

## IMPORTANT INFO FOR MED/PROFESSIONAL VOLUNTEERS

Here are a few last minute reminders:

- **What to bring**
  - One piece swim suits for females are best, but you can bring a modest two piece as long as there is no exposed midriff. Since the new Aquatic Center is open, those volunteering for the summer sessions may want to consider packing two swimsuits and bringing an extra beach towel. Please no Speedo style suits for men. Most women wear a one-piece with a sports bra underneath and jogging shorts over. No cut-off shorts in the pool, please. A few former volunteers have said to bring a second suit, but you can hang it to dry in between days.
  - **Modest clothing** – shorts and t-shirts. If you are a student and have any of your college/university shirts that is nice, but not required. Work-out clothes are OK, just no tank tops with sports bras showing. Modest is the key. For T-shirts, please keep appropriate logos, sayings, etc.
  - **No boobs, cleavage, side-boobs, belly buttons, mid-drifts, camel-toe, butt cracks or butt cheeks.** If you are second guessing your wardrobe, change it.
  - **If you are here for an official clinical, please wear your ID/name tag at all times (except the pool).**
  - Jacket – light weight and maybe water-proof, just in case we get rain. Rain boots if you have them. Hat, visor, bandana or any other 'camp accessories' you think you may want or need.
  - Sunscreen, bug spray and all your personal toiletry items, maybe a shower caddy, bathmat – you will be sharing a bathroom with many other people.
  - Bedding – sheets for a twin mattress, pillow, blanket, towel, etc.
  - At least one pair of closed toe shoes, such as tennis shoes, for assisting with horseback and **sandals if they have a back strap. No flip-flops**/slip on shoes outside of your cabin. You may want flip-flops for the shower.
  - Monday is tribe color day. You won't know your tribe until you get here, but tribe colors are red, blue, yellow, green & orange if you want to pack for that.
  - Tuesday is pajama day – you can wear pajamas all day.
  - Wednesday is wacky tacky day – anything strange, outlandish, weird as long as modest & appropriate.
  - Thursday is tie dye day – if you don't have any tie dye, bring something to tie dye & remind me on Tuesday & we can tie dye. You can also bring a pillow case, anything you want to tie dye.
  - Thursday night is the dance. You can bring a cool dress or slacks to dress up a bit if you wish, it is not necessary. Remember it is summer, so make sure it's cool.
  - Friday is the day we wear our camp shirts. You will get this when you get here.
  - Bottled water if you know you won't like the taste of our very healthy well water (it IS safe to drink), or a water bottle and crystal light or flavoring packets.
  - Your favorite soda (counselor juice) if you want. There is no soda machine on campus, but we have lots of juice and flavored water drinks for you. If you bring soda, please bring another container to drink it from. We do not have soda for campers & if they see a soda can, bottle or Styrofoam cup from fast food place you run the risk of getting tackled.
  - If you are a coffee drinker bring your favorite coffee travel mug to use. I will keep you in coffee and flavored creamer.
  - Spending money for logo store. On Sunday and Friday the logo store will be set up to allow you to buy various items with CAMP logo. We do take debit/credit cards. (Summer Only)

- You can bring snacks but they cannot be kept in your cabin (ants). You can put your snacks in the med staff lounge shelves or fridge. The food is usually very good and we try to have a good salad bar at each meal. We are a NUT FREE campus, please check your snacks!
- Flashlight, bug spray, alarm clock, personal fan with battery and water sprayer if you want.
- You do NOT have to bring any medical 'tools' as we have what you would need, but if you want to **bring a clipboard and your favorite pen** feel free.
- **A good attitude and lots of flexibility!**
- **What NOT to bring**
  - Halter, strapless, or spaghetti strap tops
  - Real short shorts
  - 2 piece swim suits that show midriff
  - Tank tops that are tight or white
  - Flip flops (except for in-the-cabin use)
  - Any electronic device that you will be sad to have damaged or stolen. Cell phones are okay but must be on vibrate during Camper hours and you cannot bring them out in any area where Campers can see you. WiFi is very limited.
- If you are not a nursing student on an official clinical rotation whose school program prohibits it, there will be several days that you can leave campus during the afternoon break, which is about 90 minutes long. Kerrville is about 15 minutes away and they have many chain and local food places, a Walmart, and the James Avery compound. (Summer Only)
- Directions can be found at [www.campcamp.org](http://www.campcamp.org), or map search for the address – 515 Skyline Drive, Center Point Texas. Your GPS may NOT find us. When you turn on Skyline Dr in Center Point just keep driving till you run into our driveway with signs.
- If something comes up in route here, you can reach someone at the CAMP Center Point office, 830-634-2267.
- If you are bringing your child with you, make sure you have gotten a confirmation that the child has been accepted and assigned a tribe. Remember that the child will have to stay with his/her Tribe and will not be able to tag along with you during your stay. We try to arrange for early check-in of staff/volunteer children, but plan for them to be with you for several hours on Sunday before you turn them over to counselors.
- **PLEASE REMEMBER THAT OUR CAMPUS IS SMOKE, ALCOHOL, NUT, LATEX, AND FIREARM FREE.** If this is a concern, please contact Sarah Coulombe ([sarah.coulombe@campcamp.org](mailto:sarah.coulombe@campcamp.org)) and/or Dee Evans (361)445-7673 ([dee.evans@campcamp.org](mailto:dee.evans@campcamp.org)) before you arrive.

**Without volunteers like you, we could not fulfill our mission “to strengthen and inspire individuals with special needs – and those who care for them – through Recreation, Respite, and Education.” We appreciate your willingness to share your time, talents, and skills. We believe this unique education program will have a positive effect on your patients and their families, as well as on your career, skills, and heart. We look forward to working with you at CAMP.**