



328 Bethel Road, Fincastle, Virginia 24090  
 phone: 540-992-2940  
 CampBethelOffice@gmail.com  
 www.CampBethelVirginia.org



## 2017 Brethren United Mountain Adventure Trip 7 Confirmation Packet

Dear Camper and Parent,

Thank you for signing up for this trip! We have received your registration and are now confirming your spot in our **Brethren United Mountain Adventure Trip 7, Sunday, July 24 at 4:00pm through Friday, July 29 at 6:30pm.**

Please plan to arrive at Camp Bethel at or before **4:00pm, Sunday**. Check-in begins promptly at 4:00pm Sunday in the Ark Conference Room with important announcements and introductions for ALL families. Please park in the Ark parking lot. Parents should accompany their camper through check-in and meeting their group's counselors. See the enclosed "Check-in Procedures" for detailed first day instructions. The camp's Trading Post will be open from 3:00-3:50pm. Dinner will be served to campers on Sunday evening after check-in.

Pick up time is **6:30pm, Friday**. Families who reserve Friday dinner with their campers may arrive at the Ark Dining Hall at 5:20pm. You must reserve your dinner(s) in advance at Sunday's check-in. At Friday's dinner, please bring a donation to offset the cost of your meal(s). Please allow your camper to experience our closing celebration with their camp friends; please don't leave before 6:30pm. Campers are dismissed at 6:30pm Friday to their parents, and the Trading Post will be open from 6:30-7:15pm.

Enclosed with this letter are "Preparations for Your Trip" including check-in procedures, rules and information about your camp week, forms, and a specific list of items to pack. The link for a required waiver for our caving outing is listed on page 6. Please write your name on every item you bring to camp. We require modest swimwear. Carefully read all the enclosed information.

See the enclosed page titled, "Final Payment and Forms Due for Camp Bethel." This page lists your balance due (if any) and any forms and waivers due. **Forms and payments must be returned to Camp Bethel by July 14:** (1) Your balance due (if any). If your complete camp fee is not paid by July 14, you will forfeit your reserved spot; (2) Your front-to-back completed "Camper Health Form" & "Medication Instructions Form"; and (3) the on-line waiver for High Gravity Adventures.

Post-mail can be sent to campers (c/o Camp Bethel) at the camp mailing address above, and daily e-mail can be sent with Bunk1 paid-services through our web site, [www.CampBethelVirginia.org](http://www.CampBethelVirginia.org). Post-mail should be sent early in the week to ensure contact. In case of extreme emergency, contact Barry LeNoir, Camp Director, at 540-992-2940. For after-hours emergency contact, call the office phone, 540-992-2940, to be prompted to our on-call staff number.

We have an exciting trip week planned for you! After check-in Sunday at camp playing and preparing, we'll travel Monday morning to the mountains of North Carolina for a fun week united with campers and leaders from six Church of the Brethren camps: Camp Ithiel (FL), Brethren Woods (VA), Camp Harmony (PA), Inspiration Hills (OH), Shepherd's Spring (MD), and our host, Camp Carmel (NC) within view of Grandfather Mountain! We'll play on a natural water slide, hike up Hawksbill Mountain peak past a beautiful waterfall in the Linville Gorge Wilderness, go star gazing, visit a country store, help the local community with a service project, play Frisbee golf, Kan Jam, 9-Square-in-the-Air, and Bocce Ball. For our group adventure outing, We'll be shuttled by the High Mountain Expeditions to Worley's Cave in Bluffus City, Tennessee! (see waiver info on page 6). Back at Camp Carmel we'll enjoy Bible study, team building activities, group games, GaGa ball, 4-square and 9-square, music and singing, campfires, worship, cozy cabins and great Camp Carmel hospitality while exploring life in the Church of the Brethren TOGETHER. After Friday breakfast at Carmel, we'll return to Camp Bethel for our 5:20pm closing dinner and celebration.

Camp keeps getting better and better, and we have an exciting, active, on-the-go Adventure camp week planned. Our summer theme is **"Branching Out: Connected through Christ."** Romans 8:38-39: *"I am convinced... nothing in all creation will separate us from the love of God that is revealed in Christ Jesus."* It is amazing to learn that indeed *nothing* can separate us from God's love for us! Like Paul and the disciples, we have tools for reconnecting with God. Living and learning together strengthens our connection to God and to each other. Together we will branch out and try new things, grow in faith, and find the joy of living connected to-and-through Jesus.

Between now and camp, stay informed with announcements, news and *"all things Camp Bethel"* by subscribing to our E-News at [www.CampBethelVirginia.org/subscribe-to-e-news.html](http://www.CampBethelVirginia.org/subscribe-to-e-news.html). If you have questions contact Jenna or Barry at **CampBethelOffice@gmail.com** or 540-992-2940.

We look forward to seeing you at camp!

Together, in Christ our hope,

*Barry, Beth, Brigitte, Jenna, Mickey and the Summer Staff of Camp Bethel*

# 12 PREPARATIONS FOR YOUR TRIP:

1. What to pack: Gear list.
2. Camp rules and policies.
3. Preparing for camp living.
4. Preventing homesickness.
5. Trading Post & Camp DVDs.
6. Summer Offering.
7. Driving directions to camp.
8. Sunday check-in procedures.
9. Friday pick-up procedures.
10. Communicating with your camper during the camp week.
11. Safety for our Adventure day trip.
12. Health History & Medication Instructions forms & waivers.

