

Getting Ready For Camp Summer 2010 - Adventure Trips

Dear Parents and Guardians,

Thank you for choosing Bear Creek Camp for your child's camp experience. We are delighted to welcome your child into this special place in God's creation. We understand the great responsibility that you are entrusting us with and are committed to making the camp adventure a fun, safe, enjoyable, and faith formative experience for your child.

The camp adventure starts before a camper ever arrives at camp. The anticipation and preparation for camp can have a great impact on the camp experience. The following information is intended to help you and your child prepare for camp and have the best possible experience at camp.

Please check the enclosed registration confirmation to ensure that your child has been registered for the camp session you intended. Mistakes can happen and we want to correct any before you arrive at camp. Our cabin assignments are made with many factors to take into consideration and it is often impossible to "squeeze" in your camper to a week that they are not assigned.

This summer at Bear Creek Camp campers and staff will discuss the theme, "Keeping the Earth," learning how they are a part of and called to act for all of creation. Each day a subtheme will be woven into each camper's experience through counselor led bible study, participation in activities related to the daily lesson, worship, and prayer. Possibly you can encourage your campers to share these stories with you when they return home.

Traveling in remote or wilderness areas does involve some inherent risk. Dangers from rapidly changing weather, natural features (lakes, rivers, cliffs, etc), and physical activities are magnified due to the remoteness and access to medical care. The staff at Bear Creek Camp is trained to deal with these conditions and emergencies that might arise in remote areas. Our staff is trained in First Aid, CPR, emergency procedures for "Delayed Help" situations, and how to contact emergency assistance. At least one counselor on the trip is trained in advanced First Aid, in addition to the training described above. A lifeguard will be sent on all trips that engage in or have a high probability of encountering aquatic activities.

In the event that a person needs to leave the trip for medical emergency or other reasons, the trip leaders will contact the camp at the earliest possible time. The camp will then contact the parents and make travel arrangements as necessary. It is extremely difficult for us to make contact with a group while they are on trail. If a family or other emergency arises, you may contact the camp office at (570) 472-3741, and we will try to make contact with the group at the earliest possible opportunity.

Adventure trips are physically demanding and we expect that all participants will be physically fit and able to participate in a full day of strenuous activity. We recommend that your youth does some sort of aerobic conditioning (walking, jogging, biking, aerobics) several times a week for at least three weeks prior to your trip.

Bear Creek Camp will provide backpacks or dry bags, for packing your camper's personal items, and all group camping equipment for their trip. Bringing their own personal backpack or dry bag is optional. While on the trip they will be carrying all the "stuff" that they bring and additional group camping gear.

There is no need to buy expensive new clothing or equipment for this trip. If they are in need of clothing for the trip second hand stores often have suitable items. It is important that each camper has the items listed for their trip, however the specific quantities may vary person to person. Each camper should be able to comfortably carry all of their gear, as well as the anticipated weight of group gear and food. The camp staff will check each participant's gear as they prepare for the trip. If the camper does not have the necessary items, and substitutes cannot be found, the camper may not be able to partake in the adventure trip.

Clothing made from synthetic materials listed on the packing list will be used during the off-site trip portion of the camp session. When cotton clothing gets wet it will not keep you warm and takes a very long time to dry out. This can make a trip miserable and potentially cause health problems. Items not taken on the off-site trip will be stored at the camp. Plan on dressing in layers, so that you can adjust your clothing to the weather, which can change very quickly.

We hope that the information below is helpful as you help your camper prepare for a week of adventure and discovery at Bear Creek Camp. If you have any questions, please contact us at 570-472-3741 and we will do our best to help you find the answers. We are eagerly looking forward to camp and hope that you are, too!

In Christ's name,
Lauren Remillard
Youth Programs Manager

Getting Ready For Camp Summer 2010 - Adventure Trips

BEFORE YOU ARRIVE

Camp Payments

Deposits and payments can be made with a check payable to Bear Creek Camp or with your credit card. A monthly electronic funds transfer can also be set up to pay camp fees. Please contact our Office Manager at 570-472-3741 or bccamp@bearcreekcamp.org if you would like more information.

Financial Assistance

Assistance is available for up to 1 week of a program through several sources for those needing it, due to financial hardship or sending multiple children to camp. We work hard to ensure that no child is turned away due to lack of funds. To receive assistance, you will need to register for camp with at least a \$75 deposit and submit a simple Campership Request Form. Obtain a form by contacting (570) 472-3741 or bccamp@bearcreekcamp.org. Campership requests received by the 15th of each month will be notified by the end of the month. In the rare case that you do not receive the needed amount, your deposit will be fully refunded. If you are able, please consider contributing to the Bear Creek Campership Fund. All donations go directly to reducing the cost of camp for campers in need.

