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We consider it a blessing and privilege to have the opportunity to welcome your camper(s) to Great Gluten Escape 2024! We look forward to making new friends and reconnecting with old ones as we have fun, grow in character, and enjoy delicious gluten-free food in the piney woods of northeast TX.

The purpose of this packet is to clarify expectations, answer questions, and prepare your camper(s) for a great time at Gilmont. Within this packet, you will find information that will support you and your family in getting the best experience at GGE. Please read the information carefully. If you have any additional questions or concerns after reviewing the materials, please contact us at 903-797-6400.

Thank you again for selecting Gilmont for your child's summer camp experience. We are looking forward to a terrific summer. We are so thankful for this place and work hard to nurture an environment where children and youth can relax, have fun, build life-long relationships, and most importantly, learn how to be the full expression of who they are!

*Crosby Fleming,*  
Gilmont Program Director





## Getting Ready For Camp

Below are a few suggestions to help your camper(s) be prepared for a fun and enriching week at Camp Gilmont.

1. Talk with your camper about coming to camp! Share with them why you are sending them to Camp Gilmont and what you hope they will get out of this experience. Listen for what they look forward to at camp.
2. Review this packet thoroughly.
3. Use our packing list and help your camper pack for camp.
4. Fill out the Dismissal Form and Medications Form found on our "Camper Information" webpage and bring them with you to camp.
5. Pack all medications in the suggestions of the Medications section of this packet.
6. Review our Cell Phone policy with camper, sign, and bring it with you to camp.

Gilmont strives for camp to be a safe, sacred space where all campers grow closer to God, creation, others, and themselves. We are committed to supporting campers during their stay at Gilmont so they can have fun, make new friends, connect with the outdoors, and deepen their faith.

If your camper has anxiety, sensory sensitivities, autism, ADHD, or any other unique needs, please disclose this information on the Camper Information form and email [crosby@gilmont.org](mailto:crosby@gilmont.org) prior to your camper's session so we can learn how to best accommodate and support your camper and ensure a great week at camp!

Gilmont's mission is to cultivate a safe, sacred space where all are invited to grow closer to God, creation, others, and themselves.



# Sunday Arrival

Registration for camp will be between 3:00-5:00 PM on Sunday afternoon in Mackey Hall. We will confirm your contact information and any dietary restrictions for your camper. For a smooth and quick check-in process, please print and complete the Important Documents on our Camper Information page and bring them to drop-off.