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## #1: What to pack: Brethren United Mountain Adventure Trip Gear List:

Please put your name on ALL items! Pack lightly! Remember, you will have to help unload and carry your personal gear AND group gear. Try to pack all your gear, including sleeping gear, into ONE big duffel bag or backpack. If you are coming with a friend, plan to SHARE gear & products (especially sunscreen, insect repellent, toothpaste, shampoo, etc); anything to reduce your load! Pack all clothing in Ziplock or plastic bags.

- Good hiking shoes for our day hikes: comfy & broken-in with good toe & heel protection and thick-firm soles for stepping on many rocks. Sandals are NOT permitted for hiking.
- Shoes to get wet for activities (creek play, tubing, swimming): Strap-on sandals or water shoes (no flip-flops or crocs). We will also take these along in our day packs during our day hikes for creek swims at each waterfall.
- One day-pack or school-style backpack to carry lunch, water bottles, water shoes and dry clothes on our day hikes. This pack will also be our day-packs on our biking day for lunches, water bottles, etc.
- Light-weight, small sleeping bag & pillow that stuffs down to small size or light-weight blanket; double bag into 2 trash bags.
- Wide-brimmed hat w/ tie strap to keep sun off face and neck.
- Waterproof/sweatproof sunscreen: SPF 30 or higher; unscented.
- Insect repellent. Please follow instructions for use.
- Extra Ziplock bags, plastic bags & trash bags.
- 1 large beach towel; 1 small bath towel & washcloth.
- If you have specific dietary allergies, contact Jenna** at the camp office to discuss bringing extra food stuffs.
- Small toothbrush & small tube of toothpaste (to share).
- A light-weight rain jacket w/ hood or light-weight poncho w/ hood.
- Small, lightweight flashlight (L.E.D. headlamp is best).
- 2 quart-sized, non-glass, screw-top water bottles (steel water bottles available in camp's Trading Post for \$15 each).
- Offering money to be placed in the Offering Box at check-in.
- Clothing:** Pack for comfort, but pack minimally. Pack all clothing into gallon Ziplocks or sealed plastic bags:
  - 1 pr. leggings or light-weight (cool) long pants. These are to wear in two conditions: (1) in case of cold weather, and (2) to cover legs at night keeping mosquitoes/midges off, even in hot weather. For this reason, we recommend light-weight leggings made of cotton.
  - 1 long-sleeved warm shirt in case of cold weather.
  - 1 light long-sleeved cotton tee shirt, hoodie or button-up to cover arms at night keeping mosquitoes/midges off; to be worn in HOT weather.
  - 3-4 tee shirts & 2-4 pairs of shorts.
  - 1 pr. THICK shorts (like jean shorts) to get wet for creek swim day (for sliding down rock waterslide on your behind)
  - 2 swim suits that are durable & quick-drying: To be worn almost non-stop during day hiking for creek swims.
  - 2-4 pr. hiking socks: should be moisture wicking, wool/synthetic; NO cotton!
  - 4-5 pr. every-day socks for running, games, camp outs.
  - 4-5 pr. underwear.

**Additional Pack Items for Caving Adventure Outing:** All things taken into the cave will get wet and potentially muddy! For caving, High Mountain Expeditions will supply helmets, emergency equipment and guides. Camp Bethel provides lunches for all outings.

- If you wear glasses, you will need a strap to keep them on
- water bottle
- High Mountain Expeditions participant waiver, mailed back or given to Camp Bethel registrar at check-in.
- Old closed-toe shoes or boots to get wet & muddy in the cave.
- Backpack or book bag.
- Blue jeans or work pants, two long sleeve shirt layers (able to be muddied).
- Change of clothing to travel home in.
- 1-2 large plastic trash bags.
- Headlamp AND extra batteries.
- Change of footwear for travel (sandals, sneakers).
- \*Disposable or waterproof camera with flash & strap optional.

### Additional to bring:

- Spending money for travel stops: When we stop for gas and rest areas during travel, we welcome campers to purchase drinks or snacks for the road. We recommend no more than \$50 and no less than \$10.
- Remember our policy of no electronics (except your digital camera), so bring a good book or two for the long van/bus rides. And PLEASE share your digital photos with Jess Wiegandt when we return to camp on Friday.
- It is OK to bring healthy "travel snacks" to share with others for the trip. Camp is providing enough travel food and snacks, but we want each camper to be comfortable and well-fed, including snacks. We welcome family donations toward our snack-supply. Please, no sodas or canned drinks. We are traveling in a group of 12 persons (9 campers with 3 adult counselors/trip leaders).
- If coming with a friend, plan to SHARE supplies (sunscreen, insect repellent, shampoo, etc.) in order to reduce your pack size.

