

# STRONG RIVER CAMP & FARM

## What to Bring

- ☐ 5 Shirts
- ☐ 5 Shorts
- ☐ 1 Jeans/Pants
- ☐ 1 White Shirt
- ☐ 1 White Shorts
- ☐ 10 Pairs Socks
- ☐ 2 Sleepwear
- ☐ 2 Bathing Suits
- ☐ 1 raincoat/poncho
- ☐ underwear
- ☐ toiletries
- ☐ laundry bag
- ☐ sheets, pillow
- ☐ blanket/sleeping bag
- ☐ 4 Towels
- ☐ 2 pair tennis shoes
- ☐ 1 pair river shoes
- ☐ Boat Cushion
- ☐ Lifejacket
- ☐ 1 cup and plate
- ☐ 1 bandanna
- ☐ 1 33 gal Garbage Bag

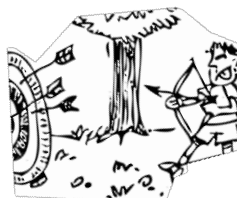
## Optional

- ☐ Tennis Racquet/Balls
- ☐ Fishing Equipment
- ☐ Riding Boots/Hat
- ☐ Flashlight & batteries
- ☐ Insect repellent
- ☐ Sunscreen
- ☐ Camera (name-tagged)
- ☐ Stamped Postcards
- ☐ Band-aids
- ☐ Battery Powered Fan

## What Not to Bring

- X Watches
- X Digital Book Readers
- X Music Players
- X Plug in Fans
- X Knives
- X Expensive Jewelry
- X Cell Phones

Your name should be clearly marked  
on all items brought to camp!



## Helpful Hints



**FOOTLOCKER:** Be sure your trunk is not more than 15 ½ inches high so it will fit under your bed. You may also use duffel bags or plastic boxes or a suitcase if you prefer.

**RIVER SHOES:** River Shoes need to be old tie-on or buckle-on shoes which you do not mind wearing in the river. Chaco and Teva sandals are also acceptable if they fit snugly enough not to come off in the river. Flip-flops and Crocs are NOT good river shoes.

**BEDWETTING:** All camps with 7 – 12 year old children realize this possibility. Our staff is trained to deal with this situation. If you anticipate this please bring a plastic sheet and extra linens. If it is a regular occurrence you may leave a laundry fee. Please tell your camper to ask their counselor for assistance in discreetly changing their linens if the need arises.

**CUP AND PLATE:** The Cup and Plate should be washable and are used for outdoor picnics. The bandanna is used as a napkin for outdoor meals. Please do not bring paper products as this defeats the purpose of the lessons of environmental awareness and taking care of essential equipment.

**RACQUETS, FISHING, & HELMETS:** Camp has tennis racquets, fishing poles, and riding helmets but you are welcome to bring your own (with your name on it) if you prefer.

**WHITE SHIRT AND SHORTS:** The white shirt and white shorts on the what-to-bring list are for the final evening banquet. Light khaki shorts or pants are also acceptable attire for the banquet.

**MEDICATIONS:** All medications, in original containers, must be turned in to the camp medical staff upon arrival. No medications, other than asthma inhalers, may be kept in the cabin.

**NO PACKAGES:** Campers may only receive letters. Please share this information with grandparents as well. Letters may be left at camp on Sunday for delivery during the week.

**MAIL:** Your camper's mailing address at camp is:

Camper's name  
125 Strong River Camp Drive  
Pinola, MS 39149



# Strong River Health Certificate

Camper's Name \_\_\_\_\_ Session \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Boy/Girl \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_

## Primary Parent Contact Info

Name \_\_\_\_\_  
Relationship to camper: \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Work Phone \_\_\_\_\_  
Cell Phone \_\_\_\_\_

## Secondary Parent Contact Info

Name \_\_\_\_\_  
Relationship to camper: \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Work Phone \_\_\_\_\_  
Cell Phone \_\_\_\_\_

If not available in an emergency, notify:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Does your child have any health problems? \_\_\_\_\_

Is your child on any medications? \_\_\_\_\_

**Bring all medications to camp in original Prescription containers!**

Does your child have any wounds which will require dressing/bandaging? \_\_\_\_\_  
(if yes, please bring the necessary supplies)

Allergies: Hay Fever Milk Insect Stings Peanuts Penicillin Other? \_\_\_\_\_

Are you bringing an Epi-Pen? \_\_\_\_\_

Are Immunizations current? Yes No Tetanus ? (e.g. DTaP, Td or Tdap) Yes No

Comments: \_\_\_\_\_

I give permission to the camp medical staff to supervise the medical care of my child. I further grant permission for emergency treatment and / or hospitalization if such is deemed necessary by the camp medical staff. I understand I am financially responsible for any treatments administered to my child.