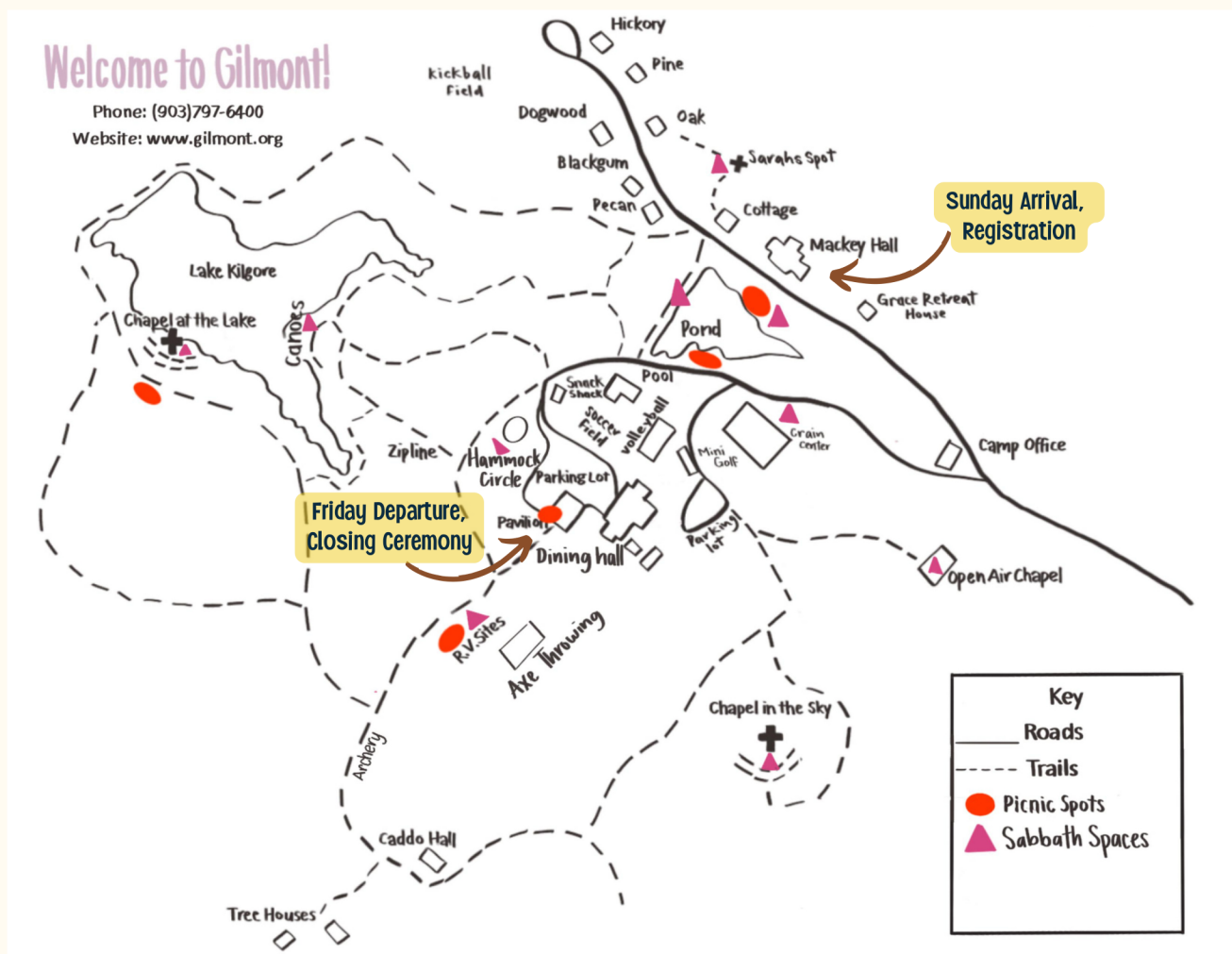
The nurse will be present to accept any medicines. Please read more about bringing medication for your camper(s) on page 4 of this packet. Campers will be screened for lice. We will share your cabin assignment and you will be directed to the cabin to meet your camper's counselors and help them get settled.

# Friday Departure

Gilmont's closing ceremony will begin at 3:00 PM at the Pavilion. Closing ceremony is a short program highlighting what campers have done and learned during their week at camp.

The camp gate will open and check out will begin at 2:30 PM at the Pavilion and will last until all guardians have checked out their campers. Please plan to pick up your camper by 3:30 PM.

When you arrive at camp, all campers and their belongings will be at the Pavilion. You will be asked to show your photo ID before picking up your camper. The nurse will have medicine to return to you and we will return cellphones to guardians.



# Packing List

To make your children more excited about camp, we suggest they pack their own camp gear. It is also a good step of independence for your camper. Camp is a place for all to be loved and accepted as children of God. In that light, we ask that you do not bring personal items with political statements or divisive views printed on them.

- Please pack using a large suitcase or trunk.
- Don't buy a lot of new clothing - this is camp, and we will most likely get wet and dirty!
- Don't send anything that you would consider irreplaceable.
- Label all of your child's belongings with their name.

## Must Brings:

- Reusable water bottle
- Backpack
- Masks (disposable or multiple reusable)
- Journal/pens
- Sunscreen
- Insect repellent
- Flashlight
- Blue jeans/long pants
- Shorts (modest length please)
- Shirts (T-shirts are great)
- Lightweight jacket/fleece
- Laundry Bag
- Socks and Undergarments
- Swimsuit (one piece or trunks with drawstring)
- Non-white shirt to wear over swimsuit
- Raincoat/Pancho
- Tennis shoes (2 pair)
- Flip flops for showering, only
- Sandals, must have a toe and a heel strap
- 2 Towels (Shower and Swimming)
- Baseball cap/sun hat
- Twin bed sheets/blanket or sleeping bag
- Pillow
- Toiletries



## Please leave at home:

- Electronics (computers, tablets, game systems)
- Food, candy or gum
- Money
- Drugs, alcohol, tobacco products
- Personal sports equipment
- Weapons (includes pocket knives)

## Medications

For a smooth and quick check-in, please fill out the Medication Form on our Camper Information webpage prior to bringing your camper(s) to camp. Include details for all medications (including prescription, over-the-counter, vitamins, and tropical creams) your camper is bringing.

Important notes for medications:

- Medications brought to camp must be in their original container and marked with the camper's name, medication name, dosage and if prescription, doctor's name.
- You must provide a prescription/doctor's orders for the dispensing of any medication or medical care that is not covered by the prescription written on the medication.
- Only send the amount needed for camp.
- Epi pen and asthma inhalers are allowed to be carried on their person or counselor's backpack, but should be presented to the Nurse first.

To expedite the process during check-in and avoid confusion, medications should be packaged together, labeled with your camper's name, and given to the Nurse upon arrival.

## Camp Merchandise

At registration, a sample of Gilmont's available swag will be on display. You can purchase shirts, hats, stickers, fanny packs, and more at this time via card, check, or cash. Purchased merchandise will be delivered to your camper by Monday evening.

The Snack Shack which contains all of Gilmont's merchandise will be open at pick up on Friday afternoon for additional purchases.

## Camp Photos

Prior to the start of the camp week, you will receive a link via email to the photo album for your camper's session. We will resend the link after the session has ended. Photos will be uploaded daily throughout the camp week.

Note that if you do not give Gilmont permission to use photos of your camper on the Camper Information Form, you are likely to not have photos of your camper's time at Gilmont.



# Camper Mail

We recommend that you leave all mail and packages at camper drop off. You can label the envelopes with the days you would like them delivered during the week. Please do not include any food or candy in packages. The camp mailing address is:

Camp Gilmont  
Attn: Campers Name  
6075 State Hwy 155 N  
Gilmer, TX 75644

The email address is [gilmontcampmail@gmail.com](mailto:gilmontcampmail@gmail.com)

Important notes for emails:

- Emails will be printed out each day at 11:00 AM and given to campers during FOB. Any emails received after 11:00 AM will be printed the following day.
- Include your camper's name and cabin in the subject of the email.
- Please send emails that are uplifting, encouraging, and beneficial to your child's camping experience.
- Please do NOT send pictures or emojis as part of any emails.

We encourage campers to write home about their camp experiences! If you wish to receive mail from your camper, please send them to camp with pre-addressed, stamped envelopes.

# Cell Phones

While we believe that campers benefit from spending time away from texting, social media, and constant connection, we know that both campers and their loved ones at home appreciate a daily check-in. Please review our cell phone policy with your camper(s) prior to arrival.

If your camper(s) choose to bring an electronic communication device, please bring the device fully charged (there will not be an opportunity to charge devices at camp) and labeled. During the week, devices will be locked up and stored in labeled boxes until Home Check-in at 11:30 AM - 12:00 PM M-F. Campers also have the option to play at the Pavilion during this time.

Similar to camper mail, we encourage conversations with your camper to be uplifting, encouraging, and beneficial to your camper's experience. If your camper shares anything concerning during the call, please contact Crosby, Gilmont's Program Director, at [crosby@gilmont.org](mailto:crosby@gilmont.org).





## Lost and Found

Lost and Found items will be on a table at the Pavilion during departure. We strongly recommend that you look through these items.

If you return home before realizing that your camper(s) has left something at camp, please email the Program Director at [crosby@gilmont.org](mailto:crosby@gilmont.org). If your items are found, you will have the option of picking them up at Gilmont or having the items shipped to you at your expense.

## Emergency Communication

If you have an emergency or message that needs to get to your camper, please call the camp office during the day at 903-797-6400. In the event of an after-hours emergency, you may call or text the Program Director at 903-704-9073.

In the event of a camp emergency, where we need to communicate with a large group of parents at one time, we will provide information as we are able by sending an email to the email contacts listed for your child. This email will be confirmed at drop off.

## Stay Connected

Stay connected during the camp week (and all year long!). Like and follow Camp Gilmont on Facebook, Instagram, and Tik Tok to stay informed on year-round camp programs. Visit [gilmont.org](http://gilmont.org) for more information on retreats, events, outdoor worship, and more! Please share Gilmont with others as a destination for retreats, meetings, trainings and gatherings.

Campers (and Staff!) love energizers at camp. They are choreographed dances to fun songs that give us energy every morning. We decided the perfect name for those who support Gilmont with a recurring monthly donation should be called ENERGIZERS!

Scan the QR code or go to [gilmont.org/give](http://gilmont.org/give)

1. Select the amount you want to donate.
2. Select your donation frequency.
  - a. We suggest monthly.
3. Select where you want to apply your donation We suggest "use where needed most".
4. Then click donate, create your account, and enter your payment information!