**Optional:**  watch  bug repellent  camera  hammock w/ rain fly **Camp Bethel provides all necessary program, first aid & safety gear.**

Please consider donating new and gently-used supplies. We're always in need of items listed above and:

- camping chairs (like "soccer Mom" chairs) for the Adventure Villages
- window unit air conditioners
- digital cameras
- new (in-the-box) bike helmets and/or horse helmets
- canoes & paddles
- kayaks & paddles
- new lifejackets
- brooms/dustpans
- new tents/tarps
- music instruments
- backpacking supplies
- S'mores supplies
- new 1<sup>st</sup> aid kits & 1<sup>st</sup> aid supplies
- craft supplies & tools
- box/window fans

### Things NOT to bring:

- jewelry, or other valuables of any kind
- clothing that has inappropriate language/images or is too revealing including girls' bikinis or boys' speedos.
- cell phone/smart phone (see info below), I-pod/I-pad, electronics, CDs/DVDs, video games
- alcohol, tobacco or nicotine products, drugs, smoking/vaping paraphernalia
- weapons, knife, fireworks, matches, lighter
- cologne, perfume, scented products, hairspray, because these attract biting insects AND many persons have allergies to scented products
- flip-flops, Crocs, pets, toys, skateboard, hair dryer, curling iron

## #2: Camp rules and policies:

### Camp Rules to teach your camper:

1. Wear shoes always (except bed, shower, pool).
2. Do not throw or kick anything.
3. Walk on paths, pavement or gravel.
4. No rough play.
5. Stay with your family unit.
6. Obey your counselors.

**Behavior Policy:**

By requesting enrollment into Camp Bethel programs, you have agreed to abide by our Behavior Policy. All campers, staff and guests are expected to behave in a manner conducive to Christian programming and appropriate to child and youth development. Behavior deemed dangerous, inappropriate, intolerable, detrimental to the group or unmanageable by the Camp Directors is grounds for dismissal from camp, (ex: fighting; possession of illegal or harmful item; constant misbehavior; unsafe behavior; etc). Parents will be called as needed. Should it become necessary for your child to return home because of unmanageable behavior, homesickness or other reason, you have agreed to accept the Director's decision and arrange for transportation.

**No Camper Cell Phones or Gadgets: A matter of TRUST:**

Aside from the fact that phones and gadgets are expensive, can get lost, and the physical camp environment is rough for such items, the main reason we don't allow campers to have phones/gadgets is TRUST. We TRUST that campers who come to camp WANT to be here, and choose to temporarily disconnect from their constant phone/internet communications in order to be FULLY present with us at camp. When children/youth come to camp they (and you) are making a leap of faith, temporarily transferring their primary TRUST from their parents to their counselors. This is a growth-producing, yet challenging aspect of camp. As children/youth learn to TRUST other caring adults, they grow and learn, little by little, to solve some of their own challenges. This emerging independence is one of the greatest benefits of camp! Let your child/youth know that they can always reach out to their counselor and camp leaders. The Camp Director WILL contact you if your child/youth is experiencing a challenge while at camp, and the Camp Director WILL contact families in case of any emergency. Counselors do carry charged phones in their backpacks for emergency use if needed. We encourage bringing an inexpensive camera to camp, but you may NOT bring a phone to use as your camera. Thanks, and also read #5 about photo DVDs and #10 "Communicating With Your Camper..."

**Camper Medications:**

Since we are traveling off site all week, only send medications that are **absolutely required** for the health and well-being of your child. If you send any medication for your camper to take during her/his trip with us, YOU MUST RECORD precise instructions on the enclosed "**Camp Bethel Medication Instructions**" form. All camper medications must be checked in to our Health Coordinator upon your arrival at check-in. All trip medications are organized and prepared for being off site by the Camp Health Coordinator. Trip Leaders will dispense medication as instructed during the trip. Only send a one-week supply. Medications MUST be in the original, labeled container with camper name, medication name & strength, and dosage instructions. Place all this into a gallon zip-lock bag with camper's name on it to speed the registration process. If you have specific *dietary allergies*, contact Hannah at 540-992-2940 or [CampBethelOffice@gmail.com](mailto:CampBethelOffice@gmail.com) to discuss bringing extra food stuffs.

**Cancellations, Late Arrivals, Early Departure:**

Please notify the camp office 540-992-2940 or [CampBethelOffice@gmail.com](mailto:CampBethelOffice@gmail.com) in advance if your camper will not attend this session. Because we are off-site all week, campers must attend this camp in its entirety. Late arrival is impossible. Early departure is only allowed in case of emergency illness, family emergency or conditions beyond control, and the camper family will have to drive to Camp Carmel to pick-up your child. (1) Your \$50 deposit is non-refundable unless Camp Bethel cancels the camp program. (2) A \$20 processing fee must be added if you choose to switch your camp date. (3) If complete payment of the camp fee (or scholarship approval or Good-As-Gold form) is not received 14 days prior to your camp date you will forfeit your reserved spot. (4) There are no refunds for cancellation of reserved spot in camp within 14 days prior to your camp date. (5) There are no refunds for partial camp attendance or early departure unless Camp Bethel cancels the camp program.

**Caring for Campers:**

We take the safety and care of your children (our campers) very seriously. Allowing us to care for your child is perhaps the greatest act of trust a parent can engage in. That makes Camp Bethel not just a fun place, but also a sacred one. We do everything we can to honor your trust, including our voluntary adherence to over 300 standards of health, safety and programming through our accreditation by the American Camp Association. We know we cannot do this without our excellent counselors who, by joining our summer staff community, are trained and committed to providing a safe and fun week of learning and growth. If a camper is sad or if there is an issue, illness, injury or emergency the Director WILL contact parents. Parents may view Camp Bethel's policies and procedures at [www.CampBethelVirginia.org/ACA.html](http://www.CampBethelVirginia.org/ACA.html).

