



## ROCK N' CANOE - CAMPER PACKING LIST

SMALL Sleeping bag or sheet & blanket w/stuff sack

Pillow & Pajamas

1-2 Towels (1 beach towel)

Toiletries, medicine (original bottle/label in a Ziploc Bag)

Clothes for climbing, playing games,  
hanging out, and sleeping

One-piece swimsuit, sunglasses, hat

Ziploc Bag(s) for wet bathing suit/clothes

Warm clothes for cool evenings

Light rain jacket or poncho

Sturdy tennis shoes w/tread

Tevas or water shoes

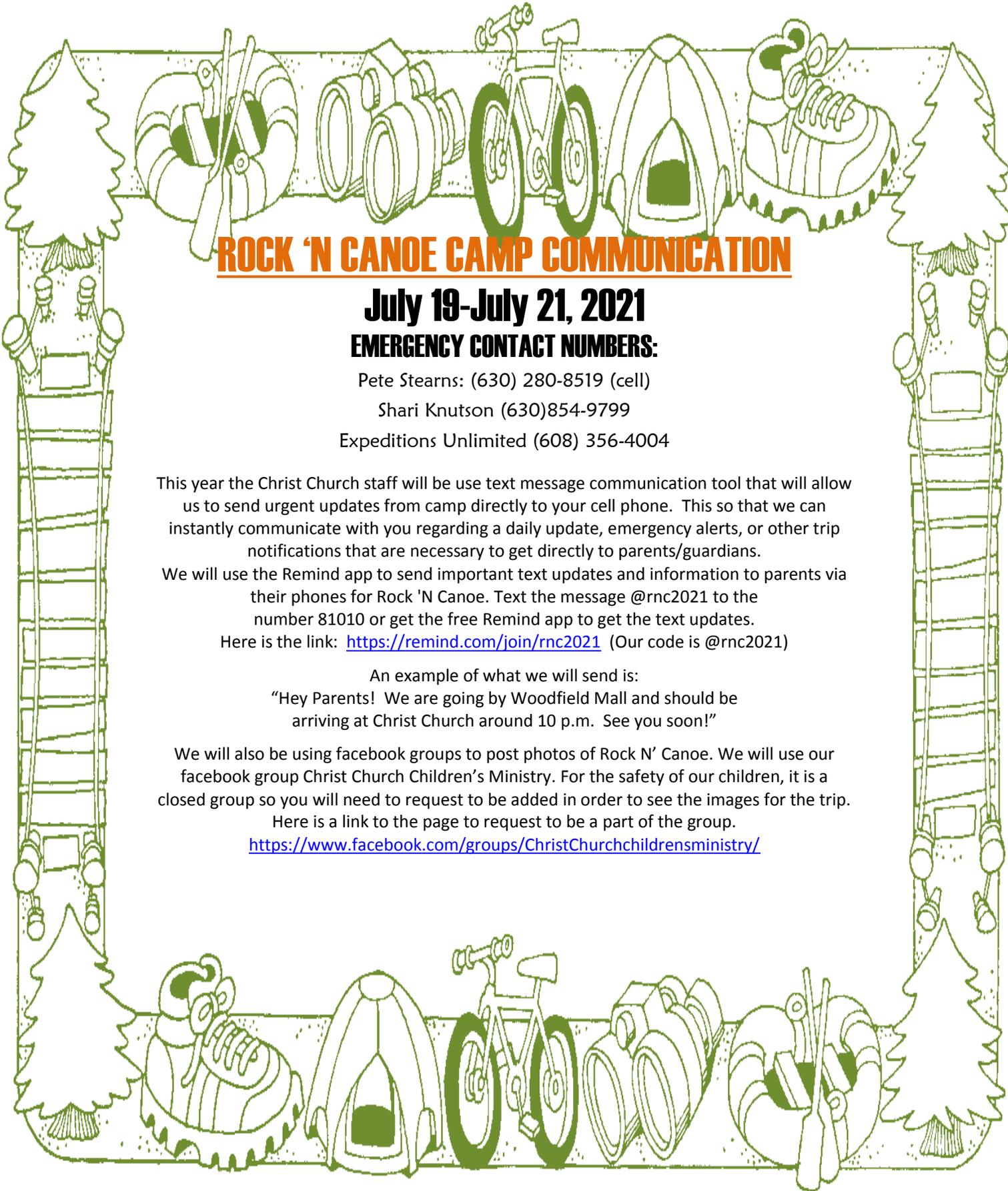
Sunscreen, insect repellent

Flashlight, water bottle

Bible & Pen/Pencil

**PLEASE DO NOT SEND ANY CANDY  
OR SNACKS WITH YOUR CHILD OR  
ANY ELECTRONICS OR CELL PHONES**

**(Please label everything with your camper's name)**



## **ROCK 'N CANOE CAMP COMMUNICATION**

**July 19-July 21, 2021**

### **EMERGENCY CONTACT NUMBERS:**

Pete Stearns: (630) 280-8519 (cell)

Shari Knutson (630)854-9799

Expeditions Unlimited (608) 356-4004

This year the Christ Church staff will be use text message communication tool that will allow us to send urgent updates from camp directly to your cell phone. This so that we can instantly communicate with you regarding a daily update, emergency alerts, or other trip notifications that are necessary to get directly to parents/guardians.

We will use the Remind app to send important text updates and information to parents via their phones for Rock 'N Canoe. Text the message @rnc2021 to the number 81010 or get the free Remind app to get the text updates.

Here is the link: <https://remind.com/join/rnc2021> (Our code is @rnc2021)

An example of what we will send is:

“Hey Parents! We are going by Woodfield Mall and should be arriving at Christ Church around 10 p.m. See you soon!”

We will also be using facebook groups to post photos of Rock N’ Canoe. We will use our facebook group Christ Church Children’s Ministry. For the safety of our children, it is a closed group so you will need to request to be added in order to see the images for the trip.

Here is a link to the page to request to be a part of the group.

<https://www.facebook.com/groups/ChristChurchchildrensministry/>