



Camper and Parent Information Handbook

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Welcome to *camPossible!*

Welcome to the Epilepsy Foundation of North Central Illinois, Iowa, & Nebraska's *camPossible!* Your camper is about to embark on a fun-filled week of new friends, challenges, discoveries, and the experience of living as a community. The three goals of *camPossible!* are 1) To increase self-esteem, 2) To increase social skills, and 3) To increase knowledge of epilepsy and seizure control methods. Our counselors and Medical Staff will guide your camper through a week of adventures and help build memories that will last a lifetime.

This handbook is designed to answer you and your camper's questions about *camPossible!* Please read the information and share it with your camper.

Please note:

1. Camp Check-In: Sunday, June 4 - 1:00-3:00 p.m.
2. Camp Check-Out: Saturday, June 10 - 10:00 a.m.-12:00 p.m.
3. If homesickness is an issue: the American Camping Association has a great book - "The Summer Camp Handbook - Everything You Need to Find, Choose, and Get Ready for Camp - and Skip the Homesickness." The book is available through their website, www.acacamps.org. Click on "Bookstore," and enter "homesickness" in the search box. The book is by Chris Thurber and is \$14.95.

Please read and discuss with your camper the expectations relating to the Code of Conduct Agreement. If this is a first time away from home experience or a first time with shared living and working within a group, making friends and getting along with others may be difficult. You can Support your child by helping him/her to understand expectations and reassuring him/her that Counselors, coordinators, volunteers, nurses and all staff including the director **may be approached at any time** to help with their experience.

We are very excited to have your camper attend *camPossible!* Please feel free to contact the Foundation at 309.373.0377 or email efqc@efncil.org with any questions or concerns.

Monta Ponsetto, Epilepsy Foundation-Quad Cities and Camp Director
Sloane Henry, Epilepsy Foundation-Iowa City and Camp Coordinator
Mollie Schmelzer, MS Ed, Licensed Counselor

Camp Location

Camp Liberty

4415 295th Street

New Liberty, IA 52765

Directions to Camp

Camp Liberty is located on 340 rolling, wooded acres approximately 25.8 miles from Davenport, IA and 50 miles from Iowa City, IA.

From the East (Davenport/Quad Cities)

Go west on I-80 toward Des Moines. At exit 284, take ramp for CR-Y40 toward Plainview/Walcott. Turn right onto 60th Ave./CR-Y40 and continue 8.1 miles. Turn left on 295th St./CR-F31. Camp entrance is 1.9 miles from turn.

From the West (Iowa City)

Go east on I-80 toward Chicago. At exit 284, take ramp for CR-Y40 toward Plainview/Walcott. Turn left onto 60th Ave./CR-Y40 and continue 8.3 miles. Turn left on 295th St./CR-F31. Camp entrance is 1.9 miles from turn.

Distance from other major cities/towns:

In Illinois -

Geneseo	53.1 miles
Galesburg	78.8 miles
Sterling	79.8 miles
Peoria	122.3 miles
Rockford	172.3 miles

In Iowa -

Clinton	41.5 miles
Cedar Rapids	57.0 miles
Burlington	90.0 miles
Cedar Falls/Waterloo	111.0 miles
Ottumwa	139.9 miles
Des Moines	162.6 miles

Transportation

Campers are to be dropped off and picked up at camp by their parents or guardians. This provides a great time for parents/guardians to meet the *camPossible!* staff and their camper's campsite counselor as well as walk around to view the wonderful facilities.

Angel Flight Options

camPossible! has partnered with "Angel Flight" to provide air travel options for those campers who may have difficulty traveling to camp because of distance or other reasons. Please contact the Epilepsy Foundation - Quad Cities to discuss this option and go to the Angel Flight website at www.angelflightcentral.org for information about the program.

Check-In Procedures

Parents are expected to drop their campers off at camp beginning at 1 p.m. and ending NO LATER THAN 3 p.m. on Sunday, June 4.

During this time, parents will be able to meet with the camp nurse, drop off/check-in medications, meet with counselors, and help get their camper settled. Parents **MUST LEAVE** the campground by 3 p.m. which is when the campers will begin their camp experience.

Campers will be examined for head lice during this time. If lice or nits are found, the camper will be excluded for 24 hours and receive appropriate treatment. Return to camp is conditional on clean inspection.

Campers' bags will also be searched for items not allowed (see page 15) prior to admittance. Please help your camper pack so you are certain there are no restricted items in their bags.

