



328 Bethel Road, Fincastle, Virginia 24090

phone: 540-992-2940

CampBethelOffice@gmail.com

www.CampBethelVirginia.org



## 2024 Week-long Wellness Retreat Camp Confirmation Packet

Dear Camper and Parent,

Thank you for registering for the Wellness Retreat Camp at Camp Bethel! Your spot is confirmed, and we are excited to see you!

**Arrive at Camp Bethel at or before 4:00pm, Sunday.** Check-in begins promptly at 4:00pm inside the Deer Field Gym with important announcements you need to hear. Park in the Ark Parking Lot or in the Deer Field grass lot and carry your luggage into the Gym for placement into your group's assigned spot or wagon. Parents must accompany their camper through check-in and meeting their group's counselors. The Trading Post (camp store) will be set up inside the Gym 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 Deer Field beside the Gym. **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. 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 Time at Camp"** with your packing list, Hygiene Rules and Camp Rules, 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.

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 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) If you owe any fee for your camp, please pay ahead or bring payment (or Good-as-Gold certificates or Campership approval) to check-in.

Send mail to your camper (their name, c/o Camp Bethel and our address) several days before camp begins to ensure contact; or leave a pack of letters addressed to your camper with check-in staff for daily delivery. You can also send daily e-mailed "Bunk Notes" with Bunk1 paid service, (see #11 on page 6). 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.

Many recent health protocols remain as common-sense practices. We continue to follow Virginia Department of Health and CDC recommendations, and we will share any updates with you prior to your arrival. See "Healthy and Ready for Camp" on page 3.

Subscribe to our eNews at [CampBethelVirginia.org/subscribe](http://CampBethelVirginia.org/subscribe). Camp keeps getting better and better, and we have an active, on-the-go week 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.

We look forward to seeing you at camp!

Together, in Christ our hope,

*Kathleen, Elizabeth, Mickey, Reagan, Ben, Hannah and the Summer Staff of Camp Bethel*

## 12 PREPARATIONS FOR YOUR TIME AT CAMP:

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 2024.
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. Health Form & Medication Instructions & waivers (if any).

### #1: What to pack: Overnight Camper's Gear List:

**Write your name on ALL items and bags!** Pack lightly so you can easily carry all gear by yourself. You will be sleeping in a bunk bed, and your gear space is limited. Cabins have window-unit air-conditioners if needed. Keep your packing simple and minimal. SHARE supplies with a camp friend (shampoo, sunscreen, etc.); anything to reduce your gear load!

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| <ul style="list-style-type: none"> <li><input type="checkbox"/> Empty daypack or backpack for you to carry water bottles, hand-sanitizer &amp; disinfectant wipes, and for carrying gear around campus, to the bathhouse, or on a hike.</li> <li><input type="checkbox"/> Sleeping bag <b>or</b> blanket/sheets for cabin bunk.</li> <li><input type="checkbox"/> Pillow for cabin bunk.</li> <li><input type="checkbox"/> Bath towel &amp; washcloth and a pool/beach towel.</li> <li><input type="checkbox"/> Swim suit or swim clothes appropriate for active play in the pool, for creek play, and active water games.</li> <li><input type="checkbox"/> Bathroom supplies: toothbrush/paste; shower soap; etc.</li> <li><input type="checkbox"/> Clothing, light jacket; and sleepwear; <i>Hot days, cool nights.</i></li> <li><input type="checkbox"/> Everyday <b>dry</b> shoes (closed-toe active shoes for running, hiking, games, climbing wall).</li> <li><input type="checkbox"/> Strap-on sandals (w/ heel-strap) or water shoes to get wet for creek play, rain hikes, pool; <b><u>NO flip-flops.</u></b></li> <li><input type="checkbox"/> Large plastic bag for dirty clothes &amp; wet shoes.</li> <li><input type="checkbox"/> Rain jacket or poncho with hood; no stopping for rain!</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Water bottle: quart-sized, non-glass, screw-top.</li> <li><input type="checkbox"/> Hat with brim to block sun, or a bandana.</li> <li><input type="checkbox"/> 1 small bottle of hand-sanitizer for your backpack.</li> <li><input type="checkbox"/> 1 soft pack of disinfectant wipes for your backpack.</li> <li><input type="checkbox"/> Small flashlight or headlamp &amp; extra batteries.</li> <li><input type="checkbox"/> Sunscreen (waterproof and at least 30 SPF).</li> <li><input type="checkbox"/> Summer offering to be turned in at check-in (checks to "Camp Bethel Summer Offering"), or select "Staff Adoption Fund" at <a href="http://CampBethelVirginia.org/donate">CampBethelVirginia.org/donate</a></li> </ul> |
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#### Optional to bring:

- Watch
- Shower caddy/bag
- Camera/GoPro
- Bug repellent
- Cloth or disposable face mask (optional).
- Swim mask and/or swimming ear plugs
- Swim floaties or lifejacket for non-swimmers

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

**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); Amazon wish-list at <https://a.co/5qG5JYq> or [CampBethelVirginia.org/donate](http://CampBethelVirginia.org/donate). *Tax-deductible!*

### Things **NOT** to bring:

- electronics, video games, toys, pets, skateboard
- vapes, tobacco/nicotine products, alcohol, drugs, cannabis, CBD products, smoking/vaping/drug paraphernalia
- weapons, knife, fireworks, matches, lighter
- 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

### #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. Follow your Counselor's lead.
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.