**Emergency Preparedness and Parent Notification During the Camp Week:**

Using smart phones, our directors and staff receive instant updates on summer storms or emergencies, and your counselors are trained for camper safety during storms and emergencies. In the case of any emergency in which we are requesting parent action, our office will contact you via e-mail and phone. Otherwise, NO NEWS IS GOOD NEWS, and the camp community is safe. In case of family emergency that must be communicated to your camper, contact Hannah Oakes or Barry LeNoir at 540-992-2940 or e-mail [CampBethelOffice@gmail.com](mailto:CampBethelOffice@gmail.com).

**Visitation not allowed during camp week:**

DON'T arrive at camp or our trip sites unexpectedly! Our home site and our trip campsites are closed to visitors/guests during camper weeks. While supervising campers, all staff are trained to stop and question anyone they don't recognize on site. If you need to visit camp prior to the official pick-up time, you must call ahead AND check in at the camp office when you arrive.

**#3: Preparing for camp living away from home:**

Each counselor is trained to help guide your group safely and successfully through each camp day. Also, good parent preparation can give campers the knowledge they need to fully succeed during their camp week.

**Physical expectations of camp living at Camp Bethel and/or Camp Carmel:**

1. Bathhouses and showers are located in main camp at Camp Carmel, and about ½-mile away from the Adventure Village at Camp Bethel. We'll visit the bathhouses every day. Ahhh, all the convenience of home, only less convenient! A port-a-john is located about 200 yards from the Adventure Village. Plan ahead.
2. Living in your Cabin at Camp Carmel or your Hut at Camp Bethel with 6-10 other persons might challenge our need for individual privacy, (boys' hut/cabin is separate from girls' hut/cabin). Think of ways you can prepare and adapt to a week of rooming with others.
3. Huts and cabins have mattresses and bunk beds. You are also welcome to bring your hammock.
4. We walk everywhere, and we're on-the-go most of each day. Comfortable (dry) shoes & socks are very important. Take good care of your feet, and prepare for a highly active week.

- On hot summer days it's important to drink lots of water and apply sunscreen. Pack your water bottle: quart-sized, non-glass, screw-top (available in our Trading Post), and remember to hydrate often and apply sunscreen 20 minutes before outdoor activity.

#### **Social/Behavioral/Spiritual expectations:**

- Group living: We'll experience all our daily activities **together** as a family unit, including completion of our daily group duty and eating meals together.
- Make new friends: Even if coming with a cabin-mate, you are expected to be friendly, courteous and helpful to others in the group. Family units are co-ed, unless we need to create an all-male OR an all-female group because one sex of campers registers more than the other. You should expect to share your group with youth of different backgrounds, gifts and abilities. We believe Jesus' message of life, hope, love and unconditional acceptance, and at camp, "Love your neighbor" is part of daily living.
- Learning and following the Camp Rules (on page 2) is essential to a safe and fun week. Most of each day is active and boisterous. Also there are times and events during the day when we're expected to listen and participate calmly & quietly, (Bible study/worship, meals/announcements, bed/quiet hours).
- Try new things: Camp is a great place to taste different foods, sing different songs, try and practice new skills, play new games, and grow in our relationships with God, with each other, and with Creation.

#### **#4: Preventing homesickness:**

Good parent preparation is essential to give campers the confidence needed to fully enjoy a camp experience:

- Set realistic trip expectations based on our information and the activities listed in the brochure. Remember to help your child prepare physically for this active adventure trip! Reinforce positive camp aspects; encourage new learning.
- In the weeks before camp, practice overnight sleep-overs with friends and relatives.
- Don't force a child to camp who has no desire to go. Only send a willing child to multiple camps.
- Don't tell campers how much you will miss them. Don't tell campers they can call home; if a camper is sad, the Director WILL call home. For our trip, homesickness is not an option and there is no turning back!

Our counselors are thoroughly trained in methods to prevent homesickness, and the nature of an adventure trip keeps campers active and engaged in activity, work and interpersonal relationships. If, however, your child becomes homesick:

- All staff will do everything possible to address the cause and to encourage the camper.
- If symptoms persist, the trip leaders will contact the Director. The Director will call home to discuss options with you.
- If all determine the best option is to pick up your child, because we are far away from camp, our only option is to recommend YOU travel to get your child. This may or may not be feasible until one or two days later. There are no refunds for campers who leave early, because staff, food and gear are already secured.
- Once we leave camp, the camper obviously will not be brought back home unless in extreme emergency. Be sure your camper wants to attend before they come. This will be a GREAT trip!

#### **#5: Trading Post (camp store) open Sunday 1:30-2:00pm & Friday 6:30-7:15pm:**

Parents can shop with campers from 1:30-2:00pm in the Trading Post prior to check-in and 6:30-7:15pm in the Trading Post on Friday after dismissal. Camp Bethel t-shirts cost \$8, \$10, \$12; hats \$10; bottles \$15; photo Flash Drive \$20; blankets \$28; and other items range from \$2 to \$35. Trading Post earnings directly support the programs and ministries of Camp Bethel.

Each summer our counselors and coordinators photograph the fun of each camp week, and we compile each week's images, videos and video clips into an excellent keepsake. We encourage campers to bring a camera (inexpensive) and to add their shared photos to our weekly batch (shared at lunch on last day of camp). We compile ALL photos from all groups/programs during this week onto one 16GB USB Flash Drive. Flash Drives have 1000+ photos, videos, and video clips of your week at camp and cost only \$20 each. Use the USB Flash Drive in your home computer or device to view, print and creatively share your favorites.



