



328 Bethel Road, Fincastle, Virginia 24090

phone: 540-992-2940

CampBethelOffice@gmail.com

www.CampBethelVirginia.org



2019 New River Adventure Trip Confirmation Packet

Dear Camper and Parent,

We received your registration! Your spot is confirmed for our **New River Canoe Trip, Sunday, June 16 at 4:00pm through Friday, June 21 at 6:30pm.**

Arrive at Camp Bethel at or before **4:00pm, Sunday**. Check-in begins promptly at 4:00pm in the Deer Field Gym with important announcements you need to hear. Park in the Ark parking lot or in the Deer Field grass lot. Parents must accompany their camper through check-in and meeting their group's counselors. See the enclosed "Check-in Procedures" for detailed instructions. The Trading Post (camp store) will be set up inside the Gym from 3:15 through check-in. Dinner will be served to campers at 5:30pm after check-in.

We are expecting 6-8 youth to participate with you. Camp Bethel is our base camp for arrival and departure. The River Adventure Program is led by adult volunteer staff who are certified through extensive training, plus at least one Adventure Counselor from Camp Bethel's staff. Your trip leader will contact you the week prior to your trip to answer any questions you may have. No prior canoe experience is necessary for your trip; however, you will enjoy your experience most if you are aware of the following **expectations**:

1. We require that our participants be good, competent swimmers. A swim test will be given to each participant upon arrival at Camp Bethel, which includes swimming approximately 100 yards and treading water for 3 minutes. We cannot accept anyone who does not pass our swim test.
2. We simply cannot tolerate misbehavior or refusal to participate and help with daily work tasks. If trip leaders/counselors deem your behavior unsafe or unmanageable, we will cancel your camp participation. See the enclosed "Camp Rules and Policies."
3. This trip is rated moderate (some strenuous moments) in terms of physical demands and you should expect the following:
 - a. Using primitive campsites with no running water or bathroom facilities – leaders will instruct participants in how to maintain hygiene and health in the wilderness.
 - b. To participate fully, you must be able and willing to wear shoes at all times, and you must wear your lifejacket whenever you are in or near the water.
 - c. Daily work tasks: All participants will be expected to carry personal and group gear for short distances (these can be heavy, so pack lightly), aid in setting up camp, cooking meals in a rotating manner, kneel and/or sit in a canoe for long periods of time (5-8 hours daily), and learn how to work with your partner to move your canoe through the water.
 - d. All participants **MUST** pack all the required gear from the packing list provided on pages 3-4. Participants who do not have proper gear run the risk of injuring themselves or not being able to perform. For example, not having proper rain gear might lead to mild hypothermia, and improper footgear could cause blisters or cuts on the foot. These problems may lead to evacuation of the participant.
 - e. In the event of an emergency, trip leaders will follow established wilderness procedures of evaluation, treatment and evacuation as necessary.

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. At Friday's dinner, please bring a donation to offset the cost of your 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 6:30-7:15pm.

This packet includes "**Preparations for Your Time at Camp**" with your packing list, rules and information about your camp week, forms, and detailed check-in procedures. Write your name on every item you bring to camp. Note that we require modest swimwear. Please consider donating toward our Summer Offering, (see #8 on page 6 for details). Carefully read all the enclosed information.

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 14 days or more before your first day of camp, including:** (1) Your completed "Camper Health & Information Form." (2) Your fee balance is due 14 days or more prior to your camp date or you will forfeit your reserved spot.

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. (Campers will receive mail and BunkNotes when then return to camp on Friday morning.) Post-mail should be sent early in the week to ensure contact. 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 you will be prompted to our on-call staff number).

