

We are excited for you to get here!

any colored paper needs to be signed and returned, white paper is yours to keep and reference

In order to be prepared for your SUMMER adventure, be sure to read the following information carefully. Please pack all items in duffel bag or backpack. Be sure to label **ALL items** clearly using name tags, labels, or marker.

Daily arrival/departure Times:

Monday's check-in is from 9:00 AM to 12:00 noon (Please do not arrive before 9:00).

Plan to pick up your child up by 9:30 AM Saturday. (Please do not come before 9:30 on Saturday.) If you have any questions call (276) 328-6876 or 1-800-359-4049.

Camp Store:

Camp Bethel has a gift/snack store which sells candy, snacks, cameras, drinks, souvenirs, and clothing. For Jamboree and Junior weeks, campers are not allowed to carry cash and must put their money into a "store account" at check-in. Teen week campers have the option of putting money into a store account as well. Any left over store money will be mailed back to you.

Pictures:

Camp Bethel will once again be offering picture/media CDs. You can pre-order using the order form enclosed or during registration.

Paintball:

We now offer paintball as one of our activities for Junior, Super, and Ultimate Teen weeks. As with any new program we must cover the costs of the equipment. There is an additional fee to play paintball.

What to Bring:

- * Bible, pencil or pen, and notebook
- * Bedding: Sleeping bag or twin sheets and blankets (nights are usually cool) and pillow
- * Toiletries: towels (for bathing and the lake), washcloth, toothpaste, toothbrush, brush, soap, shampoo, deodorant, sunscreen, & bug repellent...
- * Guys & Girls: Sufficient play clothes, old clothes for messy games, sweatshirt or jacket, (mornings & nights are cool) tennis shoes, well fitting sandals, clean clothes for Chapel (dress clothes are not required)
Not permitted: excessively frayed, torn jeans, fishnet tops, tops with inappropriate tears or holes, and heavy chains. Clothing with vulgar remarks and/or pictures, those which promote alcohol or tobacco products, acts of violence, sexual connotations or secular bands are restricted.
Girls: Please bring modest one piece swimsuit, and shorts that have about a 5-inch inseam. Remember, you will be involved in many different games and activities. ***If you are doing the ropes course the harness will draw your shorts up 2-3 inches.*** Tank tops need to be 3 inches at shoulder seam, NO spaghetti straps, bare midriff, bra straps showing, or low cut tops. Camp staff does have permission to ask you to cover up or change if you do not abide by these requests.
- * Money for snacks and souvenirs (see camp store information)
- * Camera (we sell disposables in the store), flashlight, laundry bag, hat or cap, sunglasses...

*****Marked clothing and items left behind can be returned at owner's expense. You must notify us within 14 days if you wish your items to be returned. Camp Bethel is not responsible for lost or stolen items. *****

What NOT to Bring:

Please do NOT bring **CELL PHONES**, radio/CD/MP3/IPOD, handheld games, valuables, food, gum, alcoholic beverages, tobacco products, illegal drugs, firearms, fireworks, tasers, silly string, shaving cream for pranks, or anything that would deface Camp Bethel. If you wish to use any media items mentioned on your trip, please turn them in to Camp Bethel staff on arrival. Thank you!

Prescription and Over-The-Counter Medication(s):

If your child will be taking prescription medication at camp, please send it in the **ORIGINAL prescription container** with the **CORRECT dispensing information!** If the dosage or times have changed, please have your physician or pharmacist correct the label. Medication will be dispensed according to the instructions. The chance for error is much too great if this is not done. Any and all medications, including vitamins are to be checked in with the nurse or Camp Bethel staff at registration.

CAMP BETHEL HEALTH CARE CENTER:

Our Health Care Center supplies many over-the-counter (OTC) medications. We prefer that campers not have ANY medication in the cabins. If he or she needs OTC medications such as Tylenol, ibuprofen, Benadryl (capsules, liquid, chew, gel), anti-diarrhea medication, Sudafed, etc., the camp nurse or Camp Bethel staff will administer them. Please indicate on the Camp Bethel Information & Medical form if we have your permission to administer these medications if needed. If you have questions about your child's specific needs, please call the office in advance. (276-328-6876).

Contacting Your Camper:

We have one payphone available should your child need to use it, although we discourage this practice. If they need to call, we ask them to limit the number and length of calls. Feel free to write, email, or fax your child a note. We have mail call every day and it is a lot of fun!

Due to the volume of correspondence, please limit your faxes and emails to three per week! If mailing, please allow 3-4 days for it to be received. If sending an email, please do NOT send attachments, pictures, or confirmation reply.

Campfire:

Your family is invited to join us on Friday about 7:30 p.m. for the campfire/candlelight service. Please **do not** arrive earlier than 7:00 p.m.

Homesickness and child sickness:

Through experience, we have found that children tend to become "homesick" after calling home. We have also found that parents become "child sick" when sending their child to camp. We ask you to discuss this with your child. Encourage your child to make it through camp without calling home. Tell them they are brave and they can make it. Try to put them with a cabin buddy, someone your child knows from home, so that they will be more comfortable.

Please remember, if the camper decides to go home after having stayed for either the first meal or the first overnight stay, no portion of your fee will be refunded.

Classes:

This summer, we will have the **camper choose classes on Monday** after they get registered. The cabin leaders will take time to go over the class descriptions & sign up.

*** If we have the proper summer staff available, we will be offering a praise band class for Ultimate & Super Teen Weeks. Campers are allowed to bring their own instruments from home. We will have a place to store them for the week. **If they choose to keep the instrument in the cabin, they are responsible for them.*****

See you soon!!