

Young Women Camp Rules

1. Your body is sacred. Through your dress and appearance, you can show that you know how precious your body is. **Do NOT bring immodest clothing to camp.**
 - a. Immodest clothing is any clothing that is tight, sheer, **or revealing in any other manner.** Young women should avoid short shorts (camp rule is **no more than 4 inches above the knee**) and short skirts, shirts that do not cover the stomach, and clothing that does not cover the shoulders or is low-cut in the front or the back.
 - b. **Bathing suits should be modest** while at rest and during activity.
 - c. Due to safety concerns, flip flops should only be used for shower shoes and **any open-toed shoe is NOT allowed.**
2. Choose to actively participate in the learning opportunities available to you. **Be where you are expected to be, when you are expected to be there, doing what you are expected to do.**
3. Be careful that your use of social media (and technology) does not replace spending time with your “friends” and fellow campers that are **present at camp. No electronic devices during camp activities.**
4. At camp we emulate the family with YCL groups. **You will be expected to participate in these activities with your leader.**
5. To have good friends, be a good friend. **Show genuine interest** in others; smile and let them know you care about them. Treat everyone with **kindness and respect**, and refrain from judging and criticizing those around you. Do not participate in any form of bullying. Make a special effort to be a friend to those who are shy or lonely, have special needs, or do not feel included.
6. At camp **show gratitude** for anything anyone does for you.
7. **Be honest** with yourself, others, and God at all times. Being honest means choosing not to lie, steal, cheat, or deceive in any way.
8. Do not use profane, vulgar, or crude language or gestures, and do not tell jokes or stories about immoral actions. These are offensive to God and to others. **Do NOT speak the Lord’s name in vain. Leaders should have a serious discussion with their Young Women on what this means.**
9. Music has a profound effect on your mind, spirit, and behavior. At camp be accepting of, and positive about music and song activities.
10. Avoid dangerous activities that put your body at risk of serious injury. **Obey the Word of Wisdom while at camp.** Do not drink coffee or tea. Never use tobacco products or any form of alcohol. Avoid any drink, drug, chemical, or dangerous practice that may harm your body or mind.

11. **DO NOT bring any energy drinks or caffeinated beverages to camp.**
12. Snacks and un-caffeinated drinks are allowed at camp **HOWEVER, food that substitutes a meal is NOT allowed. Campers and Visitors, Please refrain from bringing meals from other establishments into camp.**
13. When asked to bring a mess kit, please do so. Do not bring paper dishware when you are asked to bring a mess kit.
14. At camp, keeping us safe also includes not coming to or leaving camp without check-in or out. Everyone must use the buddy system at all times. Due to the possibility of hungry, little or big critters, no food in tents.
15. Some people knowingly break God's commandments, planning to repent later. Such deliberate sin mocks the Savior's Atonement. **Before camp each young woman should have an interview with her Bishop/Branch President.**
16. **Expect to serve** while at camp. We will draw closer to Heavenly Father through service.
17. In God's sight, sexual sins are extremely serious. Avoid situations that invite increased temptation. Homosexual and lesbian behavior is a serious sin. Make a personal commitment to be sexually pure. By your words and actions, encourage others to do the same.
18. Study the scriptures each day and apply what you read to your life. This is a part of camp certification.

Important Note:

You are responsible for the choices you make. While you are free to choose your course of action, you are not free to choose the consequences. Breaking any of these rules may necessitate leaving camp. While following all the rules is important, breaking any of God's commandments may necessitate leaving camp.