



328 Bethel Road, Fincastle, Virginia 24090

phone: 540-992-2940

CampBethelOffice@gmail.com

www.CampBethelVirginia.org



2019 Backpacking Trip Confirmation Packet

Dear Camper and Parent,

You wanted more, and you're getting more! We have received your registration and are now confirming your spot for our **Backpacking Adventure Trip, Sunday at 2:00pm through Friday at 6:30pm**. Our trip will satisfy your adventure appetite! The hike will be very physically demanding, yet still suitable for those new to backpacking. We will section hike the A.T. near to our "neck of the woods" which includes some of the best of the entire A.T. in Virginia.

Please plan to arrive at Camp Bethel **at or before 2:00 pm, Sunday**. Check-in begins at 2:00 pm, Sunday in the Deer Field Gym Meeting Room. Please park in the grass Deer Field or the paved Ark Parking lot. Parents should accompany their camper through check-in, meeting their group's trip leaders, re-packing of all packs, and a "trail orientation" education session, (about 1 hour total). Quart-sized Nalgene water bottles will be available at check-in for \$15. Dinner will be served to campers late on the road or on the Trail on Sunday evening, so **eat a big lunch** to hold you until around 8:00pm.

Pick up time and camper dismissal is **6:30pm, Friday**. Families who reserve Friday dinner with their campers may arrive at the pond-side of the Ark Dining Hall at 5:20pm. You must reserve your dinner(s) in advance at Sunday's check-in. Your camp fee includes your camper's dinner on Friday, but not parents or extra family, *so please give a generous donation at Friday's dinner to cover the cost of your added meal(s)*. Our Closing Singing and Celebration from 6:00-6:30 is an important and meaningful ceremony for your camper and their group, so **we will not dismiss campers until 6:30pm**. The Trading Post store beside the Ark parking lot will be open on Friday 6:30-7:15pm.

This packet includes "**Preparations for Your Time at Camp**" with your *very specific* packing list, rules and information about trip, behavioral expectations, forms, and detailed check-in procedures. *Write your name on every item you bring to camp*. Please consider donating toward our Summer Offering, (see #6 on page 5 for details). Carefully read all the enclosed information. Note that we are asking campers to bring \$30 cash for meals while traveling if needed and/or post-trail Friday treats.

Along with this packet, we sent you a document with your camper's name and program in the title. That document is your "**Final Payment and Forms Due for Camp Bethel**" which lists your balance due (if any) and any forms and waivers due. **Return forms and payments to Camp Bethel 1 month or as early as possible before your first day of camp, including:** (1) Your completed "Camper Health & Information Form. (2) Your fee balance is due 1 month or more prior to your camp date or you will forfeit your reserved spot.

It is very important that you keep your total pack weight below 20% of your body weight! Remember: in addition to your own gear, you'll be helping carry lots of food and group gear. It is best for you to secure your own backpack sized for you, but we have a few old loaners if you need to borrow one. If needed, please call/e-mail our office **ASAP** and provide your height and weight for appropriate pack fit. This trip's difficulty is rated moderate with *many, daily challenging* moments and occasional difficult moments (lots of uphill hiking!). There will be days on the trail that will be very physically demanding; but the good news is that for every step up there is eventually a step down. Try to walk about 3-5+ miles daily for several days with a heavy pack as good preparation for our actual trip. Our daily mileage will range from 8-15 miles with heavy packs; be prepared! I highly recommend bringing/using trekking poles.

In case of extreme emergency during the camp week, contact Jenna Stacy, Program Coordinator, or Barry LeNoir, Camp Director, at 540-992-2940, (after-hours, our answering machine will prompt you to our on-call staff number).

Subscribe to our eNews at www.CampBethelVirginia.org/subscribe for announcements, news and "*all things Camp Bethel*." Please encourage your friends and classmates to register for summer camp at Camp Bethel! If you have questions contact Jenna or Barry at 540-992-2940 or CampBethelOffice@gmail.com.

We look forward to seeing you at camp!