#### Safe Behavior Requirement:

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. The Program Coordinator 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 Program Coordinator's decision and arrange for transportation.

**Healthy and Ready for Camp:**

Health protocols remain as common-sense practices: stay home if you're ill or recently exposed; hand hygiene and respiratory etiquette; majority-outdoor activities; sanitizing high-touch surfaces; and symptom screening and testing at check-in, 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.

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. 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.

**Camper Medications:**

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.

**2024 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 2024 program, or
2. Credit all but \$50 of your 2024 payments to 2025 pre-registration, or
3. Donate part or all to help Camp Bethel enhance how we operate, 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. 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.

Late arrival and early departure are discouraged, but allowed if needed. However, because staff, food, and supplies are already secured, we cannot provide pro-rated refunds for partial camp attendance once your camper has arrived unless Camp Bethel cancels your child's program. If programs are cancelled, you will be notified ASAP of your options, including full refunds.

**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:

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

##### Physical expectations of living in a cabin:

1. No bathtubs here, only individual showers. Before camp, teach your younger camper how to take a shower.
2. We have several bathrooms around main camp. Remember, you can ask your counselor to use the bathroom ANY TIME. Hikes on camp property often venture away from bathrooms, so remember to “go” before you go; counselors will also remind you.
3. Living in a cabin or bunkroom with 9 other persons (same gender) may challenge our need for individual privacy, especially when changing clothes. We prohibit nudity or disrobing directly in front of others. All cabins and bunkrooms have access to private changing areas. In a pinch, teach your child the “sleeping bag” clothes-changing method used for years by most children.
4. We walk everywhere, and we’re on-the-go most of each day. Comfortable (dry) shoes & socks are very important. Take good care of your feet, and prepare for a highly active week.
5. On hot summer days it’s important to drink lots of water and apply sunscreen. Pack your water bottle: quart-sized, non-glass, screw-top, and remember to hydrate often and apply sunscreen 20 minutes before outdoor activity. Cabins have window-unit air-conditioners if needed on the hottest days/nights.

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

1. You will be with other campers and your counselors all day each day. We stay together with our group during our entire time at camp, so we have little to no “alone time.” Unsafe behavior does not fit and cannot be tolerated. See “Rules” on page 2.
2. Group living: We’ll experience all our daily activities **together** as a Unit, including our daily group duty and eating meals together.
3. Make new friends: Even if coming with a cabin-mate, you are expected to be friendly, courteous and helpful to others in the group. Cabins are single-gender, but Units are co-ed unless we need to create an all-male OR an all-female group because one gender of campers registers more than the other. You will share your group with youth of different backgrounds and abilities. We believe Jesus’ message of love and unconditional acceptance, and at camp, “Love your neighbor” is part of daily living.
4. You **MUST** learn and follow the Camp Rules and Hygiene Rules (page 2) to ensure 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 and quietly, (Bible study/worship, meals/announcements, counselor explaining an activity, bed/quiet hours).
5. 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.

##### A Sample Resident Camper Day: (Also see your individual activity descriptions in your Program Description or at [CampBethelVirginia.org/camps](http://CampBethelVirginia.org/camps))

|            |                                         |           |                                                                        |       |                                  |
|------------|-----------------------------------------|-----------|------------------------------------------------------------------------|-------|----------------------------------|
| 7:30am     | Unit 1 prepares for “hosting” breakfast | 12:15pm   | Unit 2 prepares for “hosting” lunch                                    | 6:30  | Unit activities: Games, etc.     |
| 7:45       | Morning Watch at the Spring             | 12:30     | Lunch/songs/announcements                                              | 8:00  | Special evening Unit activity    |
| 8:00       | Breakfast in the Ark; Unit 1 hosts      | 1:30-5:30 | Unit activities: swimming, hiking, games, High-ropes, crafts, showers! | 9:00  | Campfire vespers: worship/songs  |
| 8:30       | Singing/announcements                   | 5:15      | Unit 3 prepares for “hosting” dinner                                   | 10:00 | Lights out for Elementary camps  |
| 9:00       | Cabin clean-up & daily duties           | 5:30      | Dinner/songs/announcements                                             | 11:00 | Lights out for Middle/High camps |
| 9:30-12:30 | Unit activities, Bible Study, etc.      |           |                                                                        |       |                                  |

#### #5: Preventing homesickness:

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

1. Set realistic expectations for the camp experience based on our information and the activities listed in the program description ([CampBethelVirginia.org/camps](http://CampBethelVirginia.org/camps) and [CampBethelVirginia.org/ParentInfo](http://CampBethelVirginia.org/ParentInfo)). Reinforce positive camp aspects; encourage new learning.
2. In the weeks before camp, hold one or more “practice” overnight sleep-overs in another room of your home with your child.
3. With your child, come and visit Camp Bethel. Call us to arrange a self-guