

## SPECIAL PERSONS CAMP PARTICIPANT INFORMATION



PLEASE READ THIS PREPARATION GUIDE CAREFULLY!

### Health Care at Camp

- Please complete the white, four-page health form and **send it to Camp Wanake at least three (3) weeks prior to the start of your session. Please be sure to send this to Wanake** at 9463 Manchester Ave SW, Beach City, OH 44608 (Do **not** send it with your payment.) Campers may only attend camp with a completed health form signed by a parent/guardian or self, as appropriate.
- Page four of the health form is a medication record. After filling this out, recheck it for accuracy. Write only in non-shaded areas.
- We suggest making a copy of the entire health form before sending it to Wanake (9463 Manchester Ave SW, Beach City, OH 44608). Bring your copy with you to check in on Monday morning.
- Just before your camper departs for Wanake compare what is written on the medication chart with the medication name, prescription dosage, and times given against the bottles/containers in which you are sending medication. Send the form and a note explaining any discrepancies with your camper to camp.
- Health care is provided through the health director and all staff have training in their health care responsibilities.
- The health director will collect all medication (prescription and non-prescription) and verify information at check-in. All medications are kept locked in the Health Center. The Health Director monitors campers to make sure medications are taken as prescribed and that health care needs are met.
- Campers may only attend camp with a completed health form signed by a parent/guardian or self, as appropriate.

• **ALL medication**, whether prescription or over-the-counter, must be delivered to the Health Director in the **original containers labeled with the camper's name**.

• **ALL medications**, including over-the-counter medication/vitamins are kept and administered by Wanake's staff.

- A parent/guardian/caregiver will be contacted when the Health Director determines that a camper requires treatment outside the camp's Health Center. The camp will attempt to contact a parent/guardian/caregiver prior to transporting campers but will not delay urgent care if a parent/guardian/caregiver cannot be reached. A parent/guardian/caregiver will also receive notification if their camper receives any injuries or contracts any illnesses which may require further treatment and follow-up care after camp.
- Please indicate on page three (3) of the health form who camp staff should contact in the event of a health question or decision making with regard to continuation in the program after an injury or incident.

### Food Service and Special Dietary Needs

- Family style meals are served by a licensed food service.
- Meals are healthy, well-balanced and generous.
- Be sure to complete the dietary questions on the health form required to arrive on site **3 weeks prior to the start of the session**.
- **If your camper has an extremely strict or unusual diet, notify the camp now. This will give the Wanake staff time to prepare.**

### Get Acquainted Form

- Please take time to read and fill out the enclosed form about your camper and send it with your health form three weeks ahead to Wanake (9463 Manchester Ave SW, Beach City, OH 44608). If you are more comfortable sharing information by phone or in person, please contact Julie Lutt at Wanake.

### Check-In Days and Times

- **Check-in time is at 10:00 AM on Monday.** We will not be prepared to check campers in earlier.
- At check-in you will sign your camper in, go through health screening, register medications with the camp health director, and meet your group, including your counselors. Campers may also bank money for the camp store.
- Realize that **check-in will take some time** to complete (at least 20-30 minutes). It will take more time if you are bringing a group of campers. Please plan your day accordingly.

### Closing Program and Check-Out

- A closing program takes place at **2:00 PM on Friday**. Please check in at the office for program location. You will be ready to leave the site at 3 PM.
- **Parent/Guardian/Caregiver/Other designated person must sign campers out on check-out day. Campers will not be released to individuals other than the person designated on the check-in form without prior written notice.**
- The camp store will be open following the program.