Check-Out Procedures

Parents are expected to pick up their campers between 10 a.m. and 12 p.m. on Saturday, June 10.

Campers will not be ready for release until that time. Campers will be permitted to leave only with parents or persons designated by the parents. This individual will be required to show proper picture ID and sign the camper release form before leaving with your camper. Under no circumstances will the camp release a camper to someone not authorized on the camper release form. All medication must be picked up from the Medical Staff Coordinator. The Medical Staff will be available to speak to parents if needed. We thank you in advance for your patience and support in assuring the safety of all campers.

Life at Camp

Staffing

Each campsite area will have a minimum of 1 staff counselor for every 3 campers. Supervision during the day is more intensive. The on-site Medical Staff includes Registered Nurses specializing or trained in epilepsy with Epileptologists/Neurologists on call. The Camp Director and Camp Coordinator as well as many of the counselors and camp staff are employees of the Epilepsy Foundation of North/Central Illinois, Iowa, & Nebraska. Also assisting is a Medical Staff Coordinator and Licensed Therapist in addition to volunteer counselors and recreation assistants trained in epilepsy awareness and seizure response. As a precaution and to ensure the safety of all campers, background checks are completed on all camp staff.

Medications

All medications must be in their original bottle, labeled with camper name and correct dosage. Please put all medication bottles, vitamins, and directions in a zip lock bag and label appropriately. Pack non-prescription medicines such as Tylenol, Motrin, and Benadryl with your camper's name as well. These medications will not be provided by *camPossible!*, but will be dispensed as needed to your camper. **Do not pack medications in your camper's luggage.**

All medications are to be turned in to Medical Staff at check-in. All medications are kept locked and dispensed only by Medical Staff Members. Medications will be given at breakfast, lunch, and before bedtime. If necessary, medications will be given at other designated times as determined by the camper's family and physicians. Medications that are needed for emergencies will be kept by the counselor or other adult in charge of the camper (such as asthma medication, epi-pens, or bee sting kits.)

Housing

All *camPossible!* campers will sleep in climate-controlled lodge houses or cabins at Camp Liberty. Each lodge house and cabin has indoor bathroom facilities. A newly renovated showerhouse is connected to the pool. Other frame buildings or pavilions will be used for activities, dining, and events including a new dining hall, camp store and health center.

Housekeeping

Consistent with the Code of Conduct Agreement, each camper is expected to demonstrate responsibility in sharing the tasks of shared living. Every camper must: make bed every day, keep clothing in own duffel, suitcase, or folded in cot; hang wet towels & washcloths on hooks; hang beach towel and swimsuit on outside line; pick up own litter; washes own water bottle with soap & refills; clean up own bathroom messes; takes a turn with chores such as sweeping, cleaning bathroom, and removing trash.

Cooperation and Harmony

Campers will share in developing the culture of their cabins, working toward cooperation and mutual satisfaction. Personal disputes may occur, and will be addressed as learning experiences in group living. Each camper has a right to be heard and included, and participates in an environment where all parties will behave toward others with respect.

Special Circumstances

If a camper has an IEP, 504 Plan or Behavioral Plan that describe some behaviors as disability related, personal consideration will be made by the Camp Director, Camp Coordinator, and Therapist regarding interventions. *camPossible!* will attempt to make programmatic and staffing accommodations that better meet the camper's abilities. However, it may be that the experience is too long, arduous, or overwhelming and therefore is not a happy one for the camper. If the needs of one camper should become so demanding of staff time that they put other campers at risk or severely impact the camp's operations, the Camp Director will contact parents to work out the best solution.

Meals

All meals have been approved by a Licensed Dietician and will be prepared by Food Service Preparers certified in the State of Iowa. If your camper has a food allergy or special dietary needs (Ketogenic, Atkins, etc.), a Dietary Specialist will be in contact with you prior to camp to discuss your camper's menu.

Camp Schedule

Below is the basic daily schedule:

7:15 a.m.	Morning Helpers report to Kitchen
7:30 a.m. - 8:30 a.m.	Breakfast
9:00 a.m. - 11:30 a.m.	Morning Activity
11:45 a.m.	Lunch Helpers report to Kitchen
12:00 p.m. - 1:00 p.m.	Lunch
1:00 p.m. - 2:00 p.m.	Rest time at campsites
2:00 p.m. - 4:30 p.m.	Afternoon Activity
5:00 p.m.	Dinner Helpers report to Kitchen
5:15 p.m. - 6:15 p.m.	Dinner
6:15 p.m. - 6:45 p.m.	E3 Time - Epilepsy Education and Empowerment
7:00 p.m. - 9:00 p.m.	Evening Activity at campsite or with whole group
9:00 p.m. - 10:00 p.m.	Wind-down, clean-up, medications
10:00 p.m.	Lights Out

*Some campers will have an earlier bedtime based on need and will be appropriately supervised in their cabins.