Camp keeps getting better and better, and we have an exciting, active, on-the-go camp week planned. 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. 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, Beth, Jenna, Mickey, Wes
and the Summer Staff of Camp Bethel*

PREPARATIONS FOR YOUR RIVER ADVENTURE:

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|----------------------------------|---------------------------------|--|
| 1. Important Safety & Gear info. | 7. Trading Post & Camp DVDs. | 12. Communicating with your camper during the camp week. |
| 2. What to pack: Gear list. | 8. Summer Offering. | 13. Safety for our Adventure trip. |
| 3. Tentative Itinerary | 9. Driving directions to camp. | 14. Health Form & Medication Instructions & waiver |
| 4. Camp rules and policies. | 10. Sunday check-in procedures. | |
| 5. Preparing for camp living. | 11. Friday pick-up procedures. | |
| 6. Preventing homesickness. | | |

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#1: Important Safety and Gear Information

•Weather Readiness:

The very nature of our outdoor adventure means that we do not have immediate access to traditional shelter, only our tents. This being said, weather in Southwestern Virginia in early summer can be unpredictable and at times quite cold. Exposure to several days of wet cold weather can be dangerous. Without proper clothing, exposure to the elements can make hypothermia (lowered core body temperature) a serious threat. This is why our gear list is very specific.

•**Gear Specific to our River Trip:** Your pack list (enclosed on next page) is very important, including the following ***gear to be checked by Trip Leaders on arrival at Camp Bethel:**

***Rain Gear:** Waterproof jacket and pants; must be vinyl, Gortex, or coated rubber. Jogging suits, windbreakers, ponchos, and other items that are merely water resistant ARE NOT ACCEPTABLE.

***Long Underwear:** Must be made of polypropylene, Coolmax, 100% polyester, Capilene or Thermax. These materials, unlike cotton, keep you warm when wet. NO COTTON for this underwear.

***Shoes:** Two pairs of shoes that lace up and can get wet are required. Shoes that are new, too small, or sandal-type may cause foot injuries and are not recommended. Socks are recommended for maximum comfort.

***Duffel Bag:** All gear taken on the river must fit into a large cloth military style duffel bag. This can be either open ended or zippered. Backpacks with frames are not acceptable. Campers will be given a large 3mm trash bag to line their duffel bag. Dry bags and river bags are not recommended; they're too difficult to pack.

●Acquiring Gear:

Items you don't own such as sleeping bags, sleeping pads, and duffels may be borrowed or purchased inexpensively. The clothing and supplies listed on the enclosed gear list can be obtained at any number of retailers. Inexpensive: Kmart, Army & Navy, A&N stores. Premium: Outdoor Trails, Blue Ridge Outdoors, Backcountry, Outdoor World, sporting goods stores. Online: CampMor, Sierra Trading Post, REI, L.L. Bean.

See Gear List below and on next page for details of what to bring and how to pack.

●Safety while traveling to-and-from the river:

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 sites and off-site projects based upon adherence to safety standards as outlined by the American Camp Association.

#2: River Adventure Program Gear List: WHAT TO PACK:

●**River Gear:** All personal river gear must be packed in one military-style or **large duffel bag** lined with 1 large heavy duty trash bag which can be tied off. Space is limited in the canoe so please do not pack extras. **Duffel bags** must be heavy duty and able to contain all belongings to go on the river, including your sleeping bag. No back packs or any other type of bag will be allowed. Large Zip-Lock bags work well to compartmentalize your gear and facilitate frequent packing and unpacking. Dry-bags and river-bags are difficult to pack repeatedly and are not recommended for carrying river gear. **Put your name on all items.**

YOU MUST HAVE:

