

What To Bring...

- A Bible
- Notebook and pencil
- Envelopes and postage (to write home if you wish)
- Money for snacks (t-shirts also available)
- Pillow (s)
- Towels
- Bed linens or sleeping bag
- Personal toiletry items
- Flashlight and batteries
- Jacket or sweatshirt (the evenings can be cool)
- A modest style swim suit (one-piece for girls)
- Sufficient clothing for length of camp (extra pair of sneakers would be a good idea)
- MEDICAL FORM**
- A BIG SMILE and a GOOD ATTITUDE!!!**



What NOT To Bring...

- Spaghetti strap shirts
 - Radios, personal tape or CD players
 - Pets
 - Alcohol
 - Drugs (*)
 - Tobacco items
 - Fireworks
 - Weapons (knives, guns, etc.)
 - Valuable jewelry items
 - Skate boards, roller blades, etc.
 - Video equipment
 - Electronic games
 - Cell Phones!!!
- (*) All prescription drugs must be in original bottles and given to the Camp Health Services at registration. No drugs are to be kept in the cabins.
- *Items included in this list will be confiscated and may result in dismissal from Camp and forfeiture of Camp Fees.



Important Information for Parents

- † Grades are based on the Fall 2009 school year. Please enroll your child for the correct camp. Children may move up or down one age group if necessary. Must be approved by Director of Camping, Conferences and Youth.
- † **PLEASE NOTE: Registrations begin at 3:00 p.m. on Sunday and camp ends at 10:00 a.m. on Saturday with TWO EXCEPTIONS: Older Midler and Younger Midler (see front of form for registration times).**
- † **ANY PARTICIPANT WITHOUT A COMPLETED HEALTH FORM WILL NOT BE ALLOWED TO STAY AT CAMP.**
- † Only two or three campers from each church will be housed together, although no one will be left alone. However, cabin assignments will be finalized during registration.
- † Registrations are on a "first come - first served" basis, and **no one shall be denied admission to our camp, or the benefits of our program because of race, color, national origin, sex, handicap or age. All camps are designed on an age appropriate basis.**
- † Pre-registration fees are applied to the total cost with the balance due upon arrival at the camp. Full refunds can be given, if requested, by 12:00 noon on the Wednesday prior to the camp. Cancellations after that time will result in loss of \$25.00 pre-registration fee. **Refunds will NOT be given after the start of the camp attending.**
- † The Camp Store will be opened at specified times each day. Campers will be able to purchase snack items and t-shirts. Most camps will have a "store bank account" in which to deposit their snack money and any remaining money will be returned to the camper at the close of camp.
- † **Handicap facilities are available at Camp Cowen.** The Milam/Hopewell Cottage is equipped with ramps, handicap restroom/shower facilities, and special sleeping arrangements. The Dining Hall is also equipped with an access ramp. **Please make special arrangements in advance to assure proper planning for special needs.** (Phone 800-879-9822 prior to May 31st or 800-754-1549 after May 31st.)
- † If you need to contact your child during camp, please contact the Registrar's office at the Baptist Camp at Cowen (800-754-1549). This phone number is available for emergency contact 24 hours a day or you may e-mail your message to cowenregistrar@wvbc.org. **CAMPERS DO NOT HAVE ACCESS TO THE INTERNET OR PHONE UNLESS AN EMERGENCY OCCURS.**
- † **TO SEND MAIL TO CAMPERS AT COWEN:** Allow for 3-4 days delivery time and address to: Name of Camper, Camp Name (i.e. "Junior High I Camp"), WV Baptist Camp at Cowen, P.O. Box 548, Cowen, WV 26206.
- † Camp picture is provided with registration fee.
- † **PARENTS PLEASE NOTE:** We will be allowing campers to swim in the river with your permission. An area of the river will be marked off and lifeguards will be present. If you DO or DO NOT want your child to swim in the river, please indicate so on the registration form. Thank you!!
- † For further information, please contact: Rob Ely, Director of Camping, Conferences and Youth at ely@wvbc.org or -
Prior to May 31st: Valma, West Virginia Baptist Camp, PO Box 1019, Parkersburg, WV 26102 Phone: 800-879-9822 (Office hours: Monday - Friday 8:00 a.m. - 4:00 p.m.)
May 31st and after: Registrar, West Virginia Baptist Camp at Cowen, P.O. Box 548, Cowen, WV 26206 Phone: 800-754-1549 (Office hours: 8:30 a.m. - 5:00 p.m. 5 days a week, Sat. 8 a.m. - 12 noon, Sun. 1 p.m. - 6 p.m.)

Directions to Camp Cowen: (If using a GPS, use 275 Baptist Camp Road for the physical address.)

- ⇒ From I-79, North or South, take exit 57 (Beckley/Summersville). Follow Route 19 South to Birch River exit. Route 82. At Birch River, follow Route 82 to Cowen, turn left onto Route 20 North (through Cowen)...
- ⇒ From Beckley, Exit 48 take the Summersville (Route 19) exit. Follow Route 19. Take 41 to Craigsville, Route 20 to Cowen through town...for about two miles to Y-Mart store. Turn right at Camp Cowen sign to lower Williams River Road sign, turn right onto Lower Williams River Road for about two miles to camp entrance. The camp entrance is on the left.