Homesickness

A camper may become homesick - typically this would happen between the first and second night of camp. Staff is trained to identify this early and to take actions such as pairing the camper with a friend at the campsite and taking extra measures to prevent down-time. Rarely will campers become so homesick that these measures won't work. It is more common for parents to be "camper sick" than for campers to be "homesick." Homesickness can be overcome and will allow your camper to take another giant step toward growing up. In the event that staff efforts to get a homesick camper involved do not work, the Camp Director will work with the parents to achieve a positive end result.

Our staff will contact you if your camper is having an especially tough time with homesickness.

Health Services

A 911 call is how *camPossible!* administrators and the Medical Staff Coordinator request emergency health care services and emergency transportation. The 911 call goes to a central dispatch center which then dispatches the ambulance. Campers and staff will generally be transported to the emergency center in one of 3 hospitals (to the hospital of choice): UnityPoint Trinity in Bettendorf, IA, Genesis West in Davenport, IA, or University of Iowa Hospital in Iowa City, IA. When possible, the Medical Staff Coordinator will respect documented preferences on treatment centers, hospitals, or doctors noted on the health form.

There is a Medical Station at the camp connected to the Dining Hall. This is where the majority of first aid and health care supplies are kept. Each campsite and activity area will also have a first aid kit with complete supplies as per Red Cross recommendations.

Campers' physical and emotional states will be observed daily. All staff have a responsibility to make sure campers are well and, if anything is questioned, the camper will be evaluated by the Medical Staff Coordinator and, if necessary, our Epileptologist. If serious health or wellness issues are observed, the Medical Staff Coordinator is contacted and the situation will be handled in the proper manner. When campers need to go to the doctor or emergency room, the camper's parents or legal guardian will be contacted by either the Camp Director or the Medical Staff Coordinator as soon as the situation allows. If the parents cannot be reached, the emergency contact will be notified. If she/he cannot be reached, we will keep trying to contact the parent/legal guardian and/or the emergency contact until someone is reached and notified of the situation.

Seizure Response

All staff members are trained in how to identify seizures and proper seizure first aid and aftercare. In addition, staff includes nurses on-site who will be on call throughout the day or evening for emergencies. Emergency response will be based upon response protocol provided by your physician or as determined by nurses and staff at the time. Parents or legal guardian will be contacted at first opportunity.

When We Call 911

911 may be called if any of the following situations occur:

- a seizure lasts for more than 5 minutes
- a seizure stops and followed by another seizure without the camper fully regaining consciousness
- the seizure takes place in water and the camper's head or face was under or in the water at any point during the seizure
- the camper is seriously injured during the seizure
- normal breathing or complexion does not return after the seizure has stopped

Please Note: The Medical Staff Coordinator has the final say as to whether or not 911 will be called. There may be an occasion when the Medical Staff Coordinator deems it necessary to call 911 even after Diastat has been administered.

Diastat or Emergency Medication Protocol

For campers who do not have a prescription for Diastat or another emergency medication but whose parents have given permission to use it, Diastat or emergency medication will be administered by a Medical Staff Member under the following circumstances:

- a seizure lasts for more than 5 minutes
- a seizure stops and is followed by another seizure without the person fully regaining consciousness

For campers who have a prescription, these medications will be administered by a Medical Staff Member according to the directions given by the camper's physician.

If an emergency medication has been administered, the camper will be monitored by Medical Staff until the seizure ends, respiratory function has been deemed normal, and the camper is fully recovered. Because of the on-site presence of medical personnel, calling 911 as a preventative measure is unnecessary.

Please Note: The Medical Staff Coordinator has the final say as to whether or not 911 will be called. There may be occasion when the Medical Staff Coordinator deems it necessary to call 911 even after an emergency medication has been administered.

At the discretion of the Medical Staff Coordinator, non-Medical Staff who have been properly trained in the use of emergency medications may be allowed to administer it under certain circumstances.

VNS Magnet Protocol

Camp Counselors who have a camper with a VNS in their group will be given a VNS magnet (to keep with them at all times) and trained in its use. The Medical Staff Coordinator will provide the training and the specific protocol for each camper who has a VNS. This protocol will be established through discussion with the camper's parents and, if necessary, physician.

