

Parent & Guardian Guide to Camp

Brethren Woods Camp & Retreat Center



Camp does kids a world of good.

Camp can be a crucial part of a child's development. They gain independence, experience outdoor fun and adventure, get unplugged, and gain relational skills.

This guide is designed to help you prepare your child for a week of camp. We know you're entrusting your beloved child to us and we are committed to providing the best experience for your child. *Please alert staff to any physical, emotional, behavioral, or spiritual concerns you may have regarding your child.* **Sending your child to camp might be easier for your camper than it is for you!** You may want to spend time in prayer, asking God to calm your fears and help you prepare to bring your child to camp this summer.

STEPS TO PREPARE YOUR CHILD FOR SUMMER CAMP

1. Read through all the materials provided.

***Confirmation Letter:** Review basic camp information and registration/check-in process

***Packing List & Dress Code:** Review appropriate dress guidelines and what they are allowed (and not allowed) to bring to camp, then pack together!

***Waivers/Permission Slips:** Review with your child some of the adventure activities they will be participating in and the importance of listening to staff instructions for their safety and enjoyment of the activity.

***Camper Chronicles:** This is a great newsletter to help kids know what to expect at a week of camp!

***Website:** The Summer Camp tab has videos, photos, and information about camp activities and plans.

2. Practice sleeping away from home.

Consider a few overnights with grandparents, other relatives, or friends so they can get used to sleeping in a different place.

3. Plan a visit to camp.

Contact the camp office to plan a visit in the spring or early summer. Our staff will provide a tour of the facilities and answer any questions you and your camper may have.

4. Help your child pack for camp.

A packing list with items to bring and NOT to bring for your child's camp program is available on the camp website. Items listed are REQUIRED and we will expect your child to come with them. Please make sure that prohibited items—including electronics and cellphones, do not end up at camp. Brethren Woods is not liable for any loss or damage to personal property that a child brings to camp.

SUMMER CAMP DO's and DON'Ts

DO...fill out ALL FORMS completely.

All forms are available on our website on the **Summer Camp Forms** page. Read the fine print and follow all instructions. This is especially important on your child's Health Form. To assist medical staff, please list all medications that your child takes throughout the year. **We request that if your child is on medication throughout the school year, that they remain on their medication for their week of camp.** All medication must be in the original container with the original label. **You can now complete your Waivers/Permission Slips online!** See confirmation email.

DO...understand that homesickness is natural.

Camp's biggest illness is homesickness—even some staff get it! Helping your child to adapt to settings away from home is vital for their development. Staff are committed to helping your child through this stage of growing up and will contact you only if your child's response is atypical or we need your help. Do share your fears about your child's homesickness with their counselor and give them tips about your family's normal bedtime routines, favorite stuffed animals, etc.

DON'T...promise your child that they can call home OR that you will come get them if they want to leave.

Making promises like this often encourage campers to "give up" too easily the minute something doesn't go their way. Learning to work out disagreements with cabinmates, trying things that are new, and sticking it out for a whole week are part of the camp experience. Campers ARE NOT permitted to make phone calls home during the week. Staff members will contact parents/guardians in case of physical illness, injury, or emergency.

DON'T...arrive at camp unexpectedly.

Staff are trained to question anyone they don't recognize at camp. If you need to drop by, prior to pick-up, please make arrangements with the camp office and check-in at the office upon arrival.



DRESS CODE GUIDELINES

1. Pants, shorts, skirts, & dresses should have a decent/conservative fit and appropriate leg length (mid-thigh or longer).
2. Halters, tops with spaghetti straps, and mini skirts are not allowed. Tank tops should have a modest fit with straps about 3" wide.
3. Tops need to be waist length or longer.
4. Men and boys are required to wear shirts except at the pool and in their bedrooms.
5. Proper undergarments must be worn and should not be visible.
6. Swimwear must be appropriate, conservative, and worn only at the pool (or in transit to/from the pool). For girls, this means a one-piece or a two-piece tankini that meets in the middle. For boys, this means swim trunks.
7. Proper footwear is required in all areas of camp—see packing list for details.
8. Clothing with disrespectful or dishonorable words or symbols may not be worn.

Please mark your child's belongings with their name and/or initials.

