

OOTB Mini-Camper's Gear List

Please put your name on ALL items!

- Sleeping bag or blankets & sheets suitable for cabin bunk bed and tent camping use
- Pillow & extra pillowcase
- Bath towels & washcloth & beach towel
- Personal articles: toothbrush; toothpaste; soap; shampoo, deodorant, etc.
- Several changes of clothing (3 days) including:
 - long pants
 - tee shirts
 - swim suit(s)
 - socks & more socks
 - night clothes
 - long sleeved warm shirt
 - shorts
 - underwear
 - a light jacket
 - shower shoes
- Pair of every day shoes (for running, biking, & games)
- Pair of water shoes or strap-on sandals (for wear during all water activities), no flip-flops
- Rain gear (poncho, rain jacket or rain suit)
- Hat (with brim to block sun) or bandana
- Small flashlight & extra batteries
- Non-aerosol bug repellent
- Sunscreen (at least 30 SPF)
- Small or old Bible, small notepad, pen or pencil
- Wide mouth, Quart-sized water bottle, leak-proof (no glass)
(Water bottles are available at Camp Store for \$8.00)
- Fanny pack or day pack to carry water bottle
- Balance of your registration fee, if any is due,
(Checks payable to: Camp Occohannock on the Bay)

OOTB provides all essential boating, camping, and safety gear.

Optional: (Some campers prefer their own gear...)

- your own PFD (lifejacket)
- fishing rod & reel
- 2+ person tent w/ sleeping pad
- non-valuable sunglasses
- canoe paddle
- swimming mask
- daypack; backpack
- watch

Things NOT to bring:

- money, jewelry, or valuables of any kind
- food, drinks, candy, snacks (This is also important to protect others with peanut allergies.)
- walkman, radios, CD's, tapes, TV, video games, phone
- alcohol, tobacco, drugs, weapons, pocket knives or knives of any kind, fireworks, matches
- cologne, perfume, or scented lotions

Rules for acceptance and participation in all sessions of this camp are the same for everyone without regard to race, color, national origin, sex, or handicap as long as our staff can meet the needs of the camper.

Parent Information and Camp Policies

Behavior Policy:

Persons attending Camp Occohannock are expected to behave in a manner conducive to Christian programming. Behavior deemed dangerous, inappropriate, or unmanageable by the Director is grounds for dismissal from camp, (i.e.: fighting, possession of illegal item; constant misbehavior; etc). Parents will be contacted as needed.

Camper Medications:

All camper medications must be checked in with our Health Supervisor upon your arrival at camp. Contents and dosage must be properly labeled, and you should include written directions. Medications should be in their original containers. Appropriate staff will administer all medications.

Camp Rules:

1. Wear shoes at all times (except bed).
2. Do not throw anything.
3. Stay with your group.
4. Obey your counselor.

Cancellations:

Please notify the OOTB office (757) 442-7836 or ootbay@verizon.net in advance if your camper will not attend this session. All cancellations must occur 14 days prior to the first day of the camp session to receive a refund of part of the monies paid toward the camp session. The \$50.00 registration fee is non-refundable. Campers are expected to attend this week in its entirety. Late arrival and early departure is discouraged.

Directions to OOTB:

Rt. 13 to Exmore, VA; turn North on Rt. 178 at Exxon Station; go 1 mile; turn left on Rt. 178 at Phillips Hardware; go 2.6 miles; turn left on Rt. 613 (Indian Trail Rd); go 1.4 miles to stop sign; cross Craddockville Rd and continue on 613 for 1 mile; turn right on Rt. 612 (Scarboroughs Neck Rd); go .6 mile; turn left on 611 (Occohannock Rd); road winds 1.1 mile to 801 at camp sign; turn right on Camp Rd and enter camp. Registration will be in the Dining Hall; park in designated areas only.

Homesickness Policy and Prevention:

With most campers, homesickness is preventable. Good preparation by families can give campers the confidence needed to fully enjoy a camp experience. Some prevention suggestions:

1. Do not tell campers how much you will miss them.
2. Set realistic and achievable camp expectations and goals.
3. Do not send your child away to camp after camp after camp.
4. Do not tell campers they can call home. It's not our policy.
5. Reinforce positive aspects of camp and encourage learning.
6. Do not force a child to attend camp who has no desire to go.

Our staff is thoroughly trained in methods to prevent homesickness, and the nature of our program keeps campers active and engaged in camp activities and interpersonal relationships. If, however, your child becomes homesick:

1. All staff will do everything possible to address the cause.
2. Every attempt will be made to encourage the camper to stay.
3. If symptoms persist, the Director will call home to discuss options before you speak with your child.
4. If it is determine that the best option is for you to pick up your child, we will have the camper ready. There are no refunds for campers who leave early, as the expenses for their attendance have already been incurred.

Questions?

If you have any questions about our summer program or registration please call contact the camp office (757)442-7836 or email at ootbay@verizon.net.