- | | |
|--|-------------------------------------|
| 2-4 Tee shirts | 1 comb/brush |
| 2-4 pairs underwear | 1 toothbrush and toothpaste |
| 1 long sleeved shirt | 1 flashlight with extra batteries |
| 1 sun hat | 1 canteen or non-glass water bottle |
| 1 or 2 1-piece bathing suits | 1 sunscreen (SPF 30+) |
| 2 pair shorts | 1 sunglasses (must have head strap) |
| 1 synthetic long underwear (top & bottom) | |
| 2 pairs of good fitting shoes which lace up and can get wet. | |
| 2 pairs of socks to wear in shoes to avoid blisters (wet feet get soft) | |
| 1 long pants (recommend fast dry material) | |
| 1 rain suit, jacket and pants (waterproof, not just resistant-NO PONCHOS) | |
| 1 soap/shampoo (Biodegradable, such as Ivory soap, Campsuds, or Bronners) | |
| 1 sleeping bag suitable for outdoor use (must fit inside your duffel in its own trash bag) | |
| 4 or more additional plastic bags to organize your gear and keep wet, dirty clothes separate | |

*If you're coming with a friend,
consider sharing sunscreen,
toothpaste, soap...*

OPTIONAL STUFF:

- | | |
|--|---|
| personal paddle | your own P.F.D. (personal flotation device) |
| bandana | quick dry camp towel |
| paddling gloves | deodorant (no spray cans) |
| unbreakable mirror | writing pad and pen |
| chapstick | disposable waterproof camera |
| foam pad (for insulation/cushion under sleeping bag) | insect repellent (no spray cans) |
| sanitary napkins/tampons as needed | |

•**Gear for Time Spent at Bethel:** You will need clothes for 2 days and 2 cool nights at Camp Bethel. Include a non-river towel and shoes. Pack these in a separate bag and label with your name. This gear will remain in camp while we are on the river. This insures you have dry clean clothes back at camp.

Optional to bring: watch swim mask/ear plugs bug repellent camera/GoPro hammock, straps & rainfly

Camp Bethel provides all necessary program, camping, first aid & safety gear, and all cabins have A.C. units and fans.

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, knife, 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.
- cell phone/smart phone (see "A Matter of Trust" below), 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

#3: Tentative Trip Itinerary; New River Trip:

Sunday: Arrive at Camp Bethel; Meet and greet leaders and other participants; pass swim test; Trust and initiative activities; brief introduction to paddling; gather group/personal gear; pack food and gear for the week.

Monday: Leave for the river after breakfast. Put in below McCoy Falls. Lunch and paddling instruction riverside. Paddle to Castle Rock campground. Set up camp, cook dinner.

Tuesday: Breakfast and repacking, then paddle to Bluff City (Harmon's campground-private). Lunch riverside and water stop prior to camp site.

Wednesday: Breakfast and repacking, then paddle to Glen Lyn (public campground). Lunch riverside, scouting and running Narrows Falls.

Thursday: Breakfast and repacking, then paddle to campsite at Lower Shanklin's Ferry Ramp. Lunch riverside, scouting and running Shumate, Wiley and Johnson Falls.

Friday: Breakfast and pack group gear. Pick up and lunch back at Camp Bethel. Clean group gear, Eucharist service, dinner and closing ceremonies at Camp Bethel.

#4: 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 Unit.
6. Obey your counselors.

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 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 #7 about photo Flash Drives and #12 "Communicating With Your Camper..."

Camper Medications:

If you send medication for your camper to take during her/his time at camp, YOU MUST RECORD precise instructions on the enclosed "**Camp Bethel Medication Instructions**" form. All medications must be checked in to our Health Coordinator at check-in. All medications are stored and dispensed by your trip leaders unless special arrangements are made through the Health Coordinator and Camp Director. Only send enough medication for the camper's time at camp. **Medication MUST be in the original, labeled packaging and container naming prescribing physician, camper name, medication name, dosage, and frequency instructions.** Place all this into a gallon zip-lock bag with camper's name on it to speed the registration process.

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. Campers are expected to attend this camp in its entirety. Late arrival and early departure is NOT POSSIBLE with this trip except for an extreme emergency. (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 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.

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 and 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 Jenna Stacy or Barry LeNoir at 540-992-2940 or e-mail CampBethelOffice@gmail.com. For after-hours emergency, call the office phone, 540-992-2940, to be prompted to our on-call staff number.

