



328 Bethel Road, Fincastle, Virginia 24090

phone: 540-992-2940

CampBethelOffice@gmail.com

www.CampBethelVirginia.org



## 2023 Backpacking Trip 7 Confirmation Packet

Dear Camper and Parent,

Thank you for registering for our Backpacking Adventure Trip (Week 7)! Your spot is confirmed, and we are excited to see you!

Our 2023 check-in and check-out procedures are different than recent summers, so please see page 5 for detailed instructions.

**Arrive at Camp Bethel at or before 4:00pm, Sunday.** Check-in begins promptly at 4:00pm inside the Ark Conference Room with important announcements you need to hear. Park in the Ark Parking Lot and carry your backpack and gear into the Ark for check-in. Parents must accompany their camper through check-in, meeting the trip leaders, and a brief parent-camper gear check and trail orientation that will finish no later than 5:00pm. The Trading Post (camp store) will be set up inside the Ark from 3:45 through check-in. See detailed check-in instructions on page 5 of this packet. Dinner will be served to campers at 5:30pm on Sunday.

**Pick up time and camper dismissal is 6:30pm Friday at the Ark Dining Hall.** Watch for a Thursday email with any updates and announcements. Park in the paved Ark Parking Lot or the grass "Volleyball Field" below the Ark Parking Lot. **Parents are encouraged to arrive at exactly 6:00pm for our Closing Singing and Celebration from 6:00-6:30.** This is an important and meaningful ceremony for your camper and their group, so we will not dismiss campers until after our final prayer at 6:30pm. Note that there is NO parent meal this year. Your camper WILL have eaten Friday dinner with their Unit prior to 6:00, and we encourage you to come witness the singing. After 6:30 dismissal, **please walk** with your camper to pick up their luggage. The Trading Post store by the Ark parking lot is open Friday 6:30-7:15pm. See page 5 for detailed check-out procedures.

This packet includes important "**Preparations for Your Trip**" with your *very specific* packing list, rules and information about our trip, behavioral expectations, health and safety preparations, forms, and detailed check-in procedures. Please consider donating toward our Wish List (page 2) and our Summer Offering Project (page 5). Carefully read all the enclosed information. *It is very important that you pack lightly while still having the essential/required gear!* In addition to your own gear, you'll be helping carry, unload and set up lots of group gear. Please note on page 2 that we are asking campers to bring at least \$50 cash for travel treats and souvenir shops, at least \$25 of which will be for Thursday dinner.

We also 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 no later than 7 days before your camp begins, including:** (1) Your completed "Camper Health & Information Form" and "Medication Instructions Form." (2) Waivers if you require any. (3) Your fee balance is due ASAP and at least 7 days prior to your camp date or you will forfeit your reserved spot.

Our trip will satisfy your adventure appetite! The hike will be very physically demanding, yet still suitable for those new to backpacking. We will hike a trail section which includes some of the best of the entire A.T. in Virginia. It is important that you keep your total pack weight below 20% of your body weight! In addition to carrying your own gear, you will help carry lots of food and group gear. It's best for you to secure your own backpack sized for you. If you need to borrow one of our old loaner packs, call/e-mail our office ASAP and provide your height, weight, and waist-size for appropriate pack fit. We will have many daily challenging moments and lots of uphill hiking, but the good news is that for every step up there is eventually a step down. To prepare, walk about 3-5+ miles daily for several days with a heavy pack. Our daily mileage will range from 8-15 miles with heavy packs. We highly recommend bringing/using trekking poles.

In case of extreme emergency during the camp week, contact Kathleen, Program Coordinator, or Elizabeth, Guest Services Coordinator, at 540-992-2940. After-hours, our answering machine message will prompt you to our on-call emergency staff number. Check [CampBethelVirginia.org/director](http://CampBethelVirginia.org/director) to meet our new Camp Director, Hannah Jarrett and to hear a message from outgoing Camp Director, Barry LeNoir. Subscribe to our eNews at [CampBethelVirginia.org/subscribe](http://CampBethelVirginia.org/subscribe). Camp keeps getting better and better, and we have a great backpacking trip planned. Please encourage your friends and classmates to register for summer camp at Camp Bethel in Fincastle, VA! If you have questions, contact us at 540-992-2940 or [CampBethelOffice@gmail.com](mailto:CampBethelOffice@gmail.com).

