

The PREPARED PARENT Guide.

Central Mission | Community of Christ



CAMP IS ALMOST HERE! We are so excited to spend our fun-filled camp days with your children – getting to know them and acting as a guide in their journey with Jesus Christ.

The following pages will allow you to get a better idea of the expectations we have for your child including camp policies, items to bring and even how to contact your child while at camp. Let me tell you, even in our age of text messages and emails - there's nothing like receiving a letter from home while at camp.

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GETTING READY FOR CAMP

Sometimes it is hard to know how you can be involved in your child's summer camp experience since you aren't with him/her at camp. Of course, you help with the obvious things like packing and taking them to camp, but you may not be sure what else you can do. To help you out, listed below are a few other things you can do to help your child get the most from his/her camp experience. Doing these things will help you get your camper prepared for camp and keep you involved in the process. If there is anything that the camp can do to assist you, please don't hesitate to let us know! We are looking forward to having your child with us for this exciting time in his/her life. See you soon!

CHOOSE A WEEK OF CAMP

You can involve your child in choosing a week of camp by allowing him/her to visit our website, centralmission.org/youthcamps to learn more about each camp offered. Also take a look at the camp information mailed to your home. Review the information and talk over every option that is available. If you have any questions, please do not hesitate to contact us. If your child has never been to camp before, have him/her ask a friend about their experience. Or better yet, ask a friend to join them!

PACK TOGETHER

We recommend involving your child in the packing so he/she knows what is in the suitcase. We do not recommend buying new clothes for camp since your child may get them dirty or lose some things. Put a plastic bag in your child's suitcase and ask him/her to put dirty clothes in it. A general packing list can be found on page 3 of this brochure. If the camp directors want your child to bring anything additional, it will be listed in the letter he/she receives about two weeks before the start of camp.

TAKING MEDICINE TO CAMP

If you send medicines with your child to camp, do not place them in his/her suitcase. All medicines (prescription or over-the-counter) must be given to the nurse in their original containers with the instructions at registration time. **IMPORTANT:** Make sure to pick up medicine at check-out to take home with you.

Excerpts taken from Rainbow Christian Camp's, The Prepared Parent

TALK TO YOUR CHILD ABOUT PICTURES

Your camper will be given a group picture or camp log at no cost. You may want to send a camera with your camper so he/she can capture their memories to bring them home. Disposable cameras are an inexpensive way to equip your child with picture-power. Place your child's name on his/her camera to ensure it doesn't get mixed up with anyone else's.



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HOME SICKNESS

The camp's policy is that campers are not allowed to use the phone, except in an emergency. Please do not suggest to your child that he/she can call home if homesick. In fact, it is usually better to not focus on homesickness in your discussions before camp. If a child becomes homesick, the camp staff will work with the child to help them work through their homesickness. If you have a special situation that would require your child to call home during the week, please speak with the camp directors at registration.

WRITE TO YOUR CAMPER

Campers love to get mail! Ask family and friends to write to your child while they are at camp. You may want to send your letter ahead of time to ensure it's arrival during the week of camp. When sending your letter include your camper's name and camp in the address. The camp address is:

"Camper Name"

Central Mission (Camp Name)
Lake Doniphan Conference and Retreat Center
12856 Doniphan Lake Road
Excelsior Springs, MO
64024



PICK YOUR CHILD UP FROM CAMP

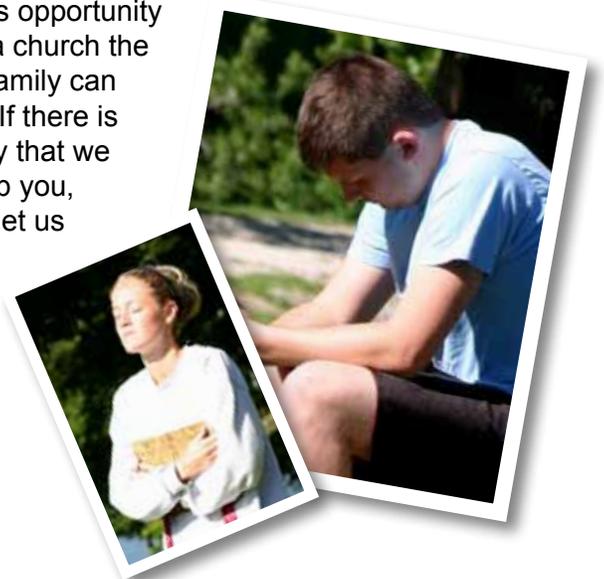
Be prompt for pick up time, which will be noted in the letter your child receives about two weeks before his/her camp. Your camper's letter will give instructions as to check-out procedure and where you will need to go to pick up your child. Please try not to arrive too early. Don't forget to check for lost and found. Remember to pick up any medications.

WELCOME YOUR CAMPER HOME

Be prepared for your child to be tired and little grumpy when you pick him/her up. Going home is a sudden change of pace and leaving behind new friends. Don't be offended if your child isn't as happy to see you as you are him/her. Your child will appreciate extra time to rest and be excused from chores during the first day or two at home. When your child is ready to talk about the camp experience, listen closely and ask open-ended questions to encourage your child to share without pushing too hard. Good questions include; (tell us about your favorite activity at camp, who was your favorite person at camp, and what was your most difficult time at camp?)

