



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



Dear Camper and Parent,

Merry Christmas and Happy New Year! Thank you for signing up for Winter Camp Youth and Kids' Retreat! We have received your registration and are now confirming your spot in **Winter Camp Youth and Kids' Retreat, Monday, December 30 at 10:00am through Tuesday, December 31 at 2:00pm.**

Please plan to arrive at Camp Bethel by **10:00am Monday, December 30.** Check-in begins at 10:00am in the Deer Field Gym. Please park in the Ark parking lot or in the Deer Field grass lot. Parents or Youth Directors must accompany their camper through check-in and moving into the cabin and meeting their group's counselors, *so don't unload your gear until AFTER you find out your cabin assignment.* See the enclosed "Check-in Procedures" on page 4 for detailed check-in instructions.

Before check-in, the camp's **Trading Post "outlet" will be open from 9:30am-10:00am in the Gym** with a sale on selected items.

Pick up time is **2:00pm, Tuesday, December 31. Meet your camper at their cabin at 2:00pm to gather their gear.** Campers will be dismissed from their cabins at 2:00pm to their parents' or Youth Director's care, and the Trading Post will be open from 2:00-2:30pm in the actual Trading Post.

Enclosed with this letter are "6 Preparations for Winter Camp" including check-in/move-in procedures and a list of items to bring with you including neon/fluorescent clothes for our Glow-in-the-Dark Gym Party! Many of our activities are outside except in dangerously cold weather. Please write your name on every item you bring to camp. Carefully read all the enclosed information. If you registered *on line*, you will need to complete and submit a Winter Camper **Health Form** at www.CampBethelVirginia.org/winter-camp, or use the paper form on page 6 of this packet.

We have a fun time planned for you as we wrap up the holidays - *Camp Bethel style.* Our reunited 2019 summer staff will serve as our unit counselors and leaders. We invite you to bring a friend along! There are also campership funds available for Winter Camp Youth and Kids' Retreat.

In the event of dangerous weather on December 29 or 30 or 31, call our office number (540-992-2940) or check our web site (www.CampBethelVirginia.org/winter-camp) for cancellation information. We hope for snow, but we hope it's already on the ground BEFORE this camp begins for sledding and snow fun!

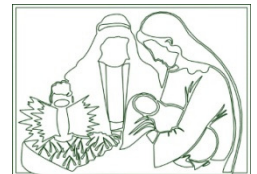
If you have questions about fees, forms or any aspect of your time at camp, call Jenna Stacy at 540-992-2940 or e-mail at **CampBethelOffice@gmail.com.**

We look forward to seeing you at camp!

Together, in Christ our hope,

Jenna Stacy, Program Coordinator
Barry LeNoir, Camp Director

"The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth." - John 1:14



6 PREPARATIONS FOR WINTER CAMP:

1. What to pack: Gear list.
2. Camp rules and policies.
3. Driving directions to camp.
4. Trading Post (camp store).
5. Check-in procedures.
6. Pick-up procedures.

#1: What to pack: Winter Camp Gear List:

Please put camper's name on ALL items! Pack lightly enough so that the camper can easily carry all gear by herself/himself. If sharing a cabin with a friend, consider sharing toothpaste, shampoo, etc.

- Pack according to weather/temperature forecasts for the Buchanan/Fincastle/Roanoke area.**
- Warm sleeping bag **or** blankets/sheet and small pillow for cabin bunk, (our cabins are heated).
- Bath towel & washcloth if you want to shower.
- Hygiene items: toothbrush/paste; soap; etc.
- Glow-in-the-Dark and/or fluorescent/neon clothes, hats and other items for our Monday night Glow Party in the Gym!
- Winter coat, hat/stocking cap, gloves, socks, etc. Most of our activities are outside except in dangerously cold weather.
- Clothing for 2 days. **Dress for the weather because we WILL be outside, especially if there is snow on the ground!**
We will, however, avoid outdoors if there is dangerously cold weather.
- If there is snow, pack your snow clothes (boots, gloves, etc) AND bring a sled/toboggan to share and a bike/skate helmet to wear during sledding.
- Everyday dry shoes for running, hiking, games.
- Backpack/daypack/bookbag for hiking around camp.
- Rain jacket/poncho with hood. If it rains, we still have to walk outside from our cabin to the activity buildings.
- Small flashlight & extra batteries. It gets dark at 5:00pm, but we still have lots of activities to do!
- Water bottle: quart-sized, non-glass, screw-top.

Optional to bring: watch camera extra glow sticks & glow items to share and add to our "glow party"

Camp Bethel provides all activity, first aid & safety gear. All cabins have heat.