Together, in Christ our hope,

Barry, Jenna, Mickey, Wes and the Summer Staff of Camp Bethel

12 PREPARATIONS FOR YOUR TIME AT CAMP:

1. What to pack: Gear list.
2. Camp rules and policies.
3. Preparing for camp living.
4. Preventing homesickness.
5. Trading Post & Photo Flash Drives.
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 on our Adventure Outing.
12. Health Form & Medication Instructions & waivers (if any).

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#1: What to pack: Backpacking Adventure Trip Gear List:

Please put your name on ALL items! Pack lightly! Remember, you will be sleeping in shelters or in hammocks w/ rain flies all week, and you will have to carry everything. Keep your pack weight at or below 20% of your body weight. If you are coming with a friend, plan to SHARE gear & products; anything to reduce your pack weight! When choosing gear, choose the least weight possible. Pack all clothing in Ziplock or plastic bags. Again, let us know if you need a pack. *For tips on specific gear, e-mail Barry at CampBethelOffice@gmail.com.

- Backpack: comfortable & suitably sized for your body (large enough for 5-day supplies). We highly recommend you purchase your own pack. We have limited, old (clunkers) to loan if needed, call the office at 540-992-2940.
- \$30 cash for travel meals and/or post-trail treats.
- Lightweight camping hammock & straps.
- Hammock rain fly (with all the cords and/or stakes to match)
- Hiking boots or good hiking shoes: comfy & broken-in with good toe & heel protection and thick-firm soles for stepping on many rocks. Not too loose, not too tight.
- Light-weight, small sleeping bag that stuffs/compresses down to small size or a light-weight blanket suitable for the weather forecast; double bag this into 2 trash bags. Small pillow ONLY if it packs down small or can fit into sleeping back stuff sack.
- Light-weight strap-on sandals for creek swims & evening around shelters (no flip-flops or Crocs).
- Extra gallon Ziplock bags, plastic bags & trash bags.
- Small 1/2 towel & washcloth or bandana.
- A light-weight poncho w/ hood or light-weight rain jacket.
- Small, lightweight headlamp. Be sure your batteries are new.
- If you have specific dietary allergies, contact Barry** at the camp office ASAP to discuss bringing extra food stuffs.
- Clothing: Pack all clothing into gallon Ziplocks or sealed dry bags: At least 1 of each, (moisture-wicking clothing is best): One pair light-weight leggings (long underwear or UnderArmor is good); light-weight long sleeved warm shirt; 1-2 tee shirts; shorts; 1-piece swim suit; sock liners; underwear.
- 4-5 pairs of good socks (water-wicking; wool or synthetic; no cotton). If you choose wool, you should also bring hiking sock liners to wear beneath wool socks.
- 1 bag/set of "leave behind" clean clothes to change into upon our return to Camp Bethel on Friday, plus shower supplies.
- Small toothbrush & small tube of toothpaste (to share). Some hikers, to reduce pack weight, saw the handle off their toothbrush. *How are you reducing pack weight?*
- 2 quart-sized, non-glass, screw-top water bottles OR "camel-back" hydration pack. Camp Bethel Nalgene steel bottles available at check-in for \$15 each. *Do NOT bring squirt-top bottles.*
- 2 trekking poles are HIGHLY recommended!

Optional: (Some campers prefer their own gear... and we'll have to approve it before we allow it to go on the trip.)

-your own small first aid kit, band aids, mole-skin. -camera -pack of baby wipes -some hikers like to bring deodorant (not antiperspirant).

Camp Bethel will provide all cooking, camping and safety gear, including: food & snacks; camp tools; trowel & TP; tarps; cook kits; soap; Bible pages; stoves & fuel; 1st aid kits; water filtration.

MORE INFORMATION about the A.T. and preparing for a section-hike is at: www.appalachiantrail.org and link to "Explore the Trail" then "Hiking Basics" then scroll down to "Gear." Remember Camp Bethel provides all "essentials" like food & water, trowel, toilet paper, cook stoves, water filters, first aid, etc.