We look forward to seeing you at camp!

Together, in Christ our hope,

*Kathleen, Elizabeth, Mickey, Barry, Hannah, Rebecca, and the Summer Staff of Camp Bethel*

## PREPARATIONS FOR YOUR TRIP:

1. What to pack: Gear list.
2. Hygiene rules to teach your camper.
3. Camp rules and policies.
4. Preparing for camp living.
5. Preventing homesickness.
6. Trading Post open Friday.
7. Summer Offering 2023.
8. Driving directions to camp.
9. Sunday check-in procedures.
10. Friday pick-up procedures.
11. Communicating with your camper during the camp week.
12. Safety on the Adventure Outing (if any).
13. Health Form & Medication Form, and adventure waivers (if any).

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

**Write your name on ALL items and bags!** 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 to borrow a backpack.

- 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.
- \$40 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 shoes/boots or good trail shoes: comfy, well-fitting & 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).
- Small ½ 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.
- Extra gallon Ziplock bags, plastic bags & trash bags.
- 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 bottles available at check-in for \$15 each. Do NOT bring squirt-top bottles.
- 2 trekking poles are HIGHLY recommended!
- 1 box of standard Band-Aids to give your counselor.
- 1 bottle of hand-sanitizer for your backpack.
- 1 soft pack of disinfectant wipes for your backpack.
- Summer offering to be turned in at check-in (checks to "Camp Bethel Summer Offering"), or select "Staff Adoption Fund" at [CampBethelVirginia.org/donate](http://CampBethelVirginia.org/donate)

#### Optional to bring:

- Watch
- Camera/GoPro
- Notepad or journal with pen or pencil.
- Some hikers like to bring deodorant
- Personal First Aid Kit
- Pack of baby wipes

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](http://www.appalachiantrail.org) and link to "Explore the Trail" then "Hiking Basics" then scroll down to "Gear." Remember Camp Bethel provides all essentials.

**Please consider donating** new and gently-used supplies. We ALWAYS need items listed in the Gear List above and items on our Wish List: Skid Steer, tracked or wheeled; Road-worthy pickup truck (2010 or newer); 15-passenger van (2015 or newer); Outdoor Storage Shed (used or new); Woven wire field-fence; Chicken wire and rabbit wire; Chicken coop; Egg incubator; Clothes washer and dryer; Refrigerator (full or mini); Chest freezer or upright freezer; LED light bulbs; new first-aid supplies; brooms & dustpans; 3'x8' plyboards for bunks (any thickness or quality); "Tree Cookies" (3"+ diameter and less-than 0.5" thick); Amazon wish-list at <https://a.co/5qG5JYq> or [CampBethelVirginia.org/donate](http://CampBethelVirginia.org/donate). Tax-deductible!

#### Things NOT to bring:

- cell phone/smart phone (see "A Matter of Trust" on page 3), tablet, electronics, video games, toys, pets
- vapes, tobacco/nicotine products, alcohol, drugs, cannabis, CBD products, smoking/vaping/drug paraphernalia
- weapons, knife, fireworks, matches, lighter
- jewelry, valuables of any kind
- clothing with inappropriate language/images or that is too revealing including short-shorts, string bikinis, or speedos
- food, drinks, candy, snacks, gum
- 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: Hygiene Rules to Teach Your Camper:

1. Tell your counselor if you feel sick.
2. Cough and sneeze into your elbow or a tissue, and then throw the tissue away and wash your hands.
3. Wash your hands with soap and water after bathrooms, coughing and sneezing, or touching your face. Use hand sanitizer if you cannot wash your hands.

### #3: Camp Rules and Policies:

#### The 7 Camp Rules to teach your camper:

1. Be kind and be helpful.
2. Stay with your Unit.
3. Obey your Counselors.
4. No rough play.
5. Wear shoes always (except bed, shower, pool).
6. Do not throw or kick anything.
7. Walk on paths, pavement, or gravel.
8. Follow "Leave No Trace" guidelines.

**Safe Behavior Requirement:**

We simply cannot tolerate misbehavior or refusal to participate in group activities during this trip. By requesting enrollment into Camp Bethel programs, you and your camper agree to our Behavior Policy and understand that safe 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. **Unsafe 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. Should it become necessary for your child to return home because of unmanageable behavior, homesickness or other reason, you agree to accept the Program Coordinator's decision and arrange for transportation.

**Healthy and Ready for Camp:**

Many COVID-19 health protocols remain as common-sense practices: stay home if you're ill or recently exposed; hand hygiene and respiratory etiquette; improved ventilation; majority-outdoor activities; sanitizing high-touch surfaces; and symptom screening and testing if needed. In the weeks before camp, monitor your child for any onset of symptoms and avoid people who are sick. We continue to follow Virginia Department of Health and CDC recommendations, and we will share any updates with you prior to your arrival at summer camp.

We strongly encourage (but do not require) campers and staff to be up to date on COVID-19 vaccines. Proof of vaccination is not a requirement to attend summer camp. Parents should keep campers who are sick or symptomatic at home. Camper refunds (minus your deposit) are available in case of illness. We prioritize outdoor activities as much as possible. Cabins will have at least one MERV-13 box-fan air-filter to improve air quality. Any staff or campers at Camp Bethel may choose to wear a face mask at any time for any reason, and we will be supportive of any staff or campers who choose to wear a face mask.

Teach your camper the "Hygiene Rules" on page 2. You should NOT send an injured or sick camper to camp. Also ensure that your camper is free of headlice. If any camper or minor has symptoms of COVID during the camp week, we will contact Parent/Guardian to discuss on-site testing options. Our Health Plan is at [CampBethelVirginia.org/health](http://CampBethelVirginia.org/health).

**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 medication for your camper to take during the camp week, YOU MUST RECORD precise instructions on the enclosed "**Medication Instructions**" form. All medications must be given to our Medical Staff at Check-In on the first day of camp. All medications are stored and dispensed by the Health Coordinator unless special arrangements are made through the Health Coordinator and Camp Director. Send exactly 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.** Place all this into a gallon zip-lock bag (or a box if more space is needed) with camper's name on it to speed the check-in process.

**2023 Policy for Cancellations, Late Arrivals, Early Departure:**

Should you pay for camp, and later decide to keep your child home, YOU HAVE OPTIONS:

1. Credit your payments toward another available 2023 program, or
2. Credit all but \$50 of your 2023 payments to 2024 pre-registration, or
3. Donate part or all to help Camp Bethel adapt how we operate (and help ensure we're here for you in 2024), or
4. Refund all your payments minus your \$50 deposit. **We just need to hear from you at least 24 hours prior to the start of your camp,** and sooner if possible. No refunds for no-shows with no notification at least 24 hours prior to the start of your camp. Please notify the camp office 540-992-2940 or [CampBethelOffice@gmail.com](mailto:CampBethelOffice@gmail.com) ASAP if your camper will not attend this session.

For this Trip, late arrival and early departure is not possible. If complete payment of the camp fee (or Campership approval or Good-As-Gold form) is not received 7 days prior to your camp date you will forfeit your reserved spot.

**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, staffing, 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. Consider supporting our counselors at [www.CampBethelVirginia.org/adopt](http://www.CampBethelVirginia.org/adopt). If a camper is sad or if there is an issue, illness, injury, or emergency the Program Coordinator WILL contact parents.

**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!* (AND, there's ample research proving that youth greatly improve their social and emotional growth while phone-free!) Let your child/youth know that they can always reach out to their counselor and camp leaders. The Program Coordinator 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 #11 "Communicating With Your Camper."

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

Using smart phones, our directors and staff receive and communicate instant updates on summer storms or emergencies, and your counselors are trained for camper safety during storms and emergencies. In case of any emergency in which we request parent action, our office will contact you via e-mail and phone. Add [CampBethelOffice@gmail.com](mailto:CampBethelOffice@gmail.com) to your contacts so our emails come to your IN box. Otherwise, **NO NEWS IS GOOD NEWS**, and everyone is safe. In case of a family emergency that must be communicated to your camper, contact 540-992-2940 or e-mail [CampBethelOffice@gmail.com](mailto:CampBethelOffice@gmail.com). For after-hours emergency call 540-992-2940 and our answering machine message will prompt you to our on-call staff number.

#### **Visitation is NOT allowed during camp week:**

DO NOT arrive at camp unexpectedly! Our site is 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 and wait at the camp office when you arrive.

