

Dear Mothers and Daughters:

I am thrilled that you will be joining us at Lake Sallateeska for our Ageless Mother-Daughter Camp. We have many exciting activities planned. There will be missionaries, swimming, recreation, classes, crafts, worship experiences, quiet times, and much more.

Lake Sallateeska is located 8 miles north of Pinckneyville on Route 127, east of the highway.

With the safety and security of each camper in mind, no visitors are allowed at camp. No phone calls are made or received by campers.

Campers are covered by accident insurance while at camp. The coverage is included in your registration fee. We do not cover any medical needs unless they are accident related.

The following items should be packed for camp: Shorts, shirts, jeans, sweater or light jacket, raincoat or umbrella, tennis shoes, socks and underwear, swimsuit, sheets and blanket or sleeping bag for a twin size bed, pillow, towels and washcloths, toiletries, flashlight, Bible, notebook, pen or pencil, money for the mission offering, snacks, and items at the camp store. Please pack clothes that are modest -- short shorts, midriffs, and tube tops are not permitted.

Registration begins Friday at 6:00 p.m. Camp concludes Saturday at 3:00 p.m.

No medications are kept in the lodges. All medication must be kept in the nurse's cabin and dispensed only by the nurse. Campers must give all medications to the nurse at registration time. All medication should be in its original bottle and properly labeled (camper's name, name of medication, and instructions).

Health policies require that if you have been exposed to a contagious disease within two weeks prior to camp, you cannot attend camp. In order to prevent possible medical problems at camp, all campers will be screened at registration. The camp nurse will take temperature, check eyes, ears, and throat, and check for lice. Campers who have lice are not allowed on camp until a full treatment has been administered and bedding and clothes have been sanitized.

Extra spending money is optional. The snack shack and bookstore will be open each day. There will also be a missions offering taken. Each girl will be responsible for her own money while at camp.

We take lots of pictures at camp. Some of these are used in promotional and other materials including the *Illinois Baptist*. Pictures or video footage will not be sold. If a camper's picture should not be taken, please notify our office in writing two weeks before camp starts.

I'm looking forward to a wonderful camping season. If you have any questions, please notify our office at (217) 391-3138.

Sincerely,

Cindy Bradley, Camp Director  
Missions Equipping Consultant, IBSA