**Signature of Parent:** \_\_\_\_\_ **Date:** \_\_\_\_\_

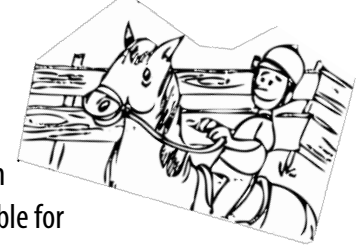
Insurance Company \_\_\_\_\_ Policy # \_\_\_\_\_

Physician Name \_\_\_\_\_ Phone# \_\_\_\_\_

# STRONG RIVER CAMP & FARM

**Camper Name:** \_\_\_\_\_ **Session:** \_\_\_\_\_

## Riding Permit



Strong River exercises every precaution for safety in horseback riding, but the camp cannot be responsible for accidents. Parents who wish their camper to ride should sign this consent and mail it to the camp. Persons under the age of 18 must have a riding permit signed by a parent or guardian. No one will be permitted to ride without this formality.

**"I have read the above statement and hereby authorize Strong River to permit my son or daughter to ride horseback at Strong River Camp and Farm. This permission is valid until revoked by me."**

**Parent's signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## Ropes Permit



Strong River's ropes course consists of low and high elements. These are constructed of cables, ropes, wooden beams, and tires suspended between trees. The object of the low elements is to promote group co-operation and imaginative problem solving skills. The purpose of the high elements is to encourage self-confidence. The staff has been professionally trained to operate all elements as well as the safety harnesses, helmets, and belay system required for the high elements. Our course has passed an annual safety inspection.

**"My child has my permission to participate in the Ropes Program. This permission is valid until revoked by me."**

**Parent's signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

# STRONG RIVER CAMP & FARM

Dear Parents of Strong River Campers,

For some of you this is the first time your child will be away from you. In order to make this a wonderful experience, we would like to offer a few suggestions. Most campers are very excited about coming to camp and begin with a positive attitude. Your attitude and preparation can reassure them.

The one "homesick time" at Camp is just after mail call. The homesick camper is often the one who has just received an endearing letter from you. Your correspondence should be matter-of-fact. Leave out how much younger brothers or sisters or pets miss them. Do not write any distressing news. If they need to be informed of anything, a telephone call to me will be appreciated. Tell your camper there is no problem too small for him/her to talk to me about. I try to be available always - for any camper - at any time.

Please don't let your camper bring to camp any expensive toys, iPods, mp3 players, games, watches, jewelry, knives, cell phones or anything we would need to keep for them. Remember --- **NO FOOD!** A package of candy, gum, or any food that has to be turned in is a terrific disappointment to them - Please tell grandparents this also.

Campers' clothes should be comfortable and well marked. Although campers need to learn responsibility about keeping up with their things, some are devastated when an item is lost, misplaced, or damaged. Prepare them for this responsibility but also for equanimity (a good "Strong River word") in case this happens.

Our medical staff at Strong River is eager to make this a safe, healthy experience. We prefer giving as little medicine as possible. If regular medication is needed, please see that the camper and counselor know to go to the infirmary for it, as no medicines other than asthma inhalers can be kept in cabins. Please bring all medications in their original containers, including vitamins, etc.

We try to have the camper's arrival be the best possible introduction to camp. Please arrive after 3:30 p.m., when camp is ready, with the lemonade bowl and counselors in place.

Your camper should know in writing your plans for picking him/her up. Some are upset when they see other campers leaving and are uncertain about their plans. A post-card with written information is very reassuring to them.

We celebrate birthdays at Strong River by singing to the camper and recognizing them with a special camp ceremony. If you want an individual birthday cake or giant cookie for your camper's cabin, a check for \$10 should be given to the camp office several days in advance.

If there is any information you feel would help make this a better camping experience, please let us know. We are interested in your camper. We enjoy so much our first year campers!... and the campers who return summer after summer truly gain confidence in themselves as they help new campers enjoy the "Strong River Way".

## important info

**ARRIVAL:** Please arrive between 3:30 and 5:30 p.m. on Sunday afternoon. We will be getting camp ready for you until 3:30, so please don't arrive early.

**DEPARTURE:** Please plan to pick up your camper between 8:30 -10:00 a.m. on Saturday morning. Sending your camper a post-card with your plan for picking them up is a great way to reassure them of their departure schedule.

**VISITING:** A camp session is so short that it does not allow time for visitors. If a camper, or prospective camper, would like to see camp in operation they are invited to visit on Sunday afternoon when campers are arriving for a session.