Camp Forms

Complete the Health Form and return it to camp at least 1 month before the camper's arrival. For health and safety reasons the Health Form must be updated annually with evidence of a health examination within 24 months of arriving at camp. We are not able to use a Health Form from a previous year at camp. Dates of current immunizations must be shown on the Health Form.

Campers will not be allowed to stay at camp if these forms are not completely filled out and on file at camp.

Homesickness

Homesickness can be an issue for campers of any age and is often common in young or first time campers. To help prevent homesickness, reassure your child that they will have a good time at camp and that you want them to have a good time while they are at camp. It is important that you do not suggest to your child that they may be homesick while they are at camp, as this may actually encourage them to be.

Since days at camp are packed with activity, any homesickness usually passes quite quickly. It often makes the issue worse if campers call home, so please do not tell your camper that they can do this. Our counselors are trained to help campers deal with homesickness and they have the support of several coordinators and other staff to help them if needed. If the situation is severe, camp staff will contact you to work through the situation.

Camper Mail

We provide daily mailboxes at registration in which you can "mail" notes for the week. Mail sent through the postal system is unpredictable. Please do not expect mail sent through the post office to reach your camper while they are at camp.

Please include your camper's name, session, and unit on each piece of mail. It is most helpful if letters are upbeat and positive. It is helpful to encourage and celebrate the experiences that your camper is having. Sharing lots about what is happening at home and telling your child that you really miss them can often lead to homesickness. Please do not send food items to campers. Food in the tents only encourages animals to invade tents, which can cause unsafe and unsanitary conditions.

Packing for Camp

Please send sturdy and comfortable clothing with your camper. Campers will be very active during the week and clothing will get dirty, wet, and muddy as they tromp through woods, splash in mud puddles, and play in the creek. Please send only items that you and your camper won't be upset about if they are ruined. No laundry opportunities are available for campers. Please pack enough clothes for the entire duration of the camp session. To help ensure that your camper comes home with everything that they left with, please put your camper's name on as many items as possible. It may be helpful to send a list of the items your camper packed so that they can refer to it and double check that before departing camp.

We do not allow clothing or jewelry that is: overly revealing or sexually suggestive; vulgar or has violent themes; derogatory of others; cultic; promotes illegal or unhealthy behavior, drugs, alcohol, or tobacco use; footwear, clothing, or jewelry that are unsafe for camp activities. Bear Creek Camp requires that close-toed, closed-heel shoes be worn during any running activity. Hiking boots are strongly encouraged for hiking, however sturdy sneakers are also permitted. Flip flops are only permitted in cabin/tent sites and at the lake. Flip flops may not be worn while traveling to these areas. Water shoes or mesh water shoes are to be worn at all times when in water outside of the designated swimming area at the lake.

Getting Ready For Camp Summer 2010 - Adventure Trips

Packing List	Classic Camp	Adirondack Expedition	9-11 Grade Appalachian Adventure	7-8 Grade Appalachian Adventure	River Runners
*Campers should bring enough clothes for their full week. Quantities of items are suggested, but may vary from person to person.		(8-9 days canoeing)	(9 days backpacking)	(4 days backpacking)	(3-4 days canoeing)
Swimming Suit	2	2	2	2	2
Wool or Fleece Sweater	Optional	1	1	1	1
Hiking Boots	Optional	1	1	1	1
"water shoes" (sandals with straps and a back, or an old pair of tennis shoes)	1	1	1	1	1
Socks	7	6	6	4	4
Wool Socks	Optional	4	4	2	2
Underwear	7	14	14	7	7
Shorts	6	7	7	6	6
Raincoat	1	1	1	1	1
Rain Pants	Optional	1	1	1	1
Pants	2	4	4	2	2
Fleece Pants	Optional	1	1	1	1
Long sleeve shirt	2	5	5	2	2
Synthetic Long sleeve shirt	Optional	5	5	2	2
T-Shirts	6	9	9	5	5
Synthetic short sleeve shirt	Optional	5	5	3	3
Towels	3	3	3	3	3
Sleeping bag (For trips should be easily compressible and have a stuff sack)	1	1	1	1	1
Stuff sack	Optional	3 to 4	3 to 4	3 to 4	3 to 4
Bandana	1	1	1	1	1
Hat	1	1	1	1	1
Water Bottle	1	1	1	1	1
Sunglasses	Optional	1	1	1	1
Personal toiletry items (toothbrush, toothpaste, soap, shampoo, etc.)	X	X	X	X	X
Small Flashlight or headlamp and extra set of batteries	1	1	1	1	1
Bible	1	1	1	1	1
Sunscreen	1	1	1	1	1
Insect repellent (please do not bring aerosol cans, they damage our tents)	1	1	1	1	1
Pillow	1	1	1	1	1
Backpack (school sized)	1	1	1	1	1
Sweatshirt	2	1	1	1	1
Sneakers (closed toe &heel)	1	1	1	1	1
Fun or nice outfit for the dance	1	1	1	1	1
Paper, pen, stamps for writing home (These items are not provided.)	Optional	Optional	Optional	Optional	Optional
Gallon Sized Ziplock bags	0	15	15	15	15

Stuff **NOT** To Bring To Camp

These items will be taken from campers and held until the end of the week. Possession of weapons or drugs may result in the immediate removal of the camper from camp.