Photo Flash Drives are an important fundraiser for Camp Bethel, and they provide you with an extraordinary record by which to remember your time at camp. Proceeds from sales help offset summer program costs for supplies, energy and staffing, so PLEASE support your camp in this way. After ordering, we will mail your USB Flash Drive to you within 2 weeks of your camp week. Order at the Trading Post, on line at [www.CampBethelVirginia.org/photos](http://www.CampBethelVirginia.org/photos), OR after camp by sending us a \$20 check.

#### **#6: Summer Offering 2017:**

"SEED, SCATTERED and SOWN: Reaching Beyond This Generation" is the mission resourcing campaign for Camp Bethel and our Virginia District now through 2020 to fund specific improvements at Camp Bethel and several mission projects of the Virginia District. Camp Bethel projects include our RV Family Village, road improvements, two new cottages, Ark Dining Hall improvements, and developing new trails. Virginia District mission projects include renewed children, youth and young adult programs, grants to smaller congregations for building improvements, efforts to call set-apart leadership for the ministry, and assisting multi-cultural and ethnic new church development.

We encourage your family to donate toward our summer offering (Seed, Scattered and Sown: Reaching Beyond This Generation). 100% of your monetary gift goes directly to "Seed Scattered and Sown." Place your gift into the OFFERING BOX at check-in in the Ark Conference Room, (checks payable to "Camp Bethel Summer Offering").

*Note: Your gifts in 2016 totaled \$2,256, half for school-supply backpack kits and half for Camperships. Your gifts provided 67 children with school-supply backpacks AND Campership assistance to 17 children!*



**Seed, Scattered  
& Sown**  
Reaching Beyond  
This Generation

#### **#7: Driving directions to Camp Bethel:**

- I-81** to Exit 156: At end of exit ramp turn towards Brughs Mill Store onto Route 640, Brughs Mill Road, and go 0.2 mile to stop sign at Route 11. Green "Camp Bethel" signs point you in from here.

2. Turn left (North) onto Route 11; go approximately 2 miles.
3. Mill Creek Church on left; just across from the church turn right onto Route 606, Blue Ridge Turnpike.
4. Go 1.6 miles on Blue Ridge Turnpike to stop sign at T-intersection.
5. Turn right onto Nace Road (640) and go less than 1/10<sup>th</sup> mile to left onto bridge at Bethel Road (606).
6. Drive under rail-road trestle. Entrance to Camp Bethel is 0.3 mile straight ahead along Bethel Road on the right. Follow signs and park in Ark lot or Deer Field lot.

## #8: Sunday Check-In Procedures:

1. Check-in begins promptly for everyone at **4:00pm Sunday** at the Ark Conference Room with important announcements and introductions for all families. Plan to arrive at or before 4:00! Registration does not begin until 4:00; cabin entry is not allowed without your counselors. The Trading Post will be open from 3:00-3:50pm on Sunday. Park in the paved Ark parking lot beside the Ark Dining Hall. Follow directional signs; 5mph; drive carefully.
2. LUGGAGE: Place your gear on the Adventure Wagon behind the small green tractor, all beside the Ark Dining Hall.
3. Please tag or label all luggage/gear with your name. We will have markers & tags available in the Ark Conference Room. PLEASE pack lightly enough so that the camper can easily carry all gear by herself/himself.
4. Proceed to the check-in tables in the Ark Conference Room. Check in with the registrar, and turn in offering donations to the OFFERING BOX near the registration table.
5. At the FIRST check-in table you will receive your CAMPER PICK-UP CARD. This card has (1) your Family Unit number, (2) your counselors' names, (3) your cabin/lodge, (4) Bunk Notes instructions, (5) Friday pick-up procedures, and (6) where to meet your counselors and your group. Parents: Keep your CAMPER PICK-UP CARD and bring it with you Friday evening, OR pass it on to the person you have designated to bring your campers home.
6. At the SECOND check-in table, you will (1) reserve your places in Friday's dinner for our closing celebration, (bring a donation on Friday to offset the cost of your meals, (2) turn in any adventure waivers or forms due (extra blank waivers will be available), (3) update or add any names of adults who are authorized to drive the camper home from camp, and (4) answer a few quick Health Screening questions (fever? achy? sore throat? cold/flu symptoms?).
7. Give any medication and any updates to your Health Form to our Health Coordinator. Place your medication in a zip-lock bag with camper's name on it to speed along the registration process. See #2 "...policies: Camper Medications"
8. Parents and Campers will then walk to meet your Family Unit on the Ark Lawn. **Parents: Take time to meet the counselors and other campers** in the Family Unit, and then say your good-byes as your campers begin a great week at camp with their counselors.
9. Parents: Drive slowly as you leave, watch for pedestrians, and follow exit signs out of camp.
10. Once the entire Family Unit has arrived and after a few "get-to-know-you" games, the group will find their luggage transported to the Adventure Village.
11. These procedures were established to ensure camper safety and supervision, to reduce vehicle traffic through camp, and to ensure the security of staff and campers' belongings. Thanks for understanding!

