

# **Maine Rock Gym Overnight Survival Manual**

## **Have Some Fun!**

### **Before your visit,**

Plan ahead: get plenty of rest, practice sleeping on the floor, and try to remember how much fun slumber parties used to be. If you have any questions, contact us at 207-780-6370, [info@merockgym.com](mailto:info@merockgym.com). We'll see you soon!

### **What to Bring**

#### **Sleeping Gear**

Each participant should bring an indoor sleeping bag. You may bring your own air mattress or foam pad for sleeping on. All your gear should be clearly labeled with your name to minimize the loss of items.

#### **Clothing**

Participants usually sleep in light clothing.

#### **Other**

A water bottle is strongly recommended. Feel free to bring cell phones and cameras. You can take photographs. Participants may wish to bring money to purchase drinks and snacks.

#### **What Not to Bring**

Please do not bring tents, cots, hair dryers, curling irons, alarm clocks, electronic toys, games, music, or alcohol.

### **Meals**

Evening meals are the responsibility of the group.

We provide a light breakfast. (Those with special dietary needs are encouraged to bring their own food substitutes.)

### **Sleeping Spaces**

As for sleep itself, expect about as much as anyone would get at a slumber party with numerous people lying on foam pads! Remember that after lights out all participants must remain quietly in their sleeping bags.

### **Basic Rules and Guidelines**

- Children must be chaperoned at all times.
- Participants are not allowed to leave the building except in an emergency.
- Smoking is prohibited in the Gym.
- Participants may not use or possess alcohol or drugs in the Gym.
- Food/Drink is allowed only on the picnic tables.
- Children from 6 - 18 years of age may participate.

### **Access**

Please notify your organization and our staff prior to the overnight if any member of your group has special needs, or if any adult or child must leave early.

## **Emergencies**

### **Medical Emergencies**

#### **If a medical emergency arises.**

Adults should have the emergency contact phone numbers for all people in their groups.

### **Family Emergencies**

In the case of a family emergency, please call 207-780-6370.

Please make sure that all incoming callers know the participant's full name, leader's name.

### **Medical Needs and First Aid**

Please bring any medications your group requires and be sure to contact your organization in advance regarding any special medical needs. Neither first-aid staff nor supplies are provided, but your organization may arrange to have a qualified first-aid person present at the overnight