

Packing List

Please Bring

- Sleeping bag & pillow
- Towel, toiletries
- 6 days of clean clothes
- Modest swimsuit
- Necessary medications
- Watch or alarm clock (counselors only)

Consider Bringing

- Water bottle
- Fan
- Flashlight
- Musical instrument
- Sports equipment
- Sunscreen
- Shower sandals
- Clothes for hot and cold weather
- Shoes suitable for running and hiking
- Modest swimwear, such as a tankini style with shorts for water games in the field



Expectations

- **Full Participation:** Campers are expected to participate in all camp activities—including **devotions, study, recreation, and evening programs**—the necessary elements to create a balanced and enriching experience.
- **Device-Free Environment:** To encourage connection and presence, cell phones and personal electronic devices are collected on the first night and returned on the final day. Devices are available if needed for emergencies.
- **Fully Immersive Experience:** Camp Carmel is a closed campus. Campers are expected to remain on-site for the full session.

Guidance for Dress

Bahá'í summer schools aim to create a positive and respectful environment. Campers are asked to dress modestly. Clothing should cover the buttocks and torso (breasts, stomach, and back) with non-transparent fabric, and underwear should not be visible. Clothing should not display vulgar, offensive, sexually explicit, drug or alcohol related, or culturally insensitive language or images. If needed, the school may provide T-shirts or shorts that meet these guidelines.

Please DO NOT Bring

- Laptops
- Knives, or other weapons
- Matches, lighters
- Tobacco, alcohol or other drugs
- Energy drinks
- Any snacks (for special diets, coordinate with committee ahead of time)

Dietary Needs

- Three meals a day and snacks are provided. If you are vegetarian, vegan, gluten-free, dairy-free, or have any food allergies, please note it during registration

Medications

- All medications must be in their original containers (with prescription label if applicable), in accordance with Oregon law. No unmarked containers are permitted.
- Parents must provide a written list of all medications, including dosage and schedule. Medications and the list must be given to the medic at registration, and parents should plan to spend a few minutes reviewing them at drop-off.

HEALTH & WELL-BEING



First Aid

- **On-Site Medic:** A trained medic certified in Basic First Aid and CPR will be present at camp.
- **Medical Care:** If an injury or illness requires more than first aid, parents or guardians will be notified.
- **Emergency Transport:** If necessary, campers will be taken to Sacred Heart Hospital, the nearest 24-hour medical facility.

Learning & Support

- To help every camper have a positive and successful experience, we encourage parents to share any relevant information about learning needs, diagnoses, or accommodations.
- If your child receives support through a **504 Plan**, **IEP**, or **IHP**, you are welcome to share any information that may help staff support your child during camp.
- Providing this information during registration allows staff to prepare in advance and better support your child throughout the camp session.
- All information will be kept confidential and shared only with appropriate staff on an as-needed basis.

CONTACT:

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