CAMPER COMMUNICATION

Sending Mail

Everyone loves getting mail and this is a great way to remind your campers that you are thinking of them! Keep your writing positive and ask them how their experience is going. You can even pack self-addressed envelopes so your child can write back.

Reminder: Mail takes 2-3 days to arrive so it might be best to send mail even a few days before camp starts. Adventure campers who are off-site may not get their mail until the end of the week.

Sending E-mail

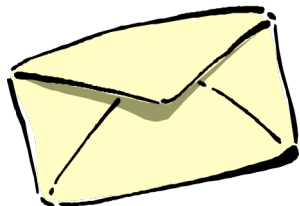
Put your child's first AND last name (please no nicknames) as the subject and send it to: camp@brethrenwoods.org. Please keep the above guidelines for writing in mind. Your message will be printed off and distributed with the daily camp mail.

Daily Web Updates

Check our Facebook albums, Instagram posts, and Twitter feed to catch a glimpse of what's going on at camp and to see pictures from your camper's week! Be sure to "like" and "share" posts so your family and friends can see them too! Your camper's name will never be paired with their photo.

Phone Calls

Campers are NOT permitted to make phone calls home during the week and may NOT bring cell phones. Staff members will contact parents/guardians in case of emergency or physical illness. If there is an emergency at home, parents/guardians should contact the office.



Physical Address

"Camper's Name"

Brethren Woods

4896 Armentrout Path,
Keezletown, VA 22832

E-mail Address

Subject: "Camper's Name"

E-mail: camp@brethrenwoods.org

Daily Updates

[@brethrenwoods](http://www.facebook.com/brethrenwoods)



RESIDENT CAMP ARRIVAL

Registration/Check-In is held on the first day of camp at Mountain Lodge. When you arrive at camp, a staff member will greet you, show you appropriate parking spaces, and give you further instructions. *Please obey all speed limits and parking signs.* Keep your child with you as you move through these steps of Registration.

1. Health Screening

Choose the line that fits your child. Campers with medications or medical concerns will be screened at the A-Frame. Campers without medications or medical concerns will be screened at Mountain Lodge.

2. Check In

A staff member will collect any waivers/permission slips for your camp program and receive the balance of your camp fee.

Campers who have paid in full and completed all of their forms online are able to skip this step!

3. Area Assignment

Campers will receive their area assignment. Family members can also sign-up for the Closing Picnic.

4. Counselor Introductions & Move In

Head to your camper's cabin area to meet their counselors and sign-in. You can share any additional information about your child, help your camper make their bed, and give them a kiss and hug good-bye.



RESIDENT CAMP DEPARTURE

On the last evening of camp, cabin/hogan groups present a brief program highlighting their experience at camp. This program takes place at 5:30pm at the Lake Campfire Circle and is a great way to start hearing about an exciting week at camp! Family and friends are encouraged to arrive in time for this program.

1. Sign-Out

You can sign-out your camper with their counselor AFTER the Closing Program (approximately 6pm).

2. Closing Picnic

Join us for a Closing Picnic in the Mountain Lodge field area following the closing program. There is NO CHARGE for the picnic and ALL are welcome!

3. Collect Your Camper's Belongings

Campers are free to pick up their gear and head out anytime after sign-out. The **Camp Store** will be open after the Closing Program. You can also do **Closing Day Registration** to register early for Winter Camp or secure your spot for Summer Camp 2020!

DAY CAMP CHECK-IN

Day Camp Registration and Drop-Off happens each day from 8:00-9:00am at Pine Grove, which is half-way up the Brethren Woods' driveway on the left. The first day includes Health Screening, Check-In, and Counselor Introductions. The drop-off process is shorter on the rest of the days.

DAY CAMP PICK-UP & CLOSING

Pick-Up happens each day from 4:30-5:30pm at Pine Grove. Campers must be signed-out. On the last day (Thurs) of Day Camp (K-2nd), Parents and Guardians can join us for a short Closing Program at 5:00pm. Camper groups will share stories and songs from their week of camp. The Explorer Camp (3rd-5th) Closing Program is on Friday evening at the end of the Explorer Camp-Overnight program.

Brethren Woods Camp and Retreat Center

4896 Armentrout Path, Keezletown, VA 22832

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