- Electronic devices (cell phone, MP3 Players, video games, iPods, etc.)
- Food (The camp provides good nutritious meals. Food in the tents only encourages rodents and other animals to invade, which can cause unsafe and unclean conditions.)
- Knives or other weapons
- Fireworks
- Money, jewelry, or other valuables
- Alcohol, tobacco products, other drugs, or any drug paraphernalia

WHEN YOU ARRIVE

All parents and campers should come to the registration location before going to tent sites. Registration begins at 3:00 pm; programming begins at 4:00 pm.

- Sunday afternoon registration takes place at the Pavilion (the first building on your left as you come into the main camp).
- Registration for Wednesday to Saturday Try Campers takes place at the Office (the first building on your right as you come into the main camp).

Getting Ready For Camp Summer 2010 - Adventure Trips

A short questionnaire and health screening will be completed at registration. Campers will not be able to stay if the Registration and Health Forms are not completely filled out and on file at camp, or if any communicable condition exists.

Medications

Medications will be collected during registration. Please have prescription and over-the-counter medications on you during the registration process. All medications must be stored with the Health Care Manager while at camp; this includes any over-the-counter medications your camper is taking. If your child regularly takes over-the-counter medications or must take a specific kind, please bring these medications with you.

Please bring medication in original container with all prescription information on it and bring it to camp in a Ziploc bag. Please mark the bag with the camper's name and place a 3x5 index card or piece of paper in the bag with the following information:

- Camper's name
- Name of the medication and the dosage
- Directions for taking the medication
- When the medication is to be taken (standard times at camp include breakfast, lunch, supper, and bed time; other times can be scheduled as needed).

DURING CAMP

Illness or Injury

Bear Creek Camp **does not** carry primary medical insurance for campers. Parents are financially responsible for the cost of any medical care needed during a camper's stay at Bear Creek. For any camper who is taken to the emergency room or doctors, or who has to spend the night in our infirmary we will make every effort to contact parents or guardian at the phone numbers they provided, as soon as possible. Please call (570) 709-1040 if you need to contact the Health Care Manager (Camp Nurse or EMT) while your child is at camp.

Canteen Cards & Camp Photos

Canteen Card, Camp Photo, and Photo Slideshow CD are optional items; campership monies do not cover these items. Canteen Cards work like debit cards in the camp store, allowing campers to purchase snacks during the week. The camp store will be open on Sundays and Saturdays for those who wish to purchase camp shirts, sweatshirts, or other items. Please do not leave cash with your campers during the week, as it cannot be used in the camp store except on Saturdays or Sundays. Color 8x10 photos of your camper's Quest Group and photo slideshow CDs are available for \$8 each, if you purchase them before your camp session. They can be ordered in the camp store at the end of your camp session for \$10.

Our Staff

Our staff consists primarily of young adults who have completed at least one year of college. They go through at least two weeks of training, which includes skills in working with youth, the program for the summer, first-aid and CPR, responding to emergencies, common issues that arise at camp, and many other areas. Visiting pastors serve as camp chaplains. We also have a Health Care Manager on-site who is certified as an EMT or nurse.

LEAVING CAMP

All campers should be picked up at 9:00 am on the last day of their session. Our Saturday closing program begins at 9:00 am in the Pavilion; all persons should go there directly upon arrival to camp. Sunday-Wednesday Try Campers will be picked up at their cabins. All Campers *must* be picked up by 10:00 am. Each individual signing out a camper **MUST** be listed on the Health Information Review form completed during Registration and may be requested to show photo ID. All medication should be picked up from the nurse in the Pavilion, or from the camper's counselor upon signing out the camper. **Please ensure your camper has any medication brought to camp before leaving the property.**

Lost and Found

Lost and Found items will be placed on the fence outside the Pavilion on the upper athletic field. Check all items to see if they belong to you. Lost and found items are kept for 14 days before being donated to charity. Items will only be returned by mail after payment for shipping has been received. Please triple check to make sure all items brought to camp are brought home.

REFUND POLICY

- \$10 will be charged for each change in camp registrations.
- All registrations for residential programs are subject to a \$100 non-refundable deposit.
- Refunds for cancellations will be made according to the following schedule:
 - No Show or less than 2 weeks in advance – 0% Refund
 - 2 – 4 weeks in advance – 30% Refund
 - More than 4 weeks in advance – 60% Refund
- Cancellations due to medical reasons:
 - Will be refunded 100% when we receive a doctor's certification.
 - Transferring to another 2010 summer session or program may be done at no charge in lieu of cancellation, subject to program openings and availability.