

BOB HARTLEY'S CAMP MOUNTAIN HEART FREQUENTLY ASKED QUESTIONS

What should I bring to camp?

- Several changes of clothes
- Bathing suits/swim trunks
- Linens-twin size sheets/blankets or a sleeping bag and pillow case (Cedar Lakes provides pillows and wool blankets)
- Extra shoes (in case a pair gets wet)
- Toiletries
- Towels (3 for bathing and 2 beach towels for swimming)
- Sunblock/screen (we have plenty for all campers in case you forget!)
- Money (you may want to provide your child with a small amount of money for souvenirs or snacks at the pool). Each camper will have a spending account utilized by the staff for money management (see registration packet under Camper Spending Account for more information).
- Medications (upon registration, one of the camp nurses will take your meds and verify your dosage and schedule. The camp nurses will administer your medication throughout the week)

What should I leave at home?

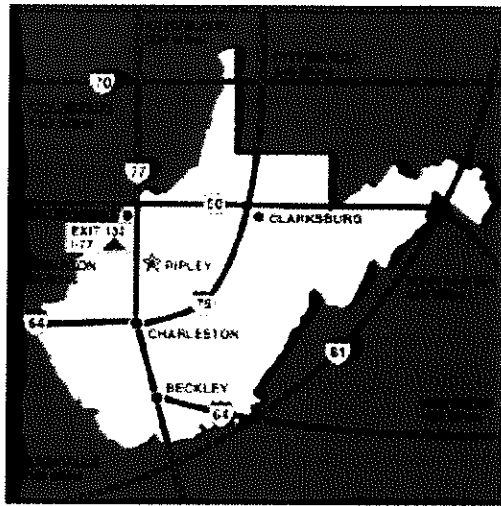
- My cell phone. **Cell phones are not allowed at camp.** We will provide your child with a phone to call home or for parents to call and interrupt their child's fun.
- Please do not bring valuables!!!!

What will I be provided?

- Camp provides 3 meals per day plus an evening snack
- Your camper will receive a Camp Mountain Heart T-shirt compliments of the camp

Where is Camp Mountain Heart held?

- Camp is held at the beautiful Cedar Lakes Conference Center in Ripley, WV



- Visit their website for more information and directions
<http://wvde.state.wv.us/cedarlakes/>

I need directions to Cedar Lakes.

- Cedar Lakes is conveniently located off I-77 at the Ripley/Fairplain Exit #132. Just 38 miles north of the state capitol, Charleston, and south of Parkersburg.
- FROM THE NORTH:
 - Take Exit 132 off I-77S
 - At bottom of exit ramp, turn left on Route 21 North
 - Go underneath the Intersection
 - Make first right onto Cedar Lakes Drive (Burger King)
 - Cedar Lakes Conference Center is 3.5 miles on the right
- FROM THE SOUTH:
 - Take Exit 132 off I-77N
 - At bottom of exit ramp, make a right on Route 21 North
 - Make first right onto Cedar Lakes Drive (Burger King)
 - Cedar Lakes Conference Center is 3.5 miles on the right
- FOR GPS COORDINATES:
 - The following coordinates should bring you to the entrance gate: 38.793396,-81.688145
 - Input 1372 Cedar Lakes Drive, Ripley, WV into your GPS