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

- camping chairs ("soccer Mom" chairs)
- disconnected smart phones (w/ chargers) to use as camp cameras and video cameras
- window unit air conditioners
- digital camera or GoPro
- new (in-the-box) bike helmets and/or horse helmets
- canoes & paddles
- chest coolers w/ handles
- kayaks & paddles
- new lifejackets
- brooms/dustpans
- new tents/tarps
- music instruments
- backpacking supplies
- S'mores supplies
- Band-Aids & new 1st aid kits & 1st aid supplies
- craft supplies & tools
- box/window fans

WISH LIST: Chest freezer; refrigerator; clothes washer & dryer; Mini-van; chest coolers w/ handles; LCD projector; gas grill; laptop computer (Windows 10); LED light bulbs; "Tree Cookies"; picnic tables. Gifts are tax-deductible! www.CampBethelVirginia.org/donate

Things **NOT** to bring:

- alcohol, tobacco or nicotine products, drugs, smoking/vaping paraphernalia
- weapons, fireworks, matches, lighter
- money, jewelry, valuables of any kind
- food, drinks, candy, snacks, gum
- clothing with inappropriate language/images or is too revealing including string bikinis or speedos.
- tablet, electronics, video games, pets, toys
- cologne, perfume, scented products, hairspray, because these attract biting insects AND many persons have allergies to scented products
- flip-flops, Crocs, skateboard, hair dryer, curling iron

#2: Camp rules and policies 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 Unit.
6. Obey your counselors.
7. Follow "Leave No Trace" guidelines as directed by your leaders.

Good Behavior Requirement:

By requesting enrollment into Camp Bethel programs, you and your camper agree to our Behavior Policy and understand that good behavior is required. Your camper will be with other children/youth and their counselors all day each day. We stay together with our group during our entire time at camp. Bad behavior does not fit and cannot be tolerated. Behavior deemed dangerous, inappropriate, intolerable, detrimental to the group, or unmanageable by the counselors or directors is grounds for dismissal from camp. Examples include: not following the camp rules; hurting others (verbally, physically, or emotionally); possession of prohibited or harmful item; constant misbehavior; unsafe behavior; straying from your group; etc. The Director will call parents/guardians as needed. Should it become necessary for your child to return home because of unmanageable behavior, homesickness or other reason, you agree 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 (charged, but off) in their backpacks as tools for emergency use if needed. We encourage bringing an inexpensive digital camera to camp, but you may NOT bring a "connected/serviced" phone to use as your camera. Thanks, and also read #5 about photo Flash Drives 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. We suggest that you 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 Barry at the camp office to discuss bringing extra food.

Cancellations, Late Arrivals, Early Departure:

Please notify the camp office 540-992-2940 or 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 and early departure is only allowed in case of emergency illness, family emergency or conditions beyond control, (and the camper family will have to drive across state 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 or reschedule 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 for any reason 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. 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.

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 trip leaders are trained for camper safety during storms or emergencies along the trail. In the case of any emergency in which we request parent action, our office will contact you via e-mail and phone. Add CampBethelOffice@gmail.com to your contacts so our emails come to your IN box. 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 Jenna Stacy or Barry LeNoir at 540-992-2940 or e-mail CampBethelOffice@gmail.com. For after-hours emergency call 540-992-2940, and our answering machine will prompt you to our on-call staff number.

Visitation is NOT allowed during camp week:

DO NOT arrive at camp unexpectedly! Our home site and 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 (see "Pick-Up Procedures"), you must call ahead AND check in at the camp office when you arrive.

#3: Preparing for camp living away from home:

Your trip leaders are trained to help guide your group safely and successfully through each trail day. Also, good parent preparation can give campers the knowledge they need to fully succeed during their camp week.

Physical expectations of living on the Trail:

1. There are no showers on the trail, so we'll learn to sponge bathe with water and our washcloths/wipes. Along the trail, most shelters have a privy nearby. Otherwise, we'll learn the Leave-No-Trace way to "squat" in the woods. Plan ahead.

