

Happy Camper Help Sheet

...and other good stuff you need to know before coming to Jumonville.



Going to summer camp can be exciting, maturing, and fun. This brochure is designed to help you prepare for a positive camp experience.

TIPS FOR HAPPY CAMPERS

Parents of first time campers should pay special attention in preparing for camp. For some, the first time away from the familiarity and comforts of home can be a challenge.

- Consider a pre-camp visit to Jumonville. Call the Jumonville office at 724-439-4912 to arrange a visit.
- Plan some nights away from home before camp starts. Sleepovers at a friend or grandparent's house can be reassuring.
- Try to anticipate changes that will occur in a person's routines while at camp. For example, if a camper normally takes baths, have him/her "practice taking showers to prepare for camp. If the campers normally plans many of his/her meals, talk about the need to cooperate and make healthy choices at camp meal times. There are 6-8 campers to a table with at least one counselor.
- Promise to write or email, and keep the promise. All campers love to get mail at camp, but don't overdo it. Some families send a letter before camp so the camper gets mail on the first day. Campers can also receive email that is delivered along with letters and postcards. You can send email to your child by addressing it to campermail@jumonville.org. Include your child's name and the event name & number in the subject of the email. Packing some stamped, pre-addressed letters or post cards makes it easier for them to respond. Letters from home should be upbeat and positive. Telling a camper how much he/she missed, or what fun everyone is having at home, can bring on homesickness. On the other hand, don't worry if your

camper sends an unhappy letter. Emotional ups and downs can occur while learning to live with others away from home.

- Encourage your camper to express feelings about going to camp: joys, fears, any concerns. Talk openly, helping your camper work through it if difficulties are expressed.
- Don't introduce the idea of homesickness or any other troublesome possibilities. Assure your camper that the camp staff will help campers make new friends, have fun, and help them with any questions. Please remember that camp policy does not allow campers to make or receive phone calls except in the case of an emergency and with the permission of the counselor or dean.
- When packing for camp, use the Camper Checklist. Don't send items the camp doesn't allow. Having items taken away and kept in the camp office until the end of camp is upsetting. Also, as you pack, keep in mind that the camp can not be responsible for items lost, stolen, or damaged. Do not send "best" clothing.
- Labeling everything will help prevent confusion and loss.
- Please do not send any foods or snacks to the campers. Food in the cabins attract mice!

CAMPER DRESS CODE

- Bathing suits should be modest one piece for females and bathing trunks for males (no Speedo style.) Camp staff, deans, and volunteers will have the final decision determining the appropriateness of any suit worn by either gender, reserving the right to require any camper, volunteer, or staff member to wear a t-shirt over the swimsuit.
- All campers should bring at least 2 pairs of comfortable shoes to camp. Preferred footwear shall be closed toe & heel, laced shoes. Sturdy outdoor sandals or Teva style footwear shall be permitted in casual or less strenuous activities. Flip flops are only permitted in lodging areas, showers, and pool areas. Our campus has lots of uneven walking areas. Sprained or broken ankles are not fun!
- Shoes for adventure activities need to be laced, closed heel & toe shoes, or hiking boots.
- In keeping with the Christian atmosphere at camp, all clothing should be modest and should not include any messages that would be considered as incompatible with the Christian faith. Things such as belly shirts, short shorts (shorts should be finger tip length), very low-rise jeans/pants for females (meaning bare midriff) athletic undershirts ("beaters") and/or extremely baggy pants on (meaning pants that are meant to fall off from the waist) are not permitted. In most cases a t-shirt on top of the clothing will make the "outfit" acceptably modest. Shorts should be "finger tip" length.

CAMPER CHECKLIST

Things you need for camp:

- Health Form, and all necessary medications bagged in original containers.
- Jacket/heavy sweater & a sweatshirt/long sleeved shirt
- Daytime casual clothes (ie.shirts, shorts, and jeans)
- At least 2 pair of comfortable (non-dress) shoes
Flip flops may only be worn in the cabin and at the pool. You will need other sturdy shoes for around campus.
- If your group is planning adventure activities, they may also need old clothes that can be ruined (Adventure campers will use one pair of shoes in caving & water activities – therefore, send old shoes &/or water shoes if possible.)
- Sleepwear, underwear, and socks
- Swim suit (or 2) & extra towels (Girls modest one piece - guys swim shorts)
- Rain gear – plastic raincoat/poncho
- Pillow and pillowcase; sleeping bag & extra blanket, OR sheets, mattress cover, and 2-3 blankets. Please be aware that many of our beds are extra long.
- Towels and washcloths (minimum of 2 sets for the week.)
- Toothpaste; toothbrush; brush/comb; shampoo; deodorant; bug spray; soap (Warning: highly scented articles attract bees and bugs.)
- Flashlight (extra batteries and a bulb will help too.)
- Cloth or mesh dirty clothes bag (plastic bags invite mildew.)
- Stationery/postcards; envelopes; address list; stamps; pen/pencil; notebook/paper
- Water bottle or Nalgene & a Bible.
- Reliable flashlight and extra batteries.
- Insect Repellent & Sun glasses
- Money for camp picture/CD, store, campership offering
- Sunscreen & Hat (These are a must for fair skin campers)

Do not bring to camp Leave these at home

- Electronic devices: CD player, iPod or MP3 player, tv, computer or computer games, cell phone, pager, etc. (Computers & cell phones & mp3 players may only be brought by adults for business or program reasons.)
- Weapons: knife, switchblade, ax, hatchet, gun.
- Tobacco in any form, including snuff.
- Pets (and don't take any home either!)
- No alcohol or drugs
- Non-prescription drugs in any form. (Talk to the camp nurse if you need something.)
- Expensive clothing, jewelry, or watches.
- Snack foods (Be sensible, in cabins snacks may attract mice.)