ENCOURAGE SPIRITUAL GROWTH

Your child needs to continue a growing process once he/she comes home. We encourage you to pray for and with your child. Help them find devotional material and teach them how to study the Scriptures so they can have a daily quiet time with God. You could take them to a bookstore and let them pick out a devotional book and/or Bible appropriate for his/her age. If your child isn't already connected with a local congregation, take this opportunity to find a church the whole family can attend. If there is any way that we can help you, please let us know.



SHOULD I PACK THIS?

YES, BRING THESE!

- DEODORANT
- One - Two changes of clothes for each day of camp
- Jacket
- Rain Gear
- Old shoes for recreation time
- Shower Gear (Shampoo, Conditioner, SOAP (You'll need soap.))
- DEODORANT
- Towels and Washcloths
- Swimsuit
- Beach Towel
- Scriptures, Pen and Paper
- DEODORANT
- Journal
- Camera and if needed, Film (optional)
- Flashlight
- Campfire Blanket
- Bedding (sleeping bag or bed roll and pillow)
- Laundry Bag (or trash bag)
- Insect Repellent
- Sunscreen
- Water Bottle
- Oh yeah, and don't forget your deodorant.



WHAT SHOULD I WEAR?

YEP, THERE'S A DRESS-CODE

Keeping in mind the spiritual nature of our camps, we request you dress modestly. Any kind of dress or grooming which presents a safety hazard to the individual or which tends to create a disturbance or disrupts the nature of the camp will not be allowed. It is required that all campers wear footwear everywhere on the grounds.

The following clothing choices are considered unacceptable and campers may be asked to change clothing if deemed inappropriate:

- Clothing promoting consumption of alcohol, tobacco and illegal drugs
- Clothing promoting companies that produce or promote consumption of alcohol or tobacco
- Clothing that explicitly or implicitly promotes racism, sexism or hatred of any group or person
- Clothing that explicitly or implicitly promotes or refers to sexual actions or situations.
- Wearing sports bras without cover-ups or wearing 3/4 length or cutoff t-shirts
- All tops must have straps on both shoulders and should be waist-length
- Low-rise shorts and jeans are not acceptable and will be addressed at the discretion of the camp directors
- Pants will be worn at waist level at all times, not allowing visible underwear to be seen
- Bikinis or brief "Speedo" type swimming suits
- Clothing that promotes winning at all costs (e.g. "Second place is another name for first loser.")



The DO's & DON'Ts of Camp.

PLEASE DO NOT BRING:

- MP3 Players
- Electronic Game Gear
- CDs
- Cell Phones
- Valuables (i.e. money & jewelry)
- Radios
- Television / DVD Players

NOTE: During camp cell phone use is not permitted. Cell phones and car keys will be identified and bagged by the counselor at start of camp and returned upon departure from camp.

DRUGS, ALCOHOL AND TOBACCO

Possession or use of illegal drugs, any form of tobacco, or alcoholic beverage is strictly prohibited during camp or on campgrounds and may result in immediate expulsion from the camp and compliance with state and federal laws.

FIREWORKS, FIREARMS & WEAPONS

Fireworks, firearms, or weapons of any kind are strictly prohibited.



CAMP: POLICIES & Procedures

CAMP POLICIES

Due to the nature of the camps and the type of experience we are striving to achieve, there are some policies, which are necessary. **It is essential to the camp that each camper and staff member read, agrees to, and adheres to the rules and information as stated.** In the Spirit of Christ, participants are to be free from addictive, compulsive, and abusive behavior while at camp. If you need help in responding in appropriate ways, please contact the directors. Keep in mind this is camping, and living is in a communal environment. Christian conduct will be expected from all campers at all times. Respect for the property of others is a must.

CAMPERSHIPS

Please check with your congregational Financial Officer to find out if your congregation has a campership program which pays all or part of your fees. Camperships need to be finalized one week prior to camp.

CLOSED CAMPS

Closed camp policy requires campers to arrive and depart according to the scheduled program and remain the duration of the camp.

Campers and staff leaving to and from youth activities are very disruptive to community building and the spiritual commitment of retreats and camps. Our activities are designed for personal and spiritual growth, and a camper's attendance is immeasurably important.

CANCELLATION POLICY

One week prior to camp start date a refund of 50% of total camp fee will be issued. Cancellations within 48 hours of camp start will result in no refund.

HEALTH SCREENING

To attend camp, each camper must provide a registration and health form with complete information. A mandatory health screening will be completed and documented by health care staff for admission to camp. If your child becomes ill or is injured immediately prior to camp or his/her health information changes, you must advise the camp directors and camp nurse.

HEALTH INSURANCE

Medial bills will be the primary responsibility of the camper's family insurance. The World Church provides a \$1000 medical fund above the family health insurance. If the family does not have medical insurance, the World church will provide up to \$1000 of coverage. You must include a photocopy of both sides of your insurance with your health form and registration.