- Living in a tent or in the trail shelters with 2-6 other persons might challenge our need for individual privacy. Counselors will help, but think of ways you can prepare and adapt to this kind of week.
- Obviously, we walk everywhere, and we're on-the-go most of each day. Comfortable hiking shoes/boots & 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. Pack 2 water bottles: quart-sized, non-glass, screw-top (available at check-in for \$15 each), and remember to hydrate often. We'll pump and filter to re-supply our water bottles at springs and all stream crossings.
- Camper should prepare for a very active week. There will be many daily (uphill) moments on the trail that will be very physically demanding. Try to walk 3-5 miles daily with a heavy pack in preparation. Our daily mileage will range from 8-15 miles with heavy packs. We highly recommend use of trekking poles.

Social/Behavioral/Spiritual expectations:

- Group living: Every day, all day **together**, traveling and living as a family unit, including completion of all meal and camping tasks.
- Even if coming with a friend, you are expected to be friendly, courteous and helpful to others in the group. Actually, you **HAVE** to be! This trip is co-ed. 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 & Trail Rules (on page 2) is essential to a safe and fun week.
- Try new things: The trail is a great place to taste different foods, sing different songs, try and practice new skills, 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. Help your camper prepare physically for this active adventure trip! Reinforce positive camp aspects; encourage new learning.
- In the months 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 & ready child to back-to-back camps.
- Don't tell campers how much you will miss them. Instead encourage new friends and new experiences.
- Don't tell campers they can call home. Instead, encourage your camper to talk to their counselor if they are sad. If a camper is sad or if there is an issue, injury, illness or emergency the Director **WILL** contact parents. However, 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 camp activities 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 3:15-4:30pm & Friday 6:30-7:15pm:

Parents can shop with campers from 3:15-4:30pm in the Gym after Backpacking Check-in, and again on Friday from 6:30-7:15pm in the Trading Post after dismissal. Camp Bethel t-shirts cost \$10, \$12, \$15; hats \$10-\$15; bottles \$15; photo Flash Drive \$22; blankets \$30; carabineers \$2, and other items range from \$2 to \$40. Earnings directly support the programs of Camp Bethel.

Each summer our counselors and coordinators photograph the fun of each camp week, and we compile each week's images into an excellent keepsake. We encourage campers to bring an inexpensive digital camera 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 of your week at camp and cost only \$22 each. Use the USB Flash Drive in your computer or device to view, print and 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, OR after camp by sending us a \$22 check.

#6: Summer Offering 2019:



"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. More information, images, and video is at www.VirginiaFuture.org. We encourage your family to donate toward our summer offering, "Seed, Scattered and Sown: Reaching Beyond This Generation." 100% of your gift goes directly to "Seed Scattered and Sown." Place your gift into the OFFERING BOX at check-in in the Gym, (checks payable to "Camp Bethel Summer Offering"). *Note: Your gifts in 2017 totaled \$1,731 for "Seed, Scattered and Sown: Reaching Beyond This Generation," and your gifts in 2018 totaled \$1,849 for summer camp supplies. Thank you!*

#7: Driving directions to Camp Bethel:

1. **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 1/10th 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 at 2:00pm Sunday in the Deer Field Gym Meeting Room. Park in the grass Deer Field or the paved Ark parking lot. Follow directional signs; 5mph, and watch for pedestrians.
2. Carry your gear into the Gym Meeting Room, and meet the staff and other backpackers.
3. Please tag or label all luggage/gear with your name. We will have markers & tags available. PLEASE pack lightly enough so that the camper can easily carry all gear by herself/himself, (remember: less than 20% of body weight!).
4. Check in with the registrar, and turn in offering donations to the OFFERING BOX near the registration table.
5. At the check-in table you will receive a CAMPER PICK-UP CARD for use at Friday's pick-up. Keep this card and bring it with you Friday evening, OR pass it on to the person you have designated to bring your campers home. Also, you may reserve your place(s) in Friday's dinner for our closing celebration. Consider a donation to offset the cost of your Friday meal(s).
6. Give any medication and any updates to your Health History 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.
7. **Parents: Take time to meet the counselors and other backpackers**, stay/listen to our gear orientation, ask any questions you might have, and then say your good-byes as your campers begin a great adventure with their counselors.
8. Parents: Drive slowly as you leave, watch for pedestrians, and follow One-Way Loop signs to the exit road.
9. Once the entire Backpacking group has arrived and after orientation and a few "get-to-know-you" games, the group will load the van and depart for the trailhead.
10. 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 Sunday's check-in) at the Ark with their campers may come at 5:20pm to the pond-side of the Ark Dining Hall. Your camp fee includes your camper's dinner on Friday, but not parents or extra family, so please give a generous donation at Friday's dinner to cover the cost of your added meal(s).
2. Dismissal/Pick-up is **Friday at 6:30pm**. Park in the Ark parking lot or in the grass Deer Field lot beside the Deer Field Gym. Bring your CAMPER PICK-UP CARD. Meet campers and staff at the pond side of the Ark Dining Hall.
3. **Our Closing Celebration is an important and meaningful ceremony for your camper and their group, so we will not dismiss campers until 6:30pm.**
4. To "claim" your child at 6:30pm, present your CAMPER PICK-UP CARD to your child's counselor. 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.
5. If you arrive after 6:30, your camper will be in the Gym with their counselors. Present your CAMPER PICK-UP CARD to your child's counselor to "claim" your child. 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.
6. Pick up medication containers after 6:30pm dismissal from the Health Coordinator at the Trading Post.
7. After 6:30pm dismissal, campers and parents will find their luggage inside the Gym, usually in the same place you placed it at check-in. The Trading Post will be open from 6:30-7:15pm. Enjoy Camp Bethel until sundown.
8. *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. More information is at www.CampBethelVirginia.org/parentinfo.*
9. Parents: Drive slowly as you leave, 5 mph; watch for pedestrians; follow exit signs out of camp.
10. 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: Communicating with your camper during the camp week:

Only emergency communications will be available with the Trip group. 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 1 or 2 days before their camp week begins so they reach your camper while s/he is here.
2. Send your camper daily one-way e-mail through Bunk1's paid e-mail service.

**TO GET STARTED TODAY with Bunk1's secure and easy PAID e-mail service:**

<p>Returning Parents:</p> <ol style="list-style-type: none"> 1. Go to www.Bunk1.com or click the "Bunk Notes" image at the bottom of the page at www.CampBethelVirginia.org. 2. Enter your email address & password in the space provided. <p>NOTE: You are logging into the same account that you used last year. If you have forgotten your summer password, click "Need to reset your password?" You will be prompted to enter your email address and will be sent a link to reset your password. If you don't get an email, check your spam folder.</p>	<p>New Parents:</p> <ol style="list-style-type: none"> 1. Go to www.Bunk1.com or click the "Bunk Notes" image at the bottom of CampBethelVirginia.org. 2. Click "New Here? Get Started" at the top of the page. 3. Complete the basic form to create your account. Use our "Invitation Code" 24090BETHEL 4. Only share the code with persons YOU approve.
<p>SENDING BUNK NOTES</p> <p>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.</p> <p>Step 2: Submit your note before 8:30am for same-day delivery at lunch. Select your camper's name and Cabin name (on your Parent "Camper Pick Up Card" at check-in), write message, then hit the "Send Bunk Note" button.</p>	

FREQUENTLY ASKED QUESTIONS ABOUT BUNK NOTES:

Who do I call if I have questions or problems? Call Bunk1 at 1-212-974-9112 or support@bunk1.com. Do NOT call the camp.

Why do I have to pay for Bunk Notes (one-way email)? The Bunk Notes system bundles and sorts the messages for us to print and distribute to campers. It allows us to easily manage these notes. Your payment helps us cover the cost of paper, ink, and labor.

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 via Google Play or the Apple App Store.

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**#11: Safety in the van for our Adventure trip:** Campers get full safety orientation.

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/or driver 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 projects based upon their qualifications and their adherence to safety standards as outlined by the American Camp Association.

#12: Camper Health & Info Form; Medication Instructions Form; and Waivers (if any):

Complete the Camper Health & Information Form (page 7-8) and the Medication Instructions form (page 8) with exact instructions for any medications. OR complete both forms on-line at: www.CampBethelVirginia.org/health.