**If you will need to arrive earlier or later for check-in or check-out, please make special arrangements with the Wanake office at least 48-hours in advance.**

**Please notify a Wanake staff member at check-in on Monday about pre-planned early check-outs on Friday.**

### The Trading Post (Camp Store) and Money

- The Trading Post sells a variety of items, including t-shirts and other souvenir items. The Trading Post is open during check-out and once during the week for your camper's group to shop.
- Campers may bring money to spend at the camp store, which is "deposited" in the camp "bank" at check in. This eliminates money becoming lost. Money not spent is returned on closing day and may become a mission offering.\*

### Mission Project 2016: Planting Seeds of Fruitfulness

- Last year campers raised \$659 for The Rice Bucket Challenge in West Africa. This equals nine (9) Rice Buckets. Super work!
- In honor of Wanake's 70<sup>th</sup> year in 2016 and fruit of the Spirit Bible study "God Plants His Fruit in Us," we will partner with ministries to plant seeds of hope and fruitfulness.
- **Farmer to Farmer ministry in Liberia, Africa** - Farmers plant seeds leading to fruitful harvests, which support other ministries in the Liberian community: clinics, schools, churches, & sewing projects.
- United Methodist ministries in East Ohio and **UMCOR (United Methodist Committee on Relief)** to plant seeds of hope through canned fruit and health and school kits. Canned fruit for United Methodist food pantries: **Canton Calvary Mission** and **Stuebenville Urban Mission**. UMCORE health kits provide basic necessities to people who have been forced to leave their homes. A school kit may be child's only educational resources.
- Campers are encouraged to make monetary donations or **bring the following items to camp**: canned fruit, washcloth, 8" comb, metal nail file, nail clippers, 3oz or larger bath soap (not Ivory) in original packaging, adult toothbrush in original packaging, BandAids, blunt scissors, spiral notebook, loose leaf paper (150 sheet package), hand held pencil sharpener, 30 centimeter ruler, unsharpened pencil, 2 inch eraser, 24 count boxes of crayons.

\* = More information is located later in this document, read on.

## Time to Pack the Bags!

Everything (including socks & underwear) should be labeled!

### Camper Equipment list for four night stay

Socks (7 pair)	Waterproof boots
Underwear (daily change)	Shoes/Boots/Sneakers (2 Pair)
Long pants (2-3 pair)	Swimsuits (one piece)*
Shorts (2-3 pair)	Rain gear
Shirts (daily change +1 or 2)	Pajamas
Sweater/Sweatshirt (1 or 2)	Hat/Sun visor
Warm jacket	Slippers for use in sleeping space

**Remember camp is a place for exploring. Campers should be able to get wet and dirty without undue concern for clothing. Old clothes are the best option.**

Laundry bag labeled with camper's name	Bible* camp has for campers without
Sleeping bag (or 3 blankets)	Water bottle
Sheets-fitted for mattress/flat for hot nights	Flashlight/Fresh batteries
Extra blanket (for cool nights)	Medications* in original containers
Pillow & pillowcase	Pencils/Pen/Notebook
Towels (2)/Washcloth	Sunscreen
Soap & soapbox	Insect repellent*
Toothbrush/Toothpaste	Day pack/Book bag
Shampoo	Brush/Comb
Stationery/Stamps	Book for rest time

### Your health form should already be at Wanake.

For Alumni campers:

### Your Wanake Nametag & Pins from previous years

#### Optional

Money for Camp Store	Mission Project Offering*
Camera/film	Items for Craft Shop*
Sunglasses	Act for Talent Show

**Wanake and the Wanake staff are not responsible for the loss or destruction of campers' personal property/vehicles/sports equipment/animals. Please do not send valuable items with campers to camp.**

### **Leave at Home**

Radio/CD/Tape player/Ipod/MP3	Cell phone/Valuables
Expensive clothing/Bikini	Hair dryers/Curling irons
Video games/Electronic devices	Aerosol cans
Tobacco/Alcohol products	Weapons/Fireworks
	Food/Candy/Snacks

### **Other items which detract from your full participation in camp**

**Dress Code:** We ask that all clothing be modest and free of mottos, sayings, or advertisements that conflict with a spirit of Christian community. (offensive language, drug promotion, sexual innuendo, etc.) Swim trunks are required for males and one piece swimsuits (tankinis are fine) for females. All clothing should cover one's underclothing completely and be of a proper fit for active wear. Your cooperation will aid in a successful week.

