. Feel free to bring a picnic lunch and stay a while!

We encourage you to stay involved with your parish youth group or school campus ministry. Genuine discipleship is a year-round work and joy. Contact Camp if you are not sure how or where to followup, we can help.

We also invite you to check out Live Jesus Ministries - an initiative focused on spiritual friendships and small group discipleship ([livejesusministries.org](http://livejesusministries.org)).

Many campers connect over the school year through social media — sharing, encouraging, challenging, and praying for one another.

Let us stay close to the Lord and the Church and let's stay in touch. Please pray for the remaining CYC programs, for one another and for all teens — that we might all know that peace the world cannot give!

## CONTACT US

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