#### **#4: 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 pit toilet nearby. Otherwise, we'll learn the Leave-No-Trace way to "squat" in the woods. Plan ahead.
2. Living in a tent/hammock or in the trail shelters with 2-6 other persons might challenge our need for individual privacy. Counselors will be helpful, but you can also think of ways you can prepare and adapt to this kind of week.
3. Obviously, we walk everywhere, and we're on-the-go most of each day. Comfortable, well-fitting hiking shoes/boots & socks are very important. 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 \$20 each), and remember to hydrate often. We'll pump & filter to re-supply our water bottles at springs and all stream crossings.
5. 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:**

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 & Trail Rules (on page 2) is essential to a safe and fun week.
4. 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.

#### **#5: Preventing homesickness:**

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

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. Help your camper prepare physically for this active adventure trip! Reinforce positive camp aspects; encourage new learning.
2. In the months 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 & ready child to back-to-back camps.
4. Don't tell campers how much you will miss them. Instead encourage new friends and new experiences.
5. 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:

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!

## #6: Trading Post camp store open Sunday 3:45-4:30pm (in Ark) & Friday 6:30-7:15pm (in Store)

Parents can shop with campers from 3:45-4:30pm in the Ark prior to check-in and 6:30-7:15pm in the actual Trading Post store on Friday after dismissal. Camp Bethel t-shirts cost \$10-\$20; bottles \$20-\$25; sweatshirts & blankets \$30-\$50; and other items range from \$2 to \$50. Earnings directly support the programs of Camp Bethel. At the Trading Post (Sunday 3:45-4:30 in Gym & Friday 6:30-7:15 in store) lock in this year's rate for next year's camp and get 1 FREE short sleeve tee-shirt by using our "Early Summer 2024 Pre-Registration Form."

## #7: Summer Offering 2023: "Tip" Your Counselors with our Summer Staff Adoption Fund

We LOVE our Counselors, and we strive to recruit the *best leaders* for Summer Staff ministry service. *It is a tough ask.* They commit eight-to-ten weeks of intense training and 24/7 leadership to care for your campers. We pay them, but not as much as we wish we could and not as much as they need to afford college and textbooks. Some young adults want to serve, *but cannot afford to serve.* Families often ask, "Can we tip our counselors?" Answer: YES, by donating toward our Summer Staff Adoption Fund to help these young adults accept the call to serve in Outdoor Ministry!



Donations toward our Summer Staff Adoption Fund are divided equally among all summer staff upon completion of their summer contract, and your gift is paired with congregations, groups, families, and individuals who are "adopting" our staff with additional funding, prayer support, letters of encouragement, care packages, and church visits.

Please donate toward our Summer Staff Adoption Fund online at [www.CampBethelVirginia.org/adopt](http://www.CampBethelVirginia.org/adopt) or mail check payable to "Camp Bethel Summer Offering". 100% of your gift goes directly to this fund.

## #8: Driving directions to Camp Bethel: Physical address is 328 Bethel Road, Fincastle VA 24090.

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 Baptist Church on left; just across from the church turn right (southeast) 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 (Route 640) and go less than 1/10<sup>th</sup> mile to left onto bridge at Bethel Road (606), a gravel road.
6. Drive under railroad trestle. Camp Bethel entrance is 0.3 mile straight ahead along Bethel Road on the right. Follow signs to Check-In.