## #9: Friday Camper Pick-Up Procedures:

1. Families who reserved Friday dinner at the Ark with their campers may come at 5:20pm. You must reserve your 5:20pm dinner(s) in advance at Sunday's check-in. Please bring a donation to offset your meal cost.
2. Dismissal/Pick-up is **Friday at 6:30pm**. Bring your CAMPER PICK-UP CARD. Meet campers and staff at the Ark.
3. Park in either Ark parking lot. Follow directional signs. Camp speed limit is 5 mph; drive cautiously and carefully.
4. If you're not eating dinner, you can arrive at 6:00pm to the Dining Hall and join in our Closing Celebration until 6:30pm
5. **Our Closing Celebration is an important and meaningful ceremony for your camper and their group, so we will not dismiss campers until 6:30pm.** Campers are dismissed at 6:30pm to their parents' care.
6. To "claim" your child, present your CAMPER PICK-UP CARD to your child's counselor at 6:30pm. In the absence of your CAMPER PICK-UP CARD, only adults listed as authorized may pick-up the camper AND only with a valid driver's license.
7. If you arrive after 6:30, your camper will be at the Ark with their counselors. Present your CAMPER PICK-UP CARD to your child's counselor to "claim" your child.
8. If your camper has medication, pick up meds or containers IMMEDIATELY after 6:30pm dismissal from the Health Coordinator.
9. After 6:30pm dismissal, campers and parents will find their luggage in the Ark Conference Room. The Trading Post will be open from 6:30-7:15pm. Families may enjoy Camp Bethel until sundown.
10. *At the Trading Post from 6:30-7:15 lock in this year's rate for next year's camp (and immediately get a **free tee shirt!**) by taking advantage of our "Closing Day Pre-Registration Form." It's a great new way to reserve your spot in your favorite camp program and your chosen camp dates.*
11. Parents: Drive slowly as you leave, 5 mph; watch for pedestrians; follow One-Way Loop signs to exit.
12. These procedures were established to ensure camper safety and supervision, to reduce vehicle traffic through camp, and to ensure the security of staff and campers' belongings. Thanks for understanding!

## #10: Safety for our Trip: *Campers get full safety orientation prior to our day-trip.*

All vehicles used for transporting campers are equipped with a first aid kit and emergency accessories. All vehicles have seatbelts for each passenger, and we check vehicle safety conditions prior to transport. Counselors will carry health forms for all passengers and a cell phone for emergency communication.

Passengers (campers) are instructed in the following safety procedures prior to transporting:

1. Passengers will remain seated at all times with hands and arms inside vehicle.
2. Seatbelts will be fastened – one person per seatbelt.
3. Noise level will be such as to not distract the driver. There will be no disruptive behavior.
4. Passengers will enter and leave the vehicle under the direction of a staff member and/or driver. If the vehicle makes an emergency stop, passengers will follow directions of staff member and use buddy system if leaving the vehicle.

The Directors of Camp Bethel have selected our Adventure outfitters (those providing equipment, leadership and expertise) and off-site locations/projects based upon their qualifications and their adherence to safety standards as outlined by the American Camp Association.

Using smart phones, our directors and staff receive instant updates on summer storms or emergencies in all their travel locations, and your counselors are trained for camper safety during storms and emergencies. In the case of any emergency in which we are requesting parent action, our office will contact you via e-mail and phone. **Otherwise, NO NEWS IS GOOD NEWS**, and the travel group/camp community is safe. In case of family emergency that must be communicated to your camper, contact Jenna Stacy or Barry LeNoir at 540-992-2940 or e-mail [CampBethelOffice@gmail.com](mailto:CampBethelOffice@gmail.com). For after-hours emergency contact, call the office phone, 540-992-2940, to be prompted to our on-call staff number.

## #11: Communicating with your camper during the camp week:

Only emergency communications will be available with the Trip group. Counselors and trip leaders will carry cell phones for emergency use only. If you have an emergency that must be communicated to your camper, call the camp office at 540-992-2940. Upon returning to Camp Bethel Friday afternoon, campers WILL receive any Bunk Notes and mail sent to them during the camp week.

1. Write and send your camper hand-written letters or postcards. Mail these early (1 or 2 days before their camp week begins) so they reach your camper while she/he is here.
2. Send your camper daily one-way e-mail through Bunk1's paid e-mail service described below.

### **Write your camper every day with One-Way E-mail!**

Bunk1's secure, easy to use, paid e-mail services let you write to your camper every day of their camp week!

#### **TO GET STARTED TODAY:**

<b>Returning Parents:</b>	<b>New Parents:</b>
1. Go to <a href="http://www.Bunk1.com">www.Bunk1.com</a> or click the "Bunk Notes" image at the bottom of the page at <a href="http://www.CampBethelVirginia.org">www.CampBethelVirginia.org</a> . 2. Enter your email address & password in the space provided. <b>NOTE:</b> You are logging into the same account that you used last year. If you have forgotten your summer password, click " <a href="#">Need to reset your password?</a> " You will be prompted to enter your email address and will be sent a link to reset your password. If you do not receive an email, please also check your spam folder.	1. Go to <a href="http://www.Bunk1.com">www.Bunk1.com</a> or click the "Bunk Notes" image at the bottom of <a href="http://www.CampBethelVirginia.org">www.CampBethelVirginia.org</a> . 2. Click " <a href="#">Need an Account or have an invitation code</a> " at the top of the page. 3. Complete the basic form to create your account. Use our "Invitation Code" <b>BETHEL24090</b> 4. Only share the code with persons YOU approve.

#### **SENDING BUNK NOTES**

**Step 1:** Purchase your Bundle of Bunk Note Credits. 1 note = 1 credit. Minimum package is 6 credits for \$6.57. Please note that adding features to a note (photos, puzzles, borders, etc.) will utilize/cost additional credits.

