

# WELCOME

## *I Call You Friends (John 15:15)*

We are excited to welcome you to the 2018 *Totus Tuus* Girls Discipleship Camp! As you prepare to join us on Sunday, June 24th and then participate in the six fun-filled days of Camp at Terra Sancta, I want to make sure that you bring the items you will need.

### What to Bring:

Sleeping Bag  
Pillow  
Toiletries (deodorant, toothbrush/toothpaste, bar soap, etc.)  
Mosquito Repellant  
Towel & Washcloth  
Swimsuit  
Sunscreen  
Jacket/Sweater/Rain Poncho  
Medications as prescribed  
Casual Clothes  
Tennis Shoes – good for hiking  
Shoes that can get wet during the water fight  
Bible  
Rosary  
Flashlight  
Journal/small notebook

Parents, please also download, **fill out and sign the enclosed form** regarding any medications your child may need during the week, and bring it with you when you arrive at camp.

Please arrive at Terra Sancta (2101 City Springs Road, Rapid City) at **9:00 am on Sunday, June 24<sup>th</sup>** (unless you are also attending Steubenville of the Rockies – in that case, we will see you when you return from Denver!). Registration will be on the south side of Terra Sancta in front of the Solarium. Look for the signs! The camp will conclude at 12:30 pm on Friday, June 29th. **Parents are invited to join us for a special talk for parents, the closing Mass and lunch on Friday, beginning at 10:00 am.**

We look forward to seeing you at Camp. Should you have any questions, please feel free to contact us by phone at: 716-5214 or by email at: [shanson@diorc.org](mailto:shanson@diorc.org).

Sincerely in Christ,



Fr. Mark McCormick  
Director of Vocations  
Chaplain to *Totus Tuus*



Craig Dyke  
Director of Youth & Young Adult Ministry

**Diocese of Rapid City  
Totus Tuus Camp  
Medications Form**

Child's name: \_\_\_\_\_

Does your child have any known allergies to medications? **yes no**

If so, what medications? \_\_\_\_\_

Will your child need to take any daily medications or as needed medications (e.g. allergy medication, inhalers, Tylenol, Ibuprofen etc.) while at camp? **yes no**

If so, what are the names and dosages of these medications? \_\_\_\_\_

\_\_\_\_\_

If you would like your child to self-administer the medications, please sign below releasing all Totus Tuus staff and volunteers from liability. If you would like camp staff to administer the medications, please talk with Fr. Mark McCormick.

I authorize that my child is capable of self-administering the above listed medications. I absolve the Diocese of Rapid City, its staff and volunteers, and agents from liability for any injury arising from the student's self-administration for this prescription/over-the-counter medication while on property of the Diocese of Rapid City or at a related event or activity.

**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Sometimes while at camp, there is a need for Tylenol, Ibuprofen, Benadryl, Hydrocortisone Cream, Calamine Lotion, Bacitracin, and Insect Swabs. Please sign below if you give permission for Totus Tuus staff to give these medications per medication bottle instructions.

I authorize Totus Tuus staff to administer the above listed prescription/over-the-counter medications according to medication instructions.

**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Please bring all medications, including over-the-counter medications, in the original container. Thank you!

## MODESTY GUIDELINES

“PURITY REQUIRES *MODESTY*, AN INTEGRAL PART OF TEMPERANCE. MODESTY PROTECTS THE INTIMATE CENTER OF THE PERSON. IT MEANS REFUSING TO UNVEIL WHAT SHOULD REMAIN HIDDEN. IT IS ORDERED TO CHASTITY TO WHOSE SENSITIVITY IT BEARS WITNESS. IT GUIDES HOW ONE LOOKS AT OTHERS AND BEHAVES TOWARD THEM IN CONFORMITY WITH THE DIGNITY OF PERSONS AND THEIR SOLIDARITY” (CCC 2521).

For men:

Underwear must never be seen  
Pants and shorts must not be worn too low  
Shirts must be worn at all times  
Tattoos and body piercings must not be visible  
Ads or other references to drugs, tobacco, or alcohol products, inappropriate language or phrases are prohibited  
Swimwear: please wear a t-shirt with long swim trunks

For women:

Undergarments must never be seen  
No see-through material  
Clothing must not be too tight in any area – tights/leggings are not pants, and must be covered with a skirt or shorts  
Neck lines must be no lower than 4 fingers below the collar bone, cleavage must never be seen  
No tank tops, spaghetti straps, halter tops, strapless tops, strappy or missing backs  
No bare midriffs – entire torso must be completely covered at all times, including when sitting or moving around  
Pants and shorts must not be worn too low  
Shorts must not be too short – when your arms are straight at your sides, bottom of shorts must go below your longest finger and be no more than six inches above the knee  
Skirts and dresses must reach at least to the knee  
Tattoos and body piercings must not be visible  
Ads or other references to drugs, tobacco, or alcohol products, inappropriate language or phrases are prohibited  
Swimwear: one-piece, or with a t-shirt (no bare midriffs)