Policy on Respectful Treatment and Disrespectful or Harmful Treatment

It is the policy and practice of *camPossible!* to welcome all youth/teens with epilepsy as campers, and to select skilled and compassionate volunteers staff to help make every camper's experience a joyful one. Furthermore, *camPossible!* makes every effort to provide for each youth/teen's very individualized needs, whether they are health related, social, or behavioral.

Specialized Behavioral Needs

Parents of children who experience difficulty cooperating with a group, following directions, sustaining a high activity level, taking medications, being truthful, or being away from home are invited to speak directly to the Camp Director prior to camp. We will work with you to reduce stress, adapt programs or interactions, and understand how your child can best be helped to enjoy camp.

We welcome 1:1 support for our campers, varied daily schedules, and re-grouping for friendship and familiarity. It is our wish that all campers get the most fun out of their stay at *camPossible!* and, to that end, staff are willing, creative, and resourceful to help make this happen.

Sometimes the pace, intensity and closeness of the camp program is just too much for a youth and the camper may "just have had it!" by the second day. Regardless of our staff's creative and focused efforts, the camper is unhappy and unable to participate in the camping program. At these times, a short stay may help turn a miserable experience into a happier memory.

Behavior that is deemed the result of a child's seizures or other disability will be accommodated with the utmost attention and creativity to help that child have a good camping experience and one that does not seriously affect other campers. The youth's medical plan, IEP, 504, or behavior plan should illustrate a history of such behavior.

A youth may require an extraordinary amount of staff time to meet their needs or their difficulty may affect other campers adversely. **Behavior that undermines the camper's own safety, or the safety of other campers or staff, may make it necessary to ask for the child to be picked up by the parents before the session ends.** This judgment will always be made by the Director in consultation with parents, our medical staff, the counselors, and other program staff.

The philosophy of *camPossible!* is toward inclusion and we are dedicated to making this philosophy a practice. It may be that overcoming homesickness or just doing something new is the major accomplishment of camp. We never know how important these first experiences away from home can be and we want to do everything possible to ensure all our campers have a great time.

Willful Disrespect, Aggression, Bullying, and Harassment

Unfortunately, there can be a need to develop a policy that addresses deliberate harmful and defiant behavior. *camPossible!* will not tolerate camper or staff behavior that creates a toxic social environment, belittles others, is aggressive or injurious, or seeks to influence others towards these ends. Immediate action following a Three Strike Policy will be taken upon learning of such behavior.

All campers should be reassured that all staff, volunteers, counselors, nurses, doctors, coordinators, and the director will respond immediately when informed of a complaint. It is an expectation that staff will:

1. Advocate on behalf of campers by treating them respectfully and actively pursuing the elimination of harmful behavior such as harassment and bullying.
2. As a general member of the camp staff, act with authority in managing inappropriate behavior and/or counsel campers toward a satisfying camp experience.

Because much bullying and harassment is secret and hidden from adult view, it is equally important for each camper to feel comfortable to speak up to a staff member. If the issue appears to be unresolved, the camper should be encouraged to go to a different staff person, preferably a coordinator or director.

It is our job to help young people address these issues, both the victims and the offenders, to work toward resolution of the problem. Other staff may be involved, up to and including the director.

The first objective would be to restore harmony and good will among campers. However, it may be necessary to utilize other means, such as changing the placement of a camper, having him/her reside with support staff rather than fellow campers, conflict resolution protocols, counseling for insight and reflection. As a final solution, an recalcitrant camper may be excluded from camp and his/her parents asked to provide transportation home immediately.

camPossible! has every confidence that its campers are eager to have a great time at camp and want to enjoy the friendship and fun of their friends. In most cases, behavioral infractions can be quickly cleared up with the effort, cooperation and good will of the offending camper. That being said, for safety and camp harmony, open defiance of direction by camp staff may be cause for exclusion.

Behavior Management

In addition to obtaining extensive medical histories on our campers, we may also request copies of campers' IEP, 504 and/or Positive Behavior Support Plans. All of this information, along with the following behavior management policies, is utilized to provide a positive and safe environment for all our campers.

Code of Conduct

camPossible! has a code of conduct agreement based upon 6 core values which all campers, staff, and volunteers must sign. Agreement to live by these values sets the campers and staff up for a successful week at camp by clearly communicating expected behavior.

