



December 2-4, 2022

### **What To Bring:**

Sleeping bag and pillow  
Bath towel & wash cloth  
Toiletries, soap, blow dryer  
Flip flops or shower shoes  
Flashlight & extra batteries  
Travel alarm clock  
Pen or pencil  
Lip balm, sunglasses  
Snow & Rain gear  
Water resistant boots or shoes  
Warm sleepwear  
Warm jacket, gloves, hat, and scarf  
Underwear/socks (several pair of each)  
Jeans, sweats, slacks  
Long---sleeved shirts, sweatshirts,  
Sweaters  
Notebook

### **What NOT To Bring:**

Illegal Drugs  
Swim clothes  
Real or "Virtual Pets"  
Knives, guns, sling shots, any kind of  
weapon  
Alcohol, drugs, cigarettes or e cigarettes  
Matches, lighters  
Laptops, TVs, Video Games, MP3 or CD  
players  
Fire crackers, explosives, pyrotechnics  
Valuables such as jewelry, watches,  
excessive cash  
No sandals or flip flops (shoes must be  
worn at camp)  
Homework (there is no time)  
Cell Phone for calls during the day or social  
media

- All prescription and over the counter medication must include a signed, parent permission note that includes the parents phone number. All medications must be clearly marked with the students name and must be in the original container, no loose medication.
- This camp is at an altitude of nearly 5000 feet. Weather can be unpredictable Dress in layers. Be prepared for anything!
- Pack all of your gear in a duffel bag or suitable luggage that you can carry. You may have to carry all of your items up to 100 yards.
- Bring large plastic trash bags, to wrap up your luggage, sleeping bag and pillow, in case it rains.
- Any violation of the rules of the camp and/or of TLC will immediately require that your parent or guardian come and remove you from TLC.

### **Camp Contact Information**

Camp Cedar Crest: 359 Thousand Pines Rd. 33325 Green Valley Lake Rd. Running Springs, CA 92382

24 Hour I.C.E. (in case of emergency #) (909) 867-2531