



## Summer Camp Information for Parents & Campers

### Prior to Camp

Please mail to the camp:

#### 1. Camper Registration Form and Deposit

Please bring with you to registration:

#### 2. Camper Health History Form (*Available Online*)

#### 3. Off-Site Waiver Form (ALL Adventure & Eco Camps)

Please have all the forms completed when you register your child for camp.

### Arrival at Camp

If your child is attending one of our week-long or shorter residential camping programs, you can register them at the Lodge. Registration is open from 3-5 p.m. Observe parking instructions and use appropriate cautions when driving through camp.

### Registration

Registration will be held in the camp Lodge Recreation Room (signs will point you there). You can leave your camper's luggage in your vehicle until registration and health screen is complete. As a reminder, if you have not already done so, you need to bring the Camper Registration form, Health History form and Pick-up Authorization, health insurance card, remaining registration balance payment, medications and spending money with you as you register your camper.

### Health History Information Form

The camper's health form must be completed to the fullest detail possible. We ask that any medications that are given to the Health Officer be accurate and in their original packaging so the physician's directions are available. We also would like to have any specifics regarding care for special needs (i.e. behavior patterns, personal habits, food allergies, special food needs) that would assist the staff in meeting your child's needs and making their camp experience meaningful. Please be as detailed and descriptive as possible.

### What to Bring to Camp

T-shirts and shorts/long sleeved shirts and pants

Sturdy, modest clothing for cool or wet weather

Rain gear

Two pairs of closed toe shoes (see "Dress Code" below)

Bathing suit (see "Dress Code" below)

Sleeping bag or blankets and sheets

Campfire blanket

Pillow

Towel & toiletries

Water bottle

Bible

Pens/pencils & paper

Postcards, envelopes, stamps

Flashlight & batteries

Sunscreen

Insect repellent

Money for offering project & camp store

### What to Leave at Home

These items are not to be brought to camp and will be confiscated by staff unless given permission to use throughout the week by the Camp Dean. Any confiscated items will be returned to the camper prior to departure from camp.

- Digital Cameras
- Cell Phones or pagers
- Snack foods, candy, gum etc.
- Electronic games
- Radios, CDs, iPods or mp3 players
- Hair dryers
- Fishing poles
- Knives, firearms, pyrotechnics or other weapons

### Dress Code

As a faith-based summer camp, our faith leads us in our daily walk and decision making. We ask that the clothing for both everyday use and swimming be modest. Clothing that would be considered immodest:

\* Clothing worn to reveal underwear or cleavage, pants below waist level or clothing that is excessively baggy or tight is **not** permitted. Shorts **must** be mid-thigh length or longer.

\* Clothing with suggestive or negative slogans/language (i.e. vulgar language, obscenities, and/or drug or alcohol advertisements are **not** allowed.

\* Shirts **must** have sleeves and be waist length or longer. Mid-section should not be visible. **No** tank tops, tube tops, or halters will be allowed.

\* Swimwear **must** be appropriate and is to be worn only in at the beachfront or other designated areas. For females, this means a one-piece or a two piece "tankini" that meets in the middle. T-shirts also may be worn to cover a bikini. For males, this means swimming trunks.

\* Flip-flops are **not** to be worn as daily footwear.

*(Our staff reserves the right to ask a camper to change their clothing if we think the attire is not appropriate.)*

## **Digital Photography & Phone Cameras**

Today, most photos are developed by someone other than a photographer and can be shared on social media sites without the permission of those who are in the photos. At Camp Brethren Heights, we enforce the policy that only staff may use digital photography (i.e. digital cameras) during camp. The camp also has a camera that will be passed around during the week so that campers may take photos.

## **Meals**

Meals are well balanced and eaten family style. We also offer a salad bar at least once a day, reducing the use of sweetened beverages and serving fewer desserts and more fruit. We are also providing a basic vegetarian option at each meal. If your child has any specific food concerns please include them on the Health History Form and be as specific as possible.

## **Offering Project**

Each year an offering project is selected for campers and leaders to support. This is done to raise awareness of campers to the responsibility we share in caring for others through sharing.

## **Telephone Calls & Visitors**

We believe that an integral part of maturing is the extended experience away from home. For this reason, *we strongly discourage phone calls to campers and visits to camp.* If there is an emergency please call the camp office at (231) 867-3618.

## **Mail & E-mail**

Campers look forward to hearing from family and friends during their time at camp. Write letters early in the week to allow for mail to reach camp. Parents of Otter, Archer & Explorer Camps may wish to leave letters on the day of registration for delivery the next day. Mail should be addressed to the camper with the name of the camp session they are attending (i.e. Beaver Camp) and then the camp address at:

### **Camper Name**

***Name of Camp Attending (i.e. Bobcat, Otter etc..)***

**9478 Brethren Heights Rd.**

**Rodney, MI 49342**

If it is more convenient for you to send an email message or photo to your camper, we will print and deliver it to your camper. You can send it to the camp email account: **brethrenheights@gmail.com** and in the subject line please write the name of the camper and the session they are attending. Please make sure to have all emails sent before 5 p.m. so that they are delivered that day during supper.

## **Lost and Found**

At the end of the summer there is always a pile of campers' belongings left at camp. We strongly encourage your camper to label all of their belongings.

If, however, your camper does leave something behind, you may inquire about lost items by calling the camp office. If we have found the item, you may arrange to pick it up. Items not claimed by Fall Festival are donated to a worthy charity.