Complete & sign any Adventure Waivers (if applicable). Waivers for each adventure outing are linked for each week at www.CampBethelVirginia.org/packets. Mail/submit ALL at least 1 month or as early as possible BEFORE camp to: Camp Bethel Registrar, 328 Bethel Road, Fincastle, VA 24090

Camp Bethel 2019 Camper Health & Information Form v. 02.06.2019 Complete this online at CampBethelVirginia.org/health

A parent or legal guardian must complete and submit this form at least 14 days prior to your camp dates or as soon as possible. Keep a copy of this completed form for your records. The intent of this form is to provide information needed in case of emergency care. The directors keep information from this form confidential. Submit additional descriptions if needed via CampBethelOffice@gmail.com, attention Health Coordinator. Provide changes or updates to this information with the Health Coordinator at check-in on the first day of camp. Insurance is not required for camp attendance, and Camp Bethel provides only limited secondary accident insurance for participants. If you have insurance and you have plans to be away or unreachable during your child's camp time, you must e-mail a scan or image of the front & back of your family/child medical insurance card to CampBethelOffice@gmail.com. In any emergency, illness, or injury, we will immediately contact the parent/guardian. All answers on this form are **REQUIRED**.

Camper's FIRST name _____ Camper's LAST name _____

Camper's Date of Birth _____ Camper's Gender _____

Check the dates that most closely match WHEN your child will attend camp.

June 9-14 (Week 1) June 23-28 (Week 3) July 7-12 (Week 5) July 21-26 (Week 7)
 June 16-21 (Week 2) June 30-July 5 (Week 4) July 14-19 (Week 6)

First & Last Name of custodial Parent/Guardian who is the primary contact for this camper _____
This is the parent/guardian(s) with whom the camper has primary residence and who is our primary contact.

City and State of residence _____

Main phone of custodial Parent/Guardian _____ include area code, (ex: 540-555-1234)

Other phone of custodial Parent/Guardian _____ include area code, (ex: 540-555-1234)

Emergency Contact Information: *If we need to give important information to parent/guardian.*

Who to call if parent/guardian is not available? _____ Relation to camper _____

Their main phone _____ include area code, (ex: 540-555-1234)

Their other phone _____ include area code, (ex: 540-555-1234)

Who will pick up your child? List the first and last names of all adults who are authorized to drive your camper home from camp.

ALLERGIES & RESTRICTIONS: List all known allergies and restrictions. Describe the severity of each including your child's reaction and the best management of the reaction. Describe the best accommodation, adaptations, or limitations of any restrictions. Attach additional paper if needed or send to CampBethelOffice@gmail.com. If none, leave blank or write NONE.

Food allergies _____

Medication allergies _____

Other or environmental allergies _____

Dietary restrictions for this camper _____

Restrictions or exemptions to camp activities _____

Other restrictions or health concerns _____

MEDICAL HISTORY: Describe any injury, illness, medical treatment, or surgery 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.

PERMISSION TO ADMINISTER OVER-THE-COUNTER MEDICATIONS: In case of headaches, low grade fever, slight upset stomach, mild diarrhea, mild allergic reactions, aches and pains, or cold symptoms, the Camp Bethel Health Coordinator has my permission to administer the following to over-the-counter medications (or their generic) to my child: Benadryl, Cold/Cough Medicine, Ibuprofen, Imodium AD, Pepto Bismol, Sudafed, Tums Antacid, and Tylenol for Children.

YES to all. Yes, but with these exceptions: _____ NO.

MEDICATION NECESSARY DURING CAMP: If camper will require medication during camp (prescribed, over-the-counter, as needed), you must indicate YES* below AND complete the "Camp Bethel Medications Instructions" form on the next page.

- This camper will NOT take medication during camp.
- YES*** this camper requires medication, and I will complete the Medication Instructions form on the next page.

IMMUNIZATION HISTORY -OR- WAIVER: Families who voluntarily exempt their children from school-required immunizations OR who voluntarily exempt themselves from providing proof of immunization must sign the waiver (#3) below if you do not check YES in #1 or provide tetanus date in #2.