**Bibles** are provided for any camper who does not have one. Contact the Wanake office to have one at check in for your camper.

### **A Note About Insect Repellent and Mosquitoes**

All insect repellent is not created equal! Purchase insect repellent that has deet content and does not smell "fruity or flowery." We find that good smelling repellent attracts rather than repels! Bounce dryer sheets work well keeping mosquitoes at bay! Try drying clothing coming to camp in Bounce and placing dryer sheets in your camper's luggage. Repellents do not have like effects on each person, so Wanake has alternative options available for campers at no charge. Know that Wanake takes many steps, including work with a naturalist and community, county and state agencies, to alleviate mosquitoes from the area, but the best protection for your camper is to use repellent.

### **Wanake is more than a summer camp, offering programs, food service and facilities all year.**

Consider Wanake for your next event and/or check out opportunities throughout the year for adults, children, families or

## Who Will Care for My Camper?

- Staff members, paid and volunteer, are carefully screened and selected, benefit from training, and are led by a year-round staff with 50+ years of camp & retreat ministry experience. The staff is comprised of college students, adults of all ages, and junior staff assistants ages 15-17 with close supervision.

## My Camper is at Camp: What should I do?

- Pray for your camper and a super experience at Wanake.
- Please **don't phone** your camper as contact with home tends to heighten adjustment problems. If there is an **emergency**, your message will be conveyed through the Director or Assistant Director. Likewise, staff will contact a parent/guardian if there is an emergency or particular concern about the camper.
- **Write letters.** Remember, it can take a few days for a letter to get to the site, so write letters early — even before your camper leaves home. **Wanake is happy to take letters on check-in day to be delivered later in the week!**
- **We do NOT encourage sending packages**, especially food, candy, or snacks as they attract rodents & insects.
- **E-mail campers.** To send an e-mail to your camper, follow these instructions: (1)Send the e-mail to [mycamper@campwanake.org](mailto:mycamper@campwanake.org). (2)At the top of the body of the e-mail, include your camper's full name, name of their program, and day of the week you want the e-mail delivered. (3)Each camper may receive up to 5 e-mails per week. (4)E-mails sent after 12pm (noon) will be delivered the following day. Counselors pick up camper mail after lunch.
- **Visits.** Parents, family and friends are welcome to visit the site on the **first and last** days of the camping week.

**Homesickness** — is a real part of the adjustment some campers make in being away from home and/or family. **We are sensitive to homesick campers and "camper sick" parents/caregivers, and work hard to support families through the adjustment.** As camping and development professionals, we want your camper to develop independence in a healthy and safe way. Working together we can make your camper's experience a successful one.

- Encourage your camper by sharing with them how much fun their week of camp will be. Tell them how proud you are of them for taking this step. Share with them that their counselor and the camp director are here to help them have fun, make new friends, and grow in their faith. Encourage them to discuss their feelings with the camp staff, if they are feeling scared, homesick, or bad in any way. Tell them you are looking forward to seeing them at the closing program.
- Studies have shown that campers who practice being away from home before attending camp experience fewer or less dramatic symptoms. Also, it is often helpful to bring something familiar from home: a book, picture(s), stuffed animal, etc.
- Let your camper know that we are unable to allow campers to call home. Please don't tell a camper "if you want to come home, call me and I'll come get you." This negative empowerment teaches individuals to run from problems. Wanake calls a parent/guardian/caregiver when homesickness (or any factor) becomes a concern.

## Visit Wanake and See Camper Living Spaces

- Saturdays, April 2 & May 14, 2016
- Visit any time. Contact the Wanake office by phone or e-mail. Visit Wanake on the web for photos and more information.

## CONTACT US

**Julie Lutt, Director;**  
**Emily Cook, Guest Services Manager**  
**Kari Miller, Summer Program Director**

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