**Step 2:** Submit your note **before 8:30am** for same-day delivery at lunch. Select your camper's name and Cabin name (provided in your Parent "Camper Pick Up Card", write your message, then hit the "Send Bunk Note" button.

**NOTICE:** Do not use "free" or "sponsored" sign-ups unless you specifically want magazine subscriptions or featured products.

#### **FREQUENTLY ASKED QUESTIONS ABOUT BUNK NOTES:**

##### **Who do I call if I have questions or problems?**

Call Bunk1 at 1-800-465-2267 or e-mail [support@bunk1.com](mailto:support@bunk1.com). Do NOT call the camp office about Bunk Notes.

##### **Why do I have to pay to send Bunk Notes (one-way email)?**

Each morning, the Bunk Notes system bundles and sorts the messages for us to print and distribute to campers. It also protects us from computer viruses and allows us to easily manage these emails. Your payment helps us cover the cost of the system, paper, ink, and labor and, more importantly, frees us to do what we do best – be with your kids!

##### **Can other relatives use these services?**

Yes! In your "Quick Links" you will select "Invite Family Members," enter their details and they will be sent an email. PLEASE NOTE: this will prompt them to set up their own account. It does not provide them access to your account OR your Bunk Note Credits.

**Bunk1.com** website is mobile optimized. The three lines atop the screen is the Bunk1 menu. Click this to navigate to Bunk Notes.

**The Bunk1 app** is available for iPhone in the Apple Store. (Coming soon to Google Play.)

##### **Lost username and password?**

Click "Need to reset your password?" to be prompted to enter your email address and will be sent a link to reset your password. If you do not receive an email, please also check your spam folder.

**FOLLOW CAMP BETHEL! News! Photos! Video! [www.CampBethelVirginia.org/subscribe](http://www.CampBethelVirginia.org/subscribe)**



## #12: Camper Health Form; Medication Instructions Form; and Waiver:

Your **REQUIRED** High Mountain Expeditions waiver for BUMAT is at: [www.CampBethelVirginia.org/packets](http://www.CampBethelVirginia.org/packets). Forms provided must be completed and returned no later than 2 weeks before your scheduled camp.

Complete the Medication Instructions form with exact instructions for any medication at camp. You can also complete the Camper Health Form on-line at: [www.CampBethelVirginia.org/health](http://www.CampBethelVirginia.org/health).

Mail/submit ALL at least 14 days BEFORE camp to:

**Camp Bethel Registrar, 328 Bethel Road, Fincastle, VA 24090**



# Camp Bethel 2017 Camper Health Form revised 01.07.2017 Complete this on-line at [www.CampBethelVirginia.org/health](http://www.CampBethelVirginia.org/health)

A parent or legal guardian must complete and sign this form (grey signature \*box\* at bottom of form). Information from this form will be held confidential by the directors, health coordinator and camp counselors. The intent of this form is to provide the camp director and health coordinator the information needed to provide appropriate emergency care. Keep a copy of this completed form for your records. Attach additional pages or descriptions as needed. Provide changes to this form to the health coordinator at check-in on the first day of camp. Please PRINT. **If you have it, attach a copy/scan/image of your family medical insurance card.**

Camper name: \_\_\_\_\_ last name, \_\_\_\_\_ first name m.i. Gender: M / F Birth date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ month / day / year

Name of parent/guardian: \_\_\_\_\_ City & State of residence: \_\_\_\_\_

Parent/guardian cell: (\_\_\_\_\_) Home phone: (\_\_\_\_\_) Work phone: (\_\_\_\_\_) \_\_\_\_\_

Name of who to call if unable to contact parent/guardian: \_\_\_\_\_ Their relation to camper: \_\_\_\_\_

their cell phone: \_\_\_\_\_, their home phone: \_\_\_\_\_, their work phone: \_\_\_\_\_.

Who will pick up your child? List all adults who are authorized to drive the camper home from camp: \_\_\_\_\_

**INSURANCE INFORMATION:** (Camp Bethel provides only limited secondary medical insurance for participants. Insurance is not required for camp attendance.)

If you have insurance, attach or e-mail a scan/image of the front & back of your medical insurance card and return it with this form. (Insurance is not required for camp attendance.)

Is the camper covered by family medical / hospital insurance?  Yes.  No. Is the camper covered by Medicaid?  Yes.  No.

Camper's Primary Care Physician: \_\_\_\_\_; Phone: (\_\_\_\_\_) \_\_\_\_\_;

Hospital affiliation: \_\_\_\_\_ Name & location of physician's office: \_\_\_\_\_

**ALLERGIES:** List all known allergies, describe your child's reaction and the best management of the reaction; use extra paper if needed.

Medication allergies: \_\_\_\_\_

Food allergies: \_\_\_\_\_

Other allergies: \_\_\_\_\_

**RESTRICTIONS:** The following restrictions apply to this camper; (attach additional paper if needed):

Dietary: \_\_\_\_\_ Other: \_\_\_\_\_

Explain any restrictions or exemptions to camp activities (what cannot be done; what adaptations or limitations are necessary): \_\_\_\_\_

**MEDICATION(S) BEING TAKEN THAT WILL BE NECESSARY DURING CAMP:** List ALL medications (including non-prescription) taken routinely that you will be transferring to our health coordinator at camp check-in. Keep medication in the original packaging naming prescribing physician, name of medication, dosage, frequency of administration, and bring just enough to last the camp week.