1. Are all immunizations required for school attendance up to date for this camper? If you choose not to answer, you must sign the waiver in #3 below. YES, or I choose to sign the waiver in #3 below.
2. Month and Year of last tetanus shot. If you choose not to answer, you must sign the waiver in #3 below. _____/_____ (MM/YYYY), or I choose to sign the waiver in #3 below.
3. **Immunization Waiver:** If you did NOT check YES in #1 above or did NOT provide tetanus date in #2 above, please sign* and date** the following statement: ***"I understand and accept the potential risks to one who is not fully immunized."***

Parent/Guardian signature* _____, Date signed** _____

GETTING TO KNOW YOUR CAMPER: The following questions will help us ensure a quality camp experience for your camper. Get your camper's opinion, remembering that our program focus is relational small-group community living, and your camper will spend all day each day with her/his group. Attach additional pages of helpful information.

- Check all that apply:** Returning Camp Bethel Camper. *How many summers total, not including 2019?* _____
- 1st time camper. 1st overnight away from home. Have attended other camp before.
- Can swim in deep water. Non-swimmer.
- Check here only if choosing NOT to sleep out for Home-in-the-Woods overnight. Call us for information.*

Camper's personality when living, playing, & working with others: _____

Camper's interests, hobbies, likes: _____

As your camper thinks about camp, what excites her/him? _____

What concerns her/him? _____

What outcomes from this experience do you hope for your camper? _____

How did you learn about Camp Bethel and/or get this form? _____

I/We chose Camp Bethel because... _____

Church membership, if any (not required for attendance) _____

PARENT/GUARDIAN VERIFICATION OF CAMPER HEALTH & INFORMATION FORM:

The following box must be signed by parent/guardian for camper attendance:

"I verify that the information on this Camper Health & Information Form is complete as far as I know. This form may be copied for camp records. I will provide updates (if any) to this information at check-in on the first day of camp."

Parent/Guardian signature* _____, Date signed** _____

Printed name _____ Phone number _____

CAMP BETHEL MEDICATION INSTRUCTIONS (Complete ONLY if your camper takes medication during camp.)

If you will be sending any medication for your camper to take during her/his time at camp, YOU MUST RECORD precise time and dosage instructions below 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 Health Coordinator unless special arrangements are made through the Health Coordinator and Camp Director. Only send enough medication for the camper's time at camp. Medications MUST be in the original, labeled packaging and container naming prescribing physician, camper name, medication name, dosage, and frequency instructions.

Camper's FIRST name _____ Camper's LAST name _____

LIST ALL MEDICATIONS TO BE ADMINISTERED to this camper that you will be transferring to our Health Coordinator at check-in. List names of medications (including non-prescription) and the reasons for taking.

SCHEDULE OF DOSAGES: In the chart below, list the name of each specific medication. Under each medication, list the dose to give beside each day and specific time we should administer it to your camper. See the "Example Column." The Health Coordinator will initial the box for each specific time the dosage has been dispensed. The times listed in the chart correspond to meals: 8:00am breakfast, 12:30pm lunch, 5:30pm dinner; and bedtime 9:30pm.

		Medication #1		Medication #2		Medication #3		Medication #4		"Example Column"	
		Dose to give each time	Health Coord initials	Dose to give each time	Health Coord initials	Dose to give each time	Health Coord initials	Dose to give each time	Health Coord initials	Dose to give each time	Health Coord initials
Sunday	5:30 pm										
	9:30 pm									1 tablet	
Monday	8:00 am									1 tablet	
	12:30 pm										
	5:30 pm										
	9:30 pm									1 tablet	
Tuesday	8:00 am									1 tablet	
	12:30 pm										
	5:30 pm										
	9:30 pm									1 tablet	
Wednesday	8:00 am									1 tablet	
	12:30 pm										
	5:30 pm										
	9:30 pm									1 tablet	
Thursday	8:00 am									1 tablet	
	12:30 pm										
	5:30 pm										
	9:30 pm									1 tablet	
Friday	8:00 am									1 tablet	
	12:30 pm										
	5:30 pm										

MEDICATION AS NEEDED: List meds you are checking into the Health Coordinator in case they are needed AND a description of the condition for which you feel they should be administered plus the dosage.
