



ANCESTRAL KNOWLEDGE



PASSING ON ANCIENT LIFE WAYS

PO Box 6 • Brentwood, MD 20722 • Phone: (240) 832-5435 • www.AncestralKnowledge.org

What to Bring to Overnight Camps

When: Sunday – Friday Please drop off Sunday between 4pm-5pm. Pick up is at 11am on Friday

Where: Harpers Ferry, WV

Contact: 240-832-5435 is cell phone. (Call this number only if you are lost or there is an emergency)

Please print and complete all of the required forms and waivers below. **Bring completed forms with you** when you check in **on the first day of camp.** (we do not accept mail in or emailed forms)

- **Every Week** your camper attends we need a new [AK field Form](#) (filled out separately for each camper)
- **We need the following forms to be completed ONCE for the whole summer no matter how many camps you attend**
 - [AK release waiver](#) (Multiple campers can be on the waiver)
 - [Camper Health History Form](#) (filled out separately for each camper)
 - [AK Medical Information Form](#) and attach a copy of the camper's immunization records. (filled out separately for each camper)

What to bring to camp

- clothes for the weather (expect cool nights)
- small backpack
- tooth brush
- toiletries
- sleeping bag
- tent with ground tarp (If your child is wants to share space please let us know)
- Notebook/journal
- Pens/pencils
- Water bottle (24oz full and refillable)
- Knife **non-folding** (We have knives available for \$15-\$20)
- Blind fold (large bandanna)
- sleeping pad (If you don't have this, please send extra blankets)
- pjs (or whatever they sleep in)
- toothbrush, toothpaste
- headlamp/flashlight
- rain gear
- bathing suit
- towel
- 2 pairs of sturdy close toed shoes
- water shoes
- plate, bowl, knife, fork, spoon
- blindfold (extra tee shirt works or a large bandana)
- musical instrument (optional)
- Anything else you think they might need. An open mind toward learning. (empty your cup)
- **No video games, IPODs, cell phones, or watches are allowed. We will hold these items until the end of camp if they are brought.**