

Health & Safety Reminder

Rested to Follow | Matthew 11:28-30

November 20-22, 2026 | Camp Hoblitzelle, Midlothian, TX

Before Camp

- Get enough rest before camp. Arrive refreshed and ready to enjoy fellowship!
- If you've been feeling unwell (fever, cough, cold, or other symptoms), please inform your ministry leader before coming.
- Bring your personal medications clearly labeled with your name and dosage instructions.
- If you have food allergies or medical conditions, make sure your group leader and camp nurses are informed upon arrival.

During Camp

- **Stay hydrated:** Drink water regularly throughout the day.
- Wash your hands before meals and after outdoor activities.
- Use sunscreen and insect repellent to protect your skin.
- **Dress appropriately for the weather:** Mornings and evenings may be cool.
- If you're not feeling well or have an injury, notify our camp nurses right away.
- Keep your sleeping area tidy and ventilated for comfort and safety.

Healthy Habits for a Joyful Camp

- **Eat balanced meals:** Fuel your body for worship and activities!
- Get enough sleep to stay energized and alert.
- Practice kindness, patience, and a joyful spirit. A healthy heart makes for a healthy camp!

In Case of Emergency

- Nurses are on-site throughout the camp for any medical needs.
- Camp staff and leaders are trained to assist in first-aid and safety response.
- Follow all safety announcements and instructions during camp activities.