Things **NOT** to bring:

- money, jewelry, valuables of any kind
- food, drinks, candy, snacks, gum
- 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, pets, toys
- 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, skateboard, hair dryer, curling iron

CAMP BETHEL WISH LIST, FALL 2019:

Road-worthy mini-van; clothes dryer; chest coolers w/ handles; old smart phones (to use as cameras and video cameras); digital cameras; GoPro video camera; portable LCD projector; gas grill; laptop computer (Windows 10); LED light bulbs; new (in-the-box) first-aid kits; new (in-the-box) bike helmets & horse helmets; working vacuum cleaners; brooms; dustpans; "Tree Cookies;" picnic tables. Tax-deductible! www.CampBethelVirginia.org/donate.

#2: Camp rules, policies and expectations:

Camp Bethel programs are open to everyone regardless of race, color, national origin, sex or disability.

Camp Rules for everyone, young and old:

1. Wear shoes always (except bed, shower).
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.

Good Behavior Requirement:

Is a Camp Bethel program a good fit for your camper? She/he 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 Bethel. Bad behavior does not fit and cannot be tolerated. By requesting enrollment into Camp Bethel programs, you and your camper agree to our Behavior Policy and understand that good behavior is required. 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 have agreed to accept the Director's decision and arrange for transportation.

Camper Medications:

All camper medications must be checked in to our Health Coordinator upon your arrival at check-in. Contents and dosage must be properly labeled, and you should include written directions. Medications should be in their original containers. Approved staff will administer all medications.

Camp rules, policies and expectations, continued:

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. **Your \$70 fee is non-refundable after December 26.** Late arrival and early departure is discouraged, but allowed in case of illness, family emergency or conditions beyond control. No refunds for no-shows, early departure or cancellation on the first day of camp, because staff, food and supplies have already been purchased. *If inclement weather on December 29-30-31 forces us to cancel, your \$70.00 will be refunded.*

Physical expectations of living at Camp:

1. No bathtubs here, only individual showers. For some younger campers, this might be their first experience taking a shower. Prepare your camper for showering on their own.
2. We have several bathrooms around main camp. Younger campers should come to camp able to use the bathroom and clean-up on their own. Let your camper know that she/he can ask her/his counselor to use the bathroom ANY TIME. Hikes on camp property often venture away from bathrooms, so encourage your camper to "go" before they go; counselors will also remind campers.
3. Living in a cabin with 10 other persons might challenge our need for individual privacy. Knowing what your camper is used to, discuss how she/he might adapt rooming with others.
4. We walk everywhere, and we're on-the-go most of both days. Comfortable (warm & dry) shoes & socks are very important.

Social/Behavioral/Spiritual expectations of living at Camp:

1. Group living: We'll experience all our daily activities **together** as a Unit, including completion of our daily group duty and eating meals together.
2. Make new friends: Even if coming with a cabin-mate, you are expected to be friendly, courteous and helpful to others in the group. 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.
3. 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).
4. 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.

Our basic Winter Camp Schedule:

Monday, December 30:

9:30-10:00 Trading Post open *in the Gym*.
10:00 Check-In in Gym.
11:15-12:15 Initiatives & Group Games.
12:30 Lunch & Singing.
1:30-5:30 Group Activity Rotations: crafts, Bible study, group games, nature, etc.
5:30 Dinner & Singing.
6:30 Elementary Gym Black Light Games.
Middle/High S'mores at Hexagon.
7:30 Middle/High Gym Black Light Games.
Elementary S'mores at Hexagon.
8:30 Bon Fire Program
9:00 Worship for Elementary - Ark Conf Room.
Big Game & Snack in Gym for Middle/High School.
9:30 Worship for Middle/High School - Ark Conf Room.
Big Game & Snack in Gym for grades 3-5.

Tuesday, December 31:

8:30am BREAKFAST & singing in the Ark.
9:00 Celebration & Morning Worship.
10:00 Pack-up & clean-up.
11:00 Unit choice activities or complete rotations.
12:00 Game show & skits/talent show.
1:00 LUNCH & singing in the Ark.
Video & preview of 2020 Summer Camps.
1:40 Closing Circle.
2:00 Parent pick-up at cabins/depart.
2:00-2:30 Trading Post open *in the actual Trading Post*.

Questions?

If you have questions about fees, camperships, your registration or ANY aspect of Winter Camp, contact Jenna Stacy at 540-992-2940 or **CampBethelOffice@gmail.com**.

#3: 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.

