

## Children's Heart Foundation's



### Important Details You Must Know

- **2010 Camp Mend-a-Heart sessions:**
  - **Teens: Sunday, June 27 to Thursday, July 1, 2010 (Age 13-18)**
  - **Juniors: Tuesday, June 29 to Thursday, July 1, 2010 (Age 7-12)**
- **Gear Pick up:**
  - All campers must pick up their gear Wednesday, June 23 or Thursday, June 24 between 9 a.m. and 5 p.m. at Children's Heart Center (Main Office), Suite 690. Ask for Children's Heart Foundation office. **Make sure to bring in the pre-camp surveys completed. You will need this to pick up your gear.**
- **Day of Camp Packing Information:**
  - **Medication:** *Those on any medication need to follow these instructions:*
    - All medication will be checked in with the nurse upon arrival at Children's Heart Center on either Sunday, June, 27 or Tuesday, June 29.
    - All medication **MUST be labeled** with the following information:
      - Camper Name
      - Name of Medication
      - Dosing Instructions
      - Any medication needing refrigeration needs to be labeled as so.
  - **Things you DON'T have to worry about:**
    - Awesome meals will be provided by the Rapport staff
    - Rapport has bed linens (including pillows and blankets), towels, and soap
    - All of the rooms are air conditioned
    - Snacks and drinks: we provide plenty throughout the stay. **Energy drinks are not allowed. These will be taken away from the camper**
  - **Things you DO need to pack in your Camp duffle bag (provided to campers):**
    - Camp Team Shirts (provided by CHF for each day)
    - Extra tank tops for females to wear under camp shirts
    - Shorts, socks, underwear for each day

## Camp Mend-a-Heart 2010 Important Details

- Long pants for the ropes course. ALL PARTICIPANTS **MUST** WEAR LONG PANTS ON THE ROPES COURSE TO PROTECT YOUR LEGS AND TENNIS SHOES TO PROTECT YOUR FEET!
  - Swim suit or clothing to wear during water play time
  - Sandals or flip flops for indoor time
  - Extra pair of tennis shoes or water shoes for water play
  - Pajamas
  - CD player, iPod with headphones. This will be allowed for in-cabin use only. Must be packed in duffle bag.
  - Cell phones are for EMERGENCY USE ONLY. If campers are using cell phones during activities to text or call, the phones will be confiscated. There is VERY LIMITED reception in Alamo so bring coins to use at the pay phone if needed
  - Favorite nighttime friend - stuffed animal etc.
  - Toiletries - Toothbrush/paste, brush, comb, hairclips, shampoo, etc.
  - Lightweight jacket for evening
- **Camper Check-In:**
    - Campers will check in on their designated day at Children's Heart Center at 3006 S. Maryland Parkway. Meet in front of the building. DON'T BE LATE!

**Teens – Sunday, June 27 at 12:00 p.m. (NOON), the bus will be leaving at 12:30 p.m.**

**What you should wear on Sunday, June 27**

- Camp t-shirt
- Shorts/Pants
- Socks and tennis shoes or sandals

**Juniors – Tuesday, June 29 at 3 p.m., the bus will be leaving at 3:30 p.m.**

**What you should wear on Tuesday, June 29**

- Camp t-shirt
- Shorts/Pants
- Socks and tennis shoes or sandals

- **Closing Ceremony:**
  - Family members are invited to camp on Thursday, July 1, 2010. Please RSVP by calling Children's Heart Foundation at 702-967-3522 no later than June 21, 2010 so that we can plan accordingly for food. Please plan to arrive by 11 a.m. at Rapport Leadership International Retreat in Alamo, NV. Due to limited space, we request that each camper have no more than two (2) guests. **Please notify us if your child will return on the bus Thursday or ride back home with you as arrangements need to be made for enough transportation.**
- **Camper Check-Out:**
  - The bus will arrive back at Children's Heart Center approximately between 5-5:30 p.m. Thursday, July 1 (depending on traffic).
  - Please note when the bus arrives back at Children's Heart Center, campers will be released to parents from the bus one at a time.