



## Girls Camp

Wednesday, October 6 – Friday, October 8, 2010

Please prepare your child with the following items:

- Sleeping Bag and Pillow
- Flashlight and Batteries
- Chapstick & Sunscreen
- Complete Toiletries
- Tennis Shoes or Boots
- Bible, Pen, and Paper/Journal
- Daily Changes of Clothes -- All dress rules regarding modesty, length, fit, etc. will apply to clothes worn at camp (please refer to the student handbook). It is a violation of dress code to show underwear, midriff, lower back or cleavage at any time (including when leaning over or raising the arms). Shoulders should be covered with at least two inch width of fabric.
- Pajamas/Sweats
- Bathing Suit, towel, and sunscreen for the pool
- Bath Towel and Washcloth
- Warm Jacket & Rain Coat
- Hat or Stocking Cap
- Camera
- \*Optional \$10.00 maximum for Snacks/Souvenirs
- \*Medications with Instructions (if needed) – prescription drugs must be in the original prescription bottle

Please have your child at the Rock Academy campus by 8:30 A.M. We will briefly discuss student expectations and prepare for departure! Students will **depart from the Rock Academy on Wednesday, October 6, 2009, at 9:00 A.M.** and will **return to the Rock Academy on Friday, October 8, 2010, between 11:45 A.M. and 12:30 P.M.** Students may be picked up upon arrival back to the school.

Contact the Rock Academy office at 619-764-5200 if you have any questions.

In His Service,

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## Administrative Team