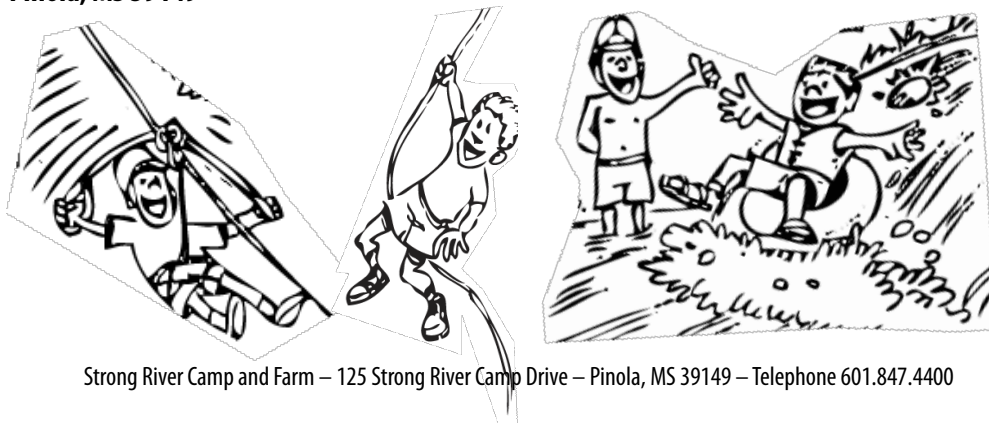
**MEDICATIONS:** All medications must be turned in to the camp medical staff upon arrival. No medications, other than asthma inhalers, may be kept in the cabin. Please bring all medications in their original Prescription or over-the-counter containers.

**BIRTHDAYS:** We celebrate birthdays by singing to the camper and recognizing them with a special ceremony. If you would like to order a homemade birthday cake or giant cookie for your camper's cabin, the cost is \$10.00.

**SOCIAL MEDIA:** The internet and social media is a big place. Out of respect for the privacy of all of our camp families, we ask campers not to identify anyone by name if posting camp photos. It would be great if parents would supervise their campers' postings. Remember - it is not funny to embarrass your friends; internet postings are forever.

**MAIL:** No Packages! Letters only, please. Your camper's mailing address at camp is:

**Camper's name**  
**125 Strong River Camp Drive**  
**Pinola, MS 39149**



# STRONG RIVER CAMP & FARM

## Waiver and Release Form for Strong River Camp & Farm

In consideration of the acceptance of my application to attend Strong River Camp & Farm ("the Event"), I, individually, and on behalf of my heirs, successors, assigns, and personal representatives, hereby waive, release, and forever discharge any and all claims for damages for personal injury, property damages, or any other damages, which may hereafter occur to me as a result of participation in the Event. This release is intended to discharge in advance Strong River Camp & Farm, its officials, officers, employees, volunteers, and agents from any and all liability whatsoever for any and all damages, losses, or injuries, including death, even though that liability may arise out of perceived negligence on the part of persons mentioned above, which I sustain to my person or property or any other damages, including but not limited to any claims, demands, actions, causes of action, judgments, damages, expenses, and costs, including attorneys' fees, which arise out of, result from, occur during, or are connected in any manner with my participation in the Event. I understand that by signing below I am giving up any right to sue Strong River Camp & Farm, and its employees, agents, officers, trustees, and representatives (in their official and individual capacities) and I am doing so voluntarily and freely. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assignees.

I, individually, and on behalf of my heirs, successors, assigns, and personal representatives, hereby agree to indemnify, defend, and hold harmless Strong River Camp & Farm and its employees, agents, officers, trustees, and representatives, (in their official and individual capacities) from any and all liability, loss, damage, or expense, including attorneys' fees, which arise out of, occur during, or are in any way connected with my participation in the Event.

I agree that this Waiver, Release, and Indemnification Agreement is to be construed under the laws of Mississippi; if any portion hereof is held invalid, the balance hereof shall, notwithstanding, continue in full legal force and effect.

### Parental Consent (complete if applicant is under 18)

I give consent for my child \_\_\_\_\_ to participate in the above Event, and I execute the above liability release, and each and every one of its provisions contained therein, on his or her behalf.

### Consent for Treatment

I hereby give my consent to have the above applicant treated by emergency medical personnel, a physician, or surgeon, in case of sudden illness or injury while participating in the Event. It is understood that Strong River Camp & Farm will provide no medical insurance for such treatment, and that the cost thereof will be at my expense.

