

Devotions

Saturday

- *Bible through the week*

Sunday

- *Why did we need a cross?*

Monday

- *Through the desert, through the storm*

Tuesday

- *Some people are born to look right*

Wednesday

- *An imperfect hero*

Thursday

- *The good, the bad and the down right ugly*

Friday

- *Even when things are tough*



Kit List

Wash Kit - soap, flannel, towel(s), toothpaste/brush, deodorant, shampoo hairbrush/comb, hankies/tissues.

Sleeping - **sleeping bag**, pillow, airbed, bedroll or campbed, **blanket**, cuddly toy & nightwear (it will get cold overnight).

Clothes - changes of clothes for eight days - underwear, socks, shorts, T-shirts, tops, trousers, warm jumpers/sweatshirts, **raincoat**. It does get cold and wet in Wales so please pack a sufficient number of warm clothes for the entire week.

Swimming/Beach - swimming gear, towels, sun-cream, hat, sunglasses, water bottle. **Breakfast/Dinner** - Plate, Bowl, Mug.

Shoes - at least one change of shoes is essential - comfortable stout shoes for walking & wet weather + trainers + optional.

Other - **torch + spare batteries**, **Bible** (if you don't have one, ask your Company Officer before Camp), Camp Booklet, **Consent Form**, Tea-towel, Potato peeler. Small bag/rucksack for day trips.

Medication - Please ensure all medicines are clearly labelled with your name and the dosage required and hand to the Medical Officers on arrival at Camp. The Medical Officers will deal with minor ailments and supervise the taking of medication as required.

Take any travel sickness tablets necessary before leaving home and hand in any required for the week and journey home with all other medicines.

Mobile Phones - You will be required to switch off phones at meal times, during devotions, activities in the marquee, and after lights out; and you may not share video clips without permission. Phones will be confiscated if the rules are broken. Please make sure we have your number!

Valuables - you are strongly advised not to bring valuable items to Camp as we cannot be responsible for their loss or damage. Check home insurance.

Your property is your responsibility - please look after it!

Money - Your spending money can be kept safely in the Camp Bank and withdrawn each day as needed. There is a balance page at the back of the booklet to record your deposits, withdrawals, and how much you have left!

