



ROCK N' CANOE - CAMPER PACKING LIST

PLEASE PACK ALL ITEMS IN A SMALL DUFFLE BAG

SMALL Sleeping bag or sheet & blanket w/stuff sack

Pillow & Pajamas

1 Towel / Beach Towel

Toiletries & Medicine (original bottle/labeled 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

1 Pair of pants & sweatshirt 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.**

NO ELECTRONICS OR CELL PHONES

(Please label everything with your camper's name)



ROCK 'N CANOE CAMP COMMUNICATION

July 17-July 19, 2022

EMERGENCY CONTACT NUMBERS:

Shari Knutson (630) 854-9799 (cell)

Cathy Fiala: (630) 854-0858 (cell)

Expeditions Unlimited (608) 356-4004

Christ Church will use a text message communication tool that will allow us to send urgent updates from camp directly to your cell phone. This is so 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 **@rnc2022** 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 **@rnc2022**)

An example of what we will send is:

“Hey Parents! We are passing Woodfield Mall and should be arriving at Christ Church around 9 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/>