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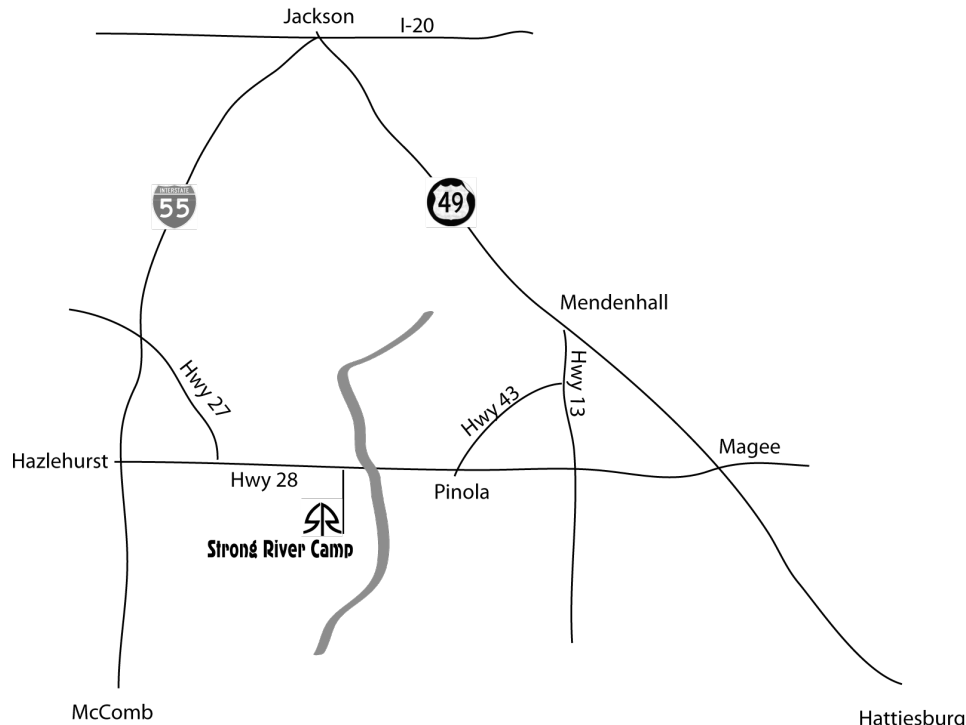
Parent's Signature

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Date

# STRONG RIVER CAMP & FARM

## DIRECTIONS TO CAMP



**From Jackson:** Take Hwy 49 S towards Hattiesburg. After 30 miles take the exit for Hwy 13 S at Mendenhall. After 1.8 miles, turn right onto Hwy 43. After 8 miles, turn right on Hwy 28 W. After 2.5 miles, the camp will be on the left, just after you cross the Strong River bridge. Drive time = 1 Hour.

**From Baton Rouge:** Take I-12 E to Hammond. At Hammond, take exit 38B for I-55 N towards Jackson. At Hazlehurst, take exit 61 for Hwy 28 and go east for 25 miles. Turn right into Strong River Camp just before the Strong River bridge. Drive Time = 2.5 - 3 hours.

**From Monroe:** Take I-20 to Vicksburg then follow Hwy 27 S through Utica and Crystal Springs to Georgetown. Turn left at the 4 way stop onto Hwy 28 and go 10 miles. Turn right into Strong River Camp just before the Strong River bridge. Drive Time = 2.5 - 3 hours.

**From Gulf Coast:** Go north on Hwy 49. At Magee, turn left onto Hwy 28 W. Go 18 miles and turn left just after the Strong River bridge. Drive Time = 2.5 - 3 Hours.

Please try to time your arrival to be after 3:30 on Sunday afternoon, thanks!

Strong River Camp and Farm – 125 Strong River Camp Drive – Pinola, MS 39149 – Telephone 601.847.4400

# STRONG RIVER CAMP & FARM

## Overnight Canoe Trip

Canoe Trip

July 23rd, 2016

### What to Bring

- ☐ 1 pair of shorts
- ☐ 1 pair of jeans
- ☐ 2 shirts
- ☐ 1 long-sleeved shirt
- ☐ 2 pairs of socks
- ☐ 1 bathing suit
- ☐ underwear
- ☐ sleepwear
- ☐ sleeping bag
- ☐ towel
- ☐ life jacket and boat cushion
- ☐ metal cup and plate
- ☐ bandanna
- ☐ flashlight
- ☐ laundry bag
- ☐ dry bag or 2 garbage bags to protect gear on the river

- ☐ sunscreen
- ☐ insect repellent
- ☐ Band-Aids

### OPTIONAL

- ☐ fishing pole
- ☐ 6x8 tarp/groundcloth
- ☐ Pup Tent

**A Fantastic trip spending the night camping on the river.**

Open to all 2016 campers and Jr. Staff. Please let us know if you're interested as soon as possible. You can register for the trip online at [www.strongriver.com](http://www.strongriver.com) or call the camp telephone: 601-847-4400.

**ARRIVE:** Saturday, after lunch by 1:00

**PICK-UP:** Sunday at 4:00 p.m.

**COST:** \$100

You may bring drinks and a small cooler, but please no food. We will provide you with ice.

Please arrive with everything packed for the river.