## #9: Sunday Check-In Procedures:

1. Check-in begins promptly for everyone at 4:00pm Sunday inside the Ark Conference Room with important announcements and introductions for all families. Arrive at or before 4:00! Registration does not begin until 4:00; cabin entry is not allowed without your counselors. The Trading Post Outlet (camp store) will be set up inside the Gym from 3:45 through check-in. Park in the paved Ark parking lot or in the grass Volleyball Field below the Ark Parking Lot. Follow directional signs.
2. LUGGAGE: Carry backpack and gear inside to the Ark.
3. Proceed to the check-in tables in the Ark Conference Room (there may be a line). Check in with the registrar and turn in offering donations to the OFFERING BOX near the registration table.
4. At the FIRST check-in table you will find your PARENT PACKET, organized alphabetically by camper last name. This packet has (1) your Camper's Unit number, (2) your counselors' names, (3) your cabin/lodge, (4) Bunk Notes instructions, and (5) Friday pick-up procedures. You will use your Unit number to eventually find and meet your counselors and your group. The PARENT PACKET also has a 2024 Pre-Registration Form, camp news and announcements.
5. At the SECOND check-in table, you will (1) turn in any adventure waivers or forms due (extra blank waivers and forms will be available), (2) update or add any names of adults who are authorized to drive the camper home from camp, and (3) answer a few quick Health Screening questions (fever? achy? sore throat? cold/flu symptoms?).
6. If you bring medications, you will then give any medication and any Health Form updates to our Health Coordinator. Place all medication in a gallon zip-lock bag with camper's name on it to speed along the registration process. See #2 "...policies: Camper Medications"
7. Parents and Campers will then go back into the Ark Dining Room to meet the Trip Leaders and for a brief gear review and trail orientation, which should be over by 5:00pm. Parents: Tell the counselor any information they should know (in addition to the information you included on your Camper Information and Health Form). After the gear review, say "Goodbye" as your campers begin a great backpacking journey with their counselors and new friends. Dinner WILL be served to campers on Sunday evening.
8. Parents: Drive slowly as you leave, watch for pedestrians, and follow exit signs out of camp.
9. These procedures were established (and revised) to ensure camper safety and supervision, to reduce vehicle traffic through camp, to ensure the security of staff and campers' belongings, and to begin group unity and cooperation as soon as possible after arrival. Thanks for understanding!

## #10: Friday Camper Pick-Up Procedures: (Watch for a Thursday email with any updates and announcements.)

1. Dismissal/Pick-up is Friday at 6:30pm at the Ark Dining Hall. There is NO parent meal on Friday this year, but your camper WILL have eaten Friday dinner with their group prior to 6:00pm.
2. You are encouraged to arrive at 6:00pm at the Ark to witness our Closing Singing and Celebration from 6-6:30pm. This is an important and meaningful ceremony for your camper and their group, so we will not dismiss campers to your care until after our final prayer at 6:30pm.
3. Park in one of these areas: the paved Ark Parking Lot or the grass "Volleyball Field" below the Ark Parking Lot. Bring your Photo ID. Meet campers and counselors at the pond side of the Ark Dining Hall.
4. To "claim" your child at 6:30pm, present your PHOTO ID or DRIVER'S LICENSE to your child's counselor. Only adults listed as authorized

- may pick-up the camper AND only with a valid photo ID or driver's license.
5. If you brought medication, your camper's medication containers will be stored in your camper's luggage along with a copy of their completed/initialed dosage form. Please ensure that your camper's medication and dosage form is in their luggage.
  6. After 6:30 dismissal, please walk with your camper and their counselor to pick up their luggage.
  7. Your counselors will double check to ensure all your camper's belongings are out of the cabin and in your possession before you leave.
  8. If you arrive AFTER 6:30pm dismissal, park, go to the Ark Dining Hall, and ask a STAFF member for instructions where to pick up your child.
  9. After 6:30pm dismissal, the Trading Post (in the actual camp store) will be open from 6:30-7:15pm. At the Trading Post from 6:30-7:15, look 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 for next year and save \$10-\$40. More information is at [CampBethelVirginia.org/ParentInfo](http://CampBethelVirginia.org/ParentInfo).
  10. Parents: Drive slowly as you leave, 5 mph; watch for pedestrians; follow exit signs out of camp.

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

Only emergency communications will be available with the Trip group. Counselors and trip leaders will carry cell phones for emergency use only. If you have an emergency 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. 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 3 or 4 days before their camp week begins so they reach your camper while s/he is here. OR leave 5 pre-written dated notes for your camper.
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:

Returning Parents:	New Parents:
<ol style="list-style-type: none"> <li>1. Go to <a href="http://www.Bunk1.com">www.Bunk1.com</a> or click the "Bunk Notes" image at the bottom of the page at <a href="http://CampBethelVirginia.org">CampBethelVirginia.org</a>.</li> <li>2. Log in to 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.</li> </ol>	<ol style="list-style-type: none"> <li>1. Go to <a href="http://www.Bunk1.com">www.Bunk1.com</a> or click the "Bunk Notes" image at the bottom of <a href="http://CampBethelVirginia.org">CampBethelVirginia.org</a>.</li> <li>2. Click "New Here? Get Started" at the top of the page.</li> <li>3. Complete the basic form to create your account. Use our "Invitation Code" <b>CBETHEL23</b></li> <li>4. Only share the code with relatives or friends YOU approve. <i>You will be prompted to select a bundle for access to your Parent Portal.</i></li> </ol>

### SENDING BUNK NOTES

**Step 1:** Purchase your Bundle of Bunk Note Credits. 1 note = 1 credit. Minimum "Starter Bundle" is 10 credits for about \$9. Please note that adding features to a note (photos, puzzles, borders, etc.) will utilize/cost additional credits.