***camPossible!* Core Values:**

Compassion: Being kind and considerate and showing concern for the well-being of others

Cooperation: Being helpful and working together with others toward a common goal

Honesty: Being truthful and being worthy of trust

Positive Attitude: Looking for and finding the best in all situations

Respect: Showing regard for the worth in something or someone - following the golden rule

Responsibility: Doing what is right and being accountable for your promises and actions

Three Strike Policy

To help manage behavior beyond the Code of Conduct Agreement, a Three Strike Policy will be implemented. This policy is for campers who have exhibited a negative behavior that affects the contentment of themselves and/or others. In the event that a camper exhibits voluntary behavior that is disruptive, disrespectful, or harmful to others or spoils the camping experience for others, the behavior will be addressed in a three-step procedure.

1. The Counselor or other appropriate camp staffer will speak privately with the camper to remind him/her of the Conduct Agreement for camp. The staff member will pursue the truth, provide information, attempt to settle disputes, and encourage sensitivity to the needs of others. The staff person will work toward the camper's acknowledgement/acceptance of responsibility and a commitment to change the behavior.
2. If the behavior continues, the Camp Director, Camp or Medical Coordinator and Behavioral Counselor will explore the problem and work toward solutions that can realistically be implemented within the short duration of camp. The camper will be involved in developing the solution. Cooperation and compliance by the camper is expected. Parents would be notified of concerns with behavior and that disregard for the agreed solution could lead to step 3.
3. For a third offense, the Camp Director, with the counsel of coordinators and/or medical staff may decide that a camper is not able to change behavior sufficiently to preserve the wellbeing and happiness of other campers. In this instance, the Camp Director may decide to exclude the child from camp

camPossible! **does not** use or approve of corporal punishment as a means of discipline!

Emergency Intervention Policy

This policy is for campers who have exhibited a behavior that poses an imminent risk to the safety of themselves or others. In this case, the Camp Director and/or Camp Coordinator will respond immediately to assess the situation and the needs of the camper. Support methods will be utilized for the safety of the camper exhibiting the behavior and others at the camp. If it becomes apparent that the camper is not or will not be able to regain self-control, 911 will be called at the discretion of the Camp Director.

In the event a camper is unable to regain self-control, needed restraint and/or 911 had to be called, the camper's parents or legal guardian will be contacted by the Camp Director as soon as the situation allows. If the parent cannot be contacted, the emergency contact will be notified. If he/she cannot be contacted, we will keep trying to contact the parent/legal guardian and/or the emergency notification number until someone is reached and notified of the situation.

Exclusion from Camp

If deemed necessary, a camper may be excluded from camp for dangerous or intractable behavior that affects the well-being of other campers or him/herself. At the discretion of the Camp Director in consultation with Coordinators, a child may be excluded from camp. Parents will be called to pick up the child as soon as possible. It will be the parent's responsibility to arrange transportation for the camper if he/she is sent home, and a refund will not be given. The child will be given the opportunity to say good-bye to fellow campers.

Camp Communication

Communication with Your Camper

Mail is very important to campers - postcards, cartoons, drawings, funny cards add to the fun of mail. Parents are encouraged to drop off pre-written letters for each day of camp. These can be left with one of the camp counselors at check-in. Keep your letters cheery and upbeat. Do not send food, snacks, etc. During camp, communication with your camper via postal service should be sent directly to:

Attention: (your Camper's Name)
camPossible!/Camp Liberty
4415 - 295th St.
New Liberty, IA 52765

Phone calls and visits with your camper while at camp can be extremely disruptive and emotional for your camper and for the other campers.

Easy Way for Campers to Exchange Contact Information

This Make “business cards” for your camper with his/her name, address, phone number and e-mail address. This is a great way for campers to exchange information with the friends they make at camp without having to worry about finding paper, remembering and writing the information, etc.

Communication with Medical Staff

During camp, the Medical Staff will contact you if any seizure activity or other health concerns take place that are unusual in type, severity or frequency when compared with the health histories you submitted.

Should anything change with your camper’s medications, behaviors, seizure activity, restrictions, etc. prior to camp, please notify the Epilepsy Foundation - Quad Cities immediately at 309-373-0377.

Communication with Camp Director

Should you need to speak with the Camp Director during camp, please call the Epilepsy Foundation at 309-373-0377 or Camp Liberty at 563-843-2955.