Visitation is NOT allowed during camp week:

DO NOT arrive at camp or at trip campsites unexpectedly! Our sites 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.

#5: Preparing for your trip and "river living" away from home:

Your counselors and trip leaders trained to help guide your group safely and successfully through each river 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 River:

1. There are no showers on the river, so we'll learn to sponge bathe with water and our washcloths. No flushing toilets, so we will learn how to "go" using the Leave-No-Trace way to "squat" in the woods. Plan ahead.
2. Living in a tent along the river 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.
3. Obviously, we walk/paddle everywhere, and we're on-the-go most of each day. Proper gear and clothing/footwear is essential. Take good care of your feet, and prepare for a highly active week.
4. 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.
5. Camper should prepare for a very active week. There will be many daily (uphill) moments on the river that will be very physically demanding.

Social/Behavioral/Spiritual expectations:

1. Group living: Every day, all day **together**, traveling and living as a family unit, including completion of all meal and camping tasks.
2. 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.
3. Learning and following the Camp & River Rules (on page 2) is essential to a safe and fun week.
4. Try new things: The river 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.

#6: Preventing homesickness:

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

1. 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.
2. In the weeks before camp, practice overnight sleep-overs with friends and relatives.
3. Don't force a child to camp who has no desire to go. Only send a willing child to multiple camps.
4. Don't tell campers how much you will miss them.
5. 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:

1. All staff will do everything possible to address the cause and to encourage the camper.
2. If symptoms persist, the trip leaders will contact the Director.
3. The Director will call home to discuss options with you.
4. 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.
5. 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!

#7: 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 prior to check-in and 6:30-7:15pm in the Trading Post on Friday 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.

#8: Summer Offering 2019:



**Seed, Scattered
& Sown**

"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. 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!

#9: 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.

#10: Sunday Check-In Procedures:

1. Check-in begins promptly for everyone at **4:00pm Sunday** at the Deer Field Gym 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 (camp store) will be set up inside the Gym from 3:15 through check-in. Park in the paved Ark parking lot or in the grass Deer Field lot beside the Gym. Follow directional signs; 5mph; drive carefully.
2. **Do not unpack luggage from your car yet!** After check-in in the gym, River Adventure campers and parents will take their luggage to the Pool area for inspection by Trip Leaders.
3. Please tag or label all luggage/gear with your name. We will have markers & tags available in the Gym. 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 Deer Field Gym (there may be a line). 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 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. See #2 "...policies: Camper Medications"
8. After checking in, Parents and Campers will then walk to meet your Trip Leaders at the swimming pool. **Campers will need to come with swimwear because swim tests will be conducted at this point.** There is a changing area/bathhouse beside the pool.
9. Load luggage onto the truck/wagon by the Pool.
10. Parents: Take time to meet the counselors and other campers in the group, and then say your good-byes as your campers begin a great week at camp with their Trip Leaders.
11. Parents: Drive slowly as you leave, watch for pedestrians, and follow exit signs out of camp.
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!

#11: 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. Please bring a donation of \$10+/person to cover your meal cost.
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.** Campers are dismissed at 6:30pm to their parents' care.
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 at the Cave Trail Canoe Stage (your camper will know where the luggage is). 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 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!

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

Since phones/tablets are NOT allowed by campers at camp, here's how to keep in touch:

1. Provide your camper with a pack of home-addressed, stamped envelopes and a notepad.
2. 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.
3. Send your camper daily one-way e-mail through Bunk1's paid e-mail service described below.



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. 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>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 "Need an Account or have an invitation code" 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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#13: 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.

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

Complete the Camper Health & Information Form (page 9-10) and the Medication Instructions form (page 11) with exact instructions for any medications. OR complete both forms on-line at:

www.CampBethelVirginia.org/health.

Complete & sign any adventure waivers (if applicable). Mail/submit ALL at least 14 days 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.

Write medication names here ==>		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.