## **Activities**

Each camper will experience a range of activities that will work with multiple learning styles. The activities for camps held on Camp Brethren Heights site include but are not limited to:

Morning Watch	Vespers
Cabin Devotions	Bible Study
Campfires	Cookouts
Crafts	Nature Connection Activities
Swimming	Canoeing/Kayaking*
Boating	Mucking*
Service Project	Overnight at the Island*
Archery*	Dramas/Skits/Talent Show

\*These events are limited to certain camps as part of our progression of activities. There is a separate list of activities for camps that go off site. These camps will require special permission slips and releases that will be included with the list of activities.

## **Camper Safety**

The safety of your child is our top priority. We work at this in several ways. The first is the personnel whom we hire or who volunteers for us. We check references and do a background investigation on all employed staff and volunteers working with children. We train all staff and volunteers in appropriate behavior with children and keeping children safe. We provide supervision in all levels of operation. We review and evaluate staff on their performance.

## **Nature Deficit Disorder**

Children today spend 94% of their time indoors – resulting in symptoms of epidemic obesity, depression, attention-deficit, stress dysfunction and plug-in obsession. At CBH a large part of our experience is the emphasis placed on connecting with creation in a meaningful and transformative way. Most of our programming takes place in an outdoor setting and we acknowledge that there are many children who have not spent a lot of time outdoors in nature or those who have unfamiliarity with nature. Campers should prepare themselves to be outdoors for the majority of their time at camp.

## **Homesickness**

Homesickness is a natural part of a child's experiences away from home. It is a known fact that 95% of all children experience it in some form, no matter their age. The intensity is affected by factors: EXPERIENCE, which is related to age and previous separation experiences; PERSONALITY, which is related to the children's control over their emotions and how attached they feel to their caregivers; FAMILY, which is related to whether they feel they are being forced to come to camp, whether parents expressed anxiety or doubt about them coming to camp and/or worries over situations at home; and ATTITUDE, which is related to low expectations about camp, negative first impressions of camp or thinking their homesickness will be strong. Campers will be encouraged to talk about their feelings and to continue with camp activities. Phone calls are not forbidden but are highly discouraged as it disrupts camp life.

\*Here are some tips to help reduce the impact of homesickness on your child:

- Visit CBH prior to your child's week of camp. Open house is a great opportunity to explore camp.
- Visit the CBH Website or Facebook page to view facilities and see pictures of other campers.
- Talk with your child about the normal feelings of missing those things in their lives that they love.
- Encourage them to bring a favorite stuffed animal or a family photo from home.
- Encourage them to write letters home.

We discourage you from getting caught up in the "Pick-up" promise or "Phone Call" promise. Even though you mean to be supportive, you may be sending the opposite message that you don't believe that they can be successful. As a last case scenario, we'll work with you to negotiate a shortened stay if all other options fail.

## **Directions to CBH**

### **GPS Coordinates**

Latitude: 43° 42'15.52" N  
Longitude: 85° 16'25.79" W

\*If you're using a GPS, **do not type** in the address of the camp as it will take you two hours northwest of camp.

Please make your destination:  
**9478 Lakeview Blvd.**  
**Rodney, MI 49342**

This will take you to Jehnsen Lake and you'll be able to see signs for the camp and navigate from there.

## **From U.S. 131**

- Take Big Rapids exit 139
- Head East onto M-20 1.7 mi.
- Turn *left* onto State Street (BUS 131 N) 0.8 mi.
- Turn *right* onto Maple (M-20) 0.6 mi.
- Turn *right* onto S 3rd Ave. (M-20) 0.2 mi.
- Turn *left* onto Colburn Ave. 0.4 mi.
- Colburn becomes 16 mile Rd. 7.9 mi.
- 16 Mile curves *left* and becomes 110th Ave. 1.0 mi.
- Turn *right* onto 17 Mile Rd. 2.0 mi.
- Turn *right* onto 90th Ave. 0.6 mi.
- 90th curves left, **DO NOT** follow curve, head straight
- Turn *right* onto Brethren Heights Rd. 0.2 mi.
- Follow Rd. to the Camp Lodge 0.4 mi.

## **From South M-66**

- Take *left* onto M-20
- Follow M-20 west through Mecosta 6.5 mi.
- Turn *right* onto 80th Ave. 2.7 mi.
- Main road curves left - **DO NOT** follow, turn *right* and continue north on 80th Ave. 1.8 mi.
- Keep *left* at fork of 80th & Taft Rd. continue on 80<sup>th</sup> 1.2 mi.
- 80th makes *left* and becomes Wilson Rd. 0.7 mi.
- At the T Wilson becomes 90th Ave. turn *left* at the T, then *right* on Camp Brethren Heights Rd. 0.2 mi.
- Follow Rd. to the Camp Lodge 0.4 mi.

## **From North M-66**

- Turn *right* onto 20 Mile Rd. in Barryton 5.8 mi.
- Turn *left* onto 90th Ave. 3.6 mi.
- 90th curves left, **DO NOT** follow curve, head straight
- Turn *right* onto Brethren Heights Rd. 0.2 mi.
- Follow Rd. to the Camp Lodge 0.4 mi.

## **For More Information**

**Phone:** 231.867.3618

**Email:** brethrenheights@gmail.com

**Website:** <http://www.campbrethrenheightsmi.org>

**Youtube:** [www.youtube.com/campbrethrenheights](http://www.youtube.com/campbrethrenheights)