Instructions for Marking and Packing Clothes and Equipment

We urge campers to dress for comfort at camp, in the type of clothes they would wear at home. Campers play hard and are more comfortable in clothing they can get dirty or wet. Many activities are “rain or shine.” **EXPECT CLOTHES TO COME HOME DIRTY!** Please send old clothes to camp and avoid purchasing new clothes for camp since campers may be unfamiliar with those new articles of clothing. Please make sure that your camper has “broken in” the shoes, boots, and/or sandals they bring to camp. They will be doing a lot of running and walking at camp, and a painful blister will not be a positive memory.

Review the packing list to guide you as you prepare for camp. Have your camper live out of a suitcase for a few days before camp so that they can learn to keep personal belongings somewhat organized when they arrive at camp.

1. **LABEL EVERYTHING!** Using a sharpie, mark **every** article of clothing (including those worn to camp), baggage, laundry bag, sleeping bag/sheets and pillow with camper’s first and last names. Soiled clothing and bedding will be washed on site with items from other campers and many campers have similar possessions - labelling will help stop problems in advance.
2. Pack everything **with** your camper, not **for** him or her. Your camper needs to know where everything is and how to pack again at the end of the week.
3. Make a list of every item taken to camp. Tape this list inside the suitcase or duffel bag for camper’s use when re-packing at the end of camp.

4. Tag or mark baggage clearly with camper's name.
5. Your camper's counselor will assist in the proper care of belongings as much as possible
6. The camp will not be responsible for lost or damaged articles of clothing or items. Campers are encouraged not to bring valuable items to camp. **No cell phones, iPods, MP3 players, laptop computers, or electronic games are allowed. Any brought to camp will be held by the Camp Director until check-out on Saturday, the 10th.**

What to Bring to Camp

Dress Code

Personal appearance and clothing should be in good taste and appropriate for the various activities. Please use the following as a guideline:

Appropriate for Camp

Jeans, khakis, long pants, shorts
Sweatshirts
Modest swimwear
Modest tankini covering midriff
Closed-toe shoes when not in cabins

Inappropriate for Camp

Very short shorts or skirts
Any shirt depicting adult subject matter, profanity, or alcohol
Transparent clothing

Long pants are recommended over shorts to prevent bug bites - especially while hiking. No flip flops are allowed at any time at camp. Closed-toe sandals are allowed but not recommended while hiking or while participating in physical activities. Open-toe sandals or swim shoes are allowed only during the pool activity time.

Camp T-Shirts

Each camper will be issued a camp t-shirt with the *camPossible!* logo. These shirts can be worn at camp or saved to wear once the camper returns home.

Lost and Found

The general rule of camp is, "if you want it to return home, then you better put your name on it." Regardless of how careful we are, it is inevitable that some clothing and articles will be misplaced. Proper identification will greatly assist us in returning these articles to their proper owners. Mark each article that your camper brings to camp. The best method is to use a permanent marker to mark items with your camper's FULL NAME - DO NOT USE INITIALS! Lost and found will be displayed throughout camp on a table in the dining hall on Saturday morning for parents to look through prior to departing with their camper. **All items left at camp will be held for two weeks. Any unclaimed items will be donated or disposed of.**

Packing List

PLEASE MAKE SURE ALL ITEMS ARE CLEARLY MARKED WITH FULL NAME!

Clothing

- Shorts/long pants for each day plus 2 extra - shorts should be close to knee length
- Shirts for each day plus 2 extra - no spaghetti straps, halters, cut-off shirts
- Long pants/jeans for hiking and zip-line/ropes course
- Underwear for each day plus 2 extra
- Socks for each day plus 2 extra pairs
- Pajamas
- Sweater, sweatshirt, or jacket
- Raincoat or poncho
- Bathing suit
- 2 pairs of sturdy shoes - shoes will get wet & dirty. Make sure they are not too small.
NO FLIP-FLOPS
- Boots - rain boots or extra shoes designated for getting wet
- Hat with brim
- 1 white t-shirt - will be used for camp art project and will not return white

Bedding/Linens

- Sleeping bag with a sheet or 2 sheets & blanket
- Pillow
- Bath towels, hand towels, washcloths
- Towel for Swimming

Toiletries/Personal Items (and something to put them in)

- Toothbrush / paste / floss etc.
- Shampoo / soap
- Deodorant
- Cosmetics / lotions
- Brush / comb
- Laundry Bag
- Other items as needed

Health Items

- YOUR OWN MEDICATIONS - clearly marked
- Insect repellent
- Sun screen

Miscellaneous / Nice to Have

- Sunglasses
- Flashlight
- Paper / pencil, stationary, stamps
- Books / reading materials / journal
- Camera
- Watch