

## The Gospel Camps 2023 Information

We look forward to having your children at camp! To help them better plan, here is important information on what to bring.

Girls Camp Dates: Saturday, July 1 - Saturday, July 8, 2023

Arrival Time: Saturday, July 1, 3:00 - 4:00 P.M.

Departure Time: Saturday, July 8, 11:00 A.M. - 12:00 Noon

Boys Camp Dates: Saturday, July 15 - Saturday, July 22, 2023

Arrival Time: Saturday, July 15, 3:00 - 4:00 P.M.

Departure Time: Saturday, July 22, 11:00 A.M. - 12:00 Noon

**PLEASE, NO EARLY ARRIVALS ON OPENING DAY. REGISTRATION WILL BEGIN AT 3:00 P.M. ALSO, PLEASE CHECK IN **BEFORE** GOING TO SLEEPING AREAS TO CLAIM A BED.**

*The following items are recommended, but not required, for all campers, girls or boys:*

Shorts (8)	Bible
Shirts (8)	Fitted and flat sheets for twin bed
Underclothing (8)	Pillow and case
Socks and Athletic Shoes	Sleeping bag or blanket
8 Towels and cloths	Toilet articles (toothbrush/paste, soap, shampoo, etc.)
One-piece Swimsuit/ Beach Towel(s)	Shower carry-all
Flip flops or Swim shoes or Crocs	Bandana (optional)
Laundry bag	Water-proof sunscreen (optional)
Light jacket or sweatshirt	Personal size hand sanitizer (optional)
Camouflage (optional)	

### **Girls Camp Specific**

Sunday dress or skirt/blouse & shoes      4th of July clothing items (optional)

**What to Leave:** Cell phones, ipods or similar, candy, gum, magazines, playing cards, toys (a stuffed animal for sleeping is fine), money, expensive jewelry, digital cameras, pocket knives, etc.

### **Dress Code Note:**

*Over the past few summers, the standard of clothing at camp has been a source of concern. In today's society, the "less is more" mentality is displayed through low cut jeans and shorts, tight tank tops, very short shorts, and sagging bottoms. Please understand that we are committed to protecting the innocence and modesty of your child in the midst of a camp setting. With this in mind, for girls **we ask campers to leave at home the following items:** rolled down cheerleader shorts, shortie shorts, tight shorts, shorts with lettering on the seat, extremely tight or revealing T-shirts, shirts revealing the midriff, shirts with cut out armholes and sides (worn over a sports bra), strapless tops or dresses, one-shoulder tops, two piece swimsuits (except for full coverage tankinis), etc. For **older** girls, we recommend shorts with a minimum inseam of 3.5 to 4 inches or that come to about mid-thigh (some Nike shorts and Sophees shorts are 2.5 inches). Figures come in all shapes and sizes, so this guideline is obviously based on what is appropriate for your child's build. Boys should wear*

## The Gospel Camps 2023 Information

shorts and pants that sit at the waist, using a belt if necessary. Additionally, shirts for both boys and girls should be free from crude messages or advertisements for alcohol, tobacco, or secular music groups. Please understand that campers will be asked to change if they wear inappropriate clothing; therefore, we recommend sending extra shorts and T-shirts. We appreciate your sensitivity with this subject matter, as it is our goal to create the best camp environment possible.

### Medication:

Any camper on medication that must be given at camp needs to bring their medication in one (1) large ziplock bag with each medication marked with dosage and his/her name. Please give this bag to the camp nurse during registration. Do not pack in suitcases. (If this is prepared in advance, it helps tremendously at check-in time!) The camp nurse will give dosage at proper time. Note - Medication should be listed on "CAMPER REGISTRATION FORM." (Please also include a list of those medicines and dosage/time to put in ziplock bag.) ALL DRUGS MUST REMAIN IN THE ORIGINAL CONTAINER. ALL PRESCRIPTION AND OVER-THE-COUNTER MEDICATIONS MUST BE IN A PHARMACY LABELED CONTAINER WITH THE CAMPER'S NAME ON IT. The nurse will have an ample supply of basic products, such as Advil, Tylenol, and over-the-counter allergy medication. If your camper brings anything like that, it should still be labeled and turned in.

### Miscellaneous:

- Yes, your camper will probably need a MINIMUM of 5 towels during camp just for bathing. Towels must be hung on outside lines to dry and are often not fresh enough to be used again. Please send old, well-used towels or purchase inexpensive ones marked with the campers name or initials for camp use as we add to our kitchen collection each year when campers do not claim their towels.
- We recommend you send at least a fitted sheet to cover the mattress even if your child plans to sleep in a sleeping bag. This provides your child with a layer of protection between them and the mattress and protects our mattresses as well. A foam "egg-crate" mattress is optional but allowed.
- Athletic shoes must be worn for Capture the Flag and some other night activities. Sturdy sandals and flip flops are acceptable for many activities. Just remember there is a lot of walking involved during camp.
- Optional items are suggested but not required. Some campers like to have a camouflage shirt or bandana for capture the flag; in fact, many of the girls like the bandana that night to keep their hair out of their faces.

### Girls Camp Specific:

- The dress is for our awards banquet night. Dresses should be at least finger-tip length or longer, must have sleeves or straps, and not be sheer, tight fitting, or low-cut. Shoes should be of a comfortable height and style. The banquet is on the patio, so keep temperature in mind when choosing a dress to bring.
- Swimsuits should be modest, one-piece styles suitable for swimming, water-sliding, and canoeing. Two piece tankinis are acceptable as long as they fully cover the midriff. Swimsuits should have straps, no cutouts at the midriff, and should have a modest neckline and leg openings. If in doubt of appropriateness, please send a dark t-shirt to be worn over

## The Gospel Camps 2023 Information

the suit. Swimsuits are worn in the lake and tend to get dingy, so expensive suits and those with much white in them are discouraged from a practical standpoint.

### Random Notes

- Campers may certainly receive mail at camp at the below address. **Please do not send candy since it can attract ants in the building.** Be aware of the type of message you send: some parents make their children homesick by what they write. Please share this information with anyone who may send mail during camp.
- **Campers may not receive phone calls during camp.** If there is an emergency, you can call one of the numbers listed below and leave a specific message. Campers may only return the call in the case of a true emergency. **Please do not send a cell phone** with your camper, as they cause too many distractions during camp. If your child needs his/her phone because he/she will not be with you when leaving camp, it should be turned in on opening day.
- In the case of homesickness, the camp director will call the parent and determine the best course of action to follow. No refunds will be given to campers leaving camp because of homesickness.
- For your convenience, pictures of campers are placed on the website daily after the first full day of camp. The website is [www.thegospelinc.com](http://www.thegospelinc.com). There is typically a link to pictures on the home page. Pictures will be posted daily beginning on Sunday night or Monday morning. You can find them by clicking on the link on the bottom of the home page at [www.thegospelinc.com](http://www.thegospelinc.com).

### Physical Camp Address (use this for mailing)

108 Sanctuary Road  
Ruston, LA 71270

### Other contact information

318-245-8025 Camp Director cell phone  
(can call or text Jennifer)

318-251-2248 (building number)

[jennifer@thegospelinc.com](mailto:jennifer@thegospelinc.com)