This camper takes NO medications on a routine basis

YES, this camper takes routine medication. (Complete the **Medication Instructions form** on the back of this page)

**PERMISSION TO ADMINISTER OVER-THE-COUNTER MEDICATIONS** (Check the box to the left of each medication allowed for your camper.):

Camp Bethel has a supply of over-the-counter medications to treat everyday aches and pains. In case of headaches, low grade fever, slight upset stomach, mild diarrhea, mild allergic reactions or cold symptoms, the Camp Bethel Health Coordinator has my permission to administer the following to my child:

<input type="checkbox"/> Tylenol (or comparable generic)	<input type="checkbox"/> Tums Antacid (or generic)	<input type="checkbox"/> Sudafed (or generic)	<input type="checkbox"/> Benadryl (or generic)	Others: _____
<input type="checkbox"/> Ibuprofen (or generic)	<input type="checkbox"/> Imodium AD (or generic)	<input type="checkbox"/> Cold/Cough Medicine	<input type="checkbox"/> Pepto Bismol (or generic)	

**IMMUNIZATION HISTORY:** Do you attest that all immunizations required for school are up to date for this camper?  YES, or sign\*\* (3) below.

If your child has been immunized, indicate details below. For families who voluntarily exempt their children from school-required immunizations OR who voluntarily exempt themselves from providing proof of immunization, the following information is not required for camp attendance, but you must sign the waiver (3) below if you did not check YES above and/or if you do NOT provide information in (1) below.

(1) **Tetanus immunization:** Due to the nature of camp, tetanus immunization is strongly recommended and may be helpful in case of emergency. Choosing one from the list below, write month and year of most recent tetanus immunization for this camper.  
DTP (diphtheria/tetanus/pertussis), month & year: \_\_\_\_\_ -OR- TD (tetanus/diphtheria), month & year: \_\_\_\_\_ -OR- Tetanus, month & year: \_\_\_\_\_

(2) Only provide the following optional information if it is easily accessed, dating last injection/ingestion. Has this camper had the following series? (circle yes and write date, or circle no)  
Varicella (Chicken Pox): yes / no date: \_\_\_\_\_ Hepatitis B: yes / no date: \_\_\_\_\_ Oral Polio (OPV) or Injectable Polio (IPV): yes / no date: \_\_\_\_\_  
Haemophilus Influenza B (HiB): yes / no date: \_\_\_\_\_ MMR: yes / no date: \_\_\_\_\_ OR each, separately below:  
Measles: yes / no date: \_\_\_\_\_, Mumps: yes / no date: \_\_\_\_\_, Rubella: yes / no date: \_\_\_\_\_

(3) **\*\*Immunization Waiver:** If you are choosing not to check YES above and/or not to provide information in (1) above, please sign the following statement:  
"I understand and accept the potential risks to one who is not fully immunized."  
Signature of parent or guardian: \_\_\_\_\_; Date of signature: \_\_\_\_\_

**MEDICAL HISTORY:** Describe any past or current injury, illness, disease, treatment, surgery, or affliction the camp should know in case of emergency:

**ADDITIONAL INFORMATION:** Describe other physical, emotional, or behavioral concerns or any conditions requiring medication, treatment, or special restrictions or considerations while at camp (use add'l paper if needed): \_\_\_\_\_

**\*THE FOLLOWING BOX MUST BE SIGNED FOR ATTENDANCE!\***

I verify that the information on this Health History Form is correct and complete as far as I know. This form may be copied for camp records.

\*Signature of parent or legal guardian: \_\_\_\_\_ \*Date: \_\_\_\_\_

\*Printed name: \_\_\_\_\_ \*Phone number: (\_\_\_\_\_) \_\_\_\_\_

# CAMP BETHEL: MEDICATION INSTRUCTIONS (complete ONLY if your camper takes medication.)

If you will be sending any medication for your camper to take during her/his time at camp, YOU MUST RECORD precise instructions here and return this form to Camp Bethel. All camper medications must be checked in to our Health Coordinator during check-in on the first camp day. All medications are stored and dispensed by the Camp Health Coordinator unless special arrangements are made through the Health Coordinator and Camp Director. We suggest that you only send a one-week supply. Send medications in the original, labeled container with camper name, medication name & strength, and dosage instructions. Only send enough medication for the camper's time at camp.

Camper's Name \_\_\_\_\_ Last \_\_\_\_\_ First \_\_\_\_\_

## Schedule of Dosages

Please try to coordinate medication times with meal times and bed time, since it is difficult to keep up with odd schedules. Please make a large circle at each medication time (see example below). The Health Coordinator will initial these circles each time the dosage has been dispensed. If medication must be dispensed at a different time, please note.

**B = Breakfast, 8:00 a.m.      L = Lunch, 12:30 p.m.      D = Dinner, 5:30 p.m.      N = Nighttime, 9:30 p.m.**

Medication Name	Dosage	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		D N	B L D N	B L D N	B L D N	B L D N	B L D
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____

Reason for taking: \_\_\_\_\_

Reason for taking: \_\_\_\_\_

Reason for taking: \_\_\_\_\_

Reason for taking: \_\_\_\_\_

Reason for taking: \_\_\_\_\_

**EXAMPLE: Penicillin 1 tab 2x daily**                               

Reason for taking: My child is getting over an ear infection. The full course of antibiotics will finish by Wednesday night.

## Medication As Needed Instructions

Please identify medications you are sending in case they are needed and a description of the condition for which you feel they should be administered.

Medication Name	Dosage	Specific Conditions and Directions
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____