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

**Share with family members:** Purchase "Bunk Notes Express" and receive a unique email address to send your Bunk Note directly from an email account. All family members can send notes to the address and have them delivered to your camper as Bunk Notes. A credit is deducted from your account for each note and you must have credits on your account to use this feature.

### BUNK NOTES F.A.Q.s:

**Who do I call if I have questions or problems?** Call Bunk1 at 1-212-974-9112 or [support@bunk1.com](mailto: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 easily print and distribute to campers. Your payment helps us cover the cost of paper, ink, and labor.

**Can other relatives use these services?** Absolutely! In your Quick Links you'll select Invite Family Members, enter their details and they will be sent an email. PLEASE NOTE this will prompt them to set up their own account. It does not provide them access to your account OR Credits.

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

**The Bunk1 app** is available for via Google Play or the Apple App Store.

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

**"I have loved all of it, our Camp Bethel."** After 39 years of camp staff experience including 21 years at Camp Bethel, Barry LeNoir will hand over responsibilities to the next Camp Director on June 30. In late May, check [CampBethelVirginia.org/director](http://CampBethelVirginia.org/director) to meet our new Camp Director, Hannah Jarrett and to hear a message from Barry and the Staff.

## #12: Safety in the van for our Trip: (If applicable for your camp.) Campers receive a full safety orientation.

Vehicles used for transporting campers are equipped with a first aid kit and emergency accessories, 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. We will usually travel with windows open for ventilation. On hot days, we'll run the air-conditioning. 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.

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

Complete the enclosed Camper Health & Information Form (page 7-8) and the Medication Instructions form (page 9) with exact instructions for any medications. OR complete both forms **on-line** at: [www.CampBethelVirginia.org/health](http://www.CampBethelVirginia.org/health).

Complete & sign any adventure waivers (if applicable). Email/submit ALL at least 7 days before camp or as soon as possible to: [CampBethelOffice@gmail.com](mailto:CampBethelOffice@gmail.com) or Camp Bethel Registrar, 328 Bethel Road, Fincastle, VA 24090

## Camp Bethel 2023 Camper Health & Information Form v. 04.20.2023 Complete this online at [CampBethelVirginia.org/health](http://CampBethelVirginia.org/health)

A parent or legal guardian must complete and submit this form at least 7 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 or updates if needed via [CampBethelOffice@gmail.com](mailto:CampBethelOffice@gmail.com), attention: Health Coordinator. Provide any urgent health updates 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](mailto:CampBethelOffice@gmail.com), or upload the scan/image at [www.CampBethelVirginia.org/health](http://www.CampBethelVirginia.org/health). In any emergency, illness, or injury, we will immediately contact the parent/guardian or the emergency contact. **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 11-16 (Week 1)     June 25-30 (Week 3)     July 9-14 (Week 5)     July 23-28 (Week 7)  
 June 18-23 (Week 2)     July 2-7 (Week 4)     July 16-21 (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: 540-555-4321)

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: 540-555-5678)

Their other phone \_\_\_\_\_ include area code, (ex: 540-555-8765)

Who will pick up your child? List the first and last names of any adults you authorize 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](mailto: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:** If you voluntarily exempt this child from school-required immunizations, you must sign the waiver (#3) below if you do not check YES in #1 or do not provide tetanus date in #2. (*Immunizations are NOT required for attendance.*)

1. Are all immunizations required for public 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 2023?* \_\_\_\_\_

1st time at this camp.  1st overnight away from home.  Have attended other camp before.

Can swim in deep water.  Non-swimmer.  No bike experience.  Experienced bike rider.

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 Medical Staff or 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
Write medication names here ==>		_____									
		_____									
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.

\_\_\_\_\_

\_\_\_\_\_