



HOPE ABOUNDS CANCER NETWORK

CAMP HOPE Family Weekend Retreat August 15-18, 2024

INFORMATION & GUIDELINES

INFORMATION

Camp Hope is a time for your family to find rest and to relax for a weekend filled with fun. We will provide activities such as fishing, swimming, kite flying, and exploring the amazing Fort Caswell grounds which is full of history.

We encourage you to meet and talk with other participants throughout the weekend. Camp Hope Volunteers will assist throughout the retreat assuring that you and your family have a fun and safe weekend.

MEAL TIMES PROVIDED

Breakfast	7:30—8:30 AM
Lunch	12:00—1:00 PM
Dinner	5:30—6:30 PM

WHAT TO BRING

- Flashlights & Batteries
- Cellphone & Battery Charger
- Underwear
- Shirts
- Shorts and/or Pants
- Swimwear & water shoes if you have them
- Walking shoes
- Sleep attire
- Pillow
- Lawn Chairs or Pop Up chairs
- Large beach towel & Sunscreen
- Rain/Poncho in the event of inclement weather
- Water wings and/or flotation devices
- Fishing equipment (If you are planning to participate in this activity)

GUIDELINES

- No Alcohol or illegal drugs permitted.
- All buildings are smoke free.
- No firearms or weapons of any kind are permitted anywhere during the camp.
- No pets allowed at the camp.
- Mini bikes and skateboards are prohibited.
- Lifeguards will be present, but swim at your own risk. The only safe swimming area at the beach is by the lifeguard stand near the Fort Caswell gate on the premises.
- Be careful exploring the forts by day and please refrain from exploring at night.
- Do not throw ANYTHING off your balcony or hang towels from balcony.
- Parents are responsible for the behavior and actions of all family members.
- You are encouraged to participate in all planned activities as we believe this will help to give you and your family the best experience.
- You must NOTIFY your chaperone of your whereabouts if you are not participating in a scheduled activity.
- Parents must accompany children if they are not attending a scheduled activity.
- Only volunteers are allowed to operate golf carts to transport families
- It is our intention with children needing active treatment to have a medical team present during the retreat weekend.
- Families are responsible to bring and administer their own medications and treatments.

Check in begins at 4:00 PM on Thursday, August 15, and check out begins at 10:00 AM on Sunday, August 18.