#4: Trading Post open Monday 9:30am-10:00am & Tuesday 2:00-2:30pm:

Parents can shop with campers from 9:30-10:00am (in the Gym) prior to check-in and 2:00-2:30pm (in the actual Trading Post) after dismissal. Make checks payable to CAMP BETHEL and we also accept credit cards. Trading Post earnings directly support the programs and ministries of Camp Bethel, and these funds are especially helpful as we work to strengthen our 2019 Summer Camps.

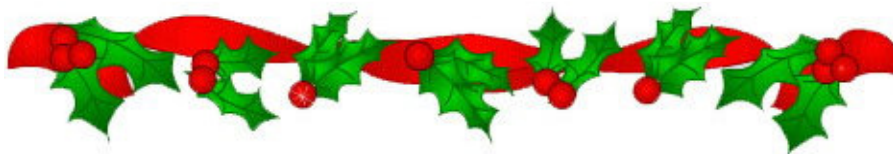
#5: Monday Check-In Procedures:

1. Check-in begins promptly at **10:00am Monday, December 30** in the Deer Field Gym. Registration does not begin until 10:00, and cabin entry is not allowed without your counselors. The Camp Trading Post "outlet" will be open from 9:30-10:00am IN THE GYM. Families should park in the paved Ark parking lot or in the grass Deer Field lot beside the Deer Field Gym. Follow directional signs; 5mph; drive cautiously and watch for pedestrians.
2. **Don't unload your luggage until AFTER you check in!** We'll give you your cabin assignment during check-in in the Gym. **After you check-in, parents will help campers move luggage into their cabin.** PLEASE pack lightly enough so that the camper can easily carry all gear by herself/himself.
3. Proceed to the check-in tables in the Gym (there may be a line).
4. You will then receive your Announcements sheet with Family Unit number, your counselors' names, and your cabin name where you will meet your counselors and your group. This is your CAMPER PICK-UP CARD for use at camp closing and pick-up. Keep this sheet and bring it with you Tuesday at 2:00pm, OR pass it on to the person you have designated to bring your campers home.
5. Give any medication to our Health Coordinator and provide any updates to your Registration/Health History Form.
6. We request that families WALK to move their camper into the cabin. This is to avoid mixing pedestrians with vehicles on our walkways. Please do not drive to the cabin unless it's pouring rain OR you are physically unable to carry the luggage. PLEASE pack lightly enough so that the camper can carry everything alone.
7. Parents and Campers will then move campers into your cabin and meet your counselors. Parents: Take time to make up your younger camper's bunk, meet the counselors and cabin-mates. After you are comfortable, say your good-byes so your camper's group can begin their Winter Camp.
8. Parents: Drive slowly as you leave, watch for pedestrians, and follow One-Way Loop signs to the exit road.
9. 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!

#6: Tuesday Camper Pick-Up Procedures:

1. Pick-up is Tuesday, December 31 at 2:00pm. Bring your CAMPER PICK-UP CARD (the announcement sheet you received at check-in). Meet campers and staff at their cabin.
2. Park in either the Ark parking lot or in the grass Deer Field lot beside the Deer Field Gym. Follow directional signs. Camp speed limit is 5 mph; drive cautiously and carefully.
3. Campers are dismissed at 2:00pm to their parents' care.
4. To "claim" your child, present your CAMPER PICK-UP CARD to your child's counselor at the cabin at 2:00pm.
5. Campers whose parents are not present after 2:00 will be with counselors in the cabin until parents arrive.
6. We request that families WALK to move their camper out of their cabin to avoid mixing pedestrians with vehicles on our walkways. Please do not drive to the cabin unless it's pouring rain OR you are physically unable to carry the luggage.
7. Any remaining medications will be given to the counselor to return to you, the parent at the camper's cabin.
8. The Trading Post will be open from 2:00-2:30pm (inside the actual Trading Post). Families are welcome to stay (Hike! Play! Bike! Sled!) and enjoy Camp Bethel until sundown.
9. Parents: Drive slowly as you leave, 5 mph; watch for pedestrians; follow One-Way Loop signs to exit.
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!

See you here at 10:00am on December 30!



Camp Bethel 2019 Winter Camp Health Form Dec 30-31 v. 10.21.2019 Complete this online at CampBethelVirginia.org/winter-camp

A parent or legal guardian must complete and submit this form prior to your camp dates or upon arrival. 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. 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 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 _____

Gender: M / F Birth Date: _____ / _____ / _____ (ex: 03 / 14 / 2009)

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. Attach addition pages if needed.

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.

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 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 _____

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 below.

___ 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.

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
Monday	12:30 pm										
	5:30 pm										
	9:30 pm									1 tablet	
Tuesday	8:00 am									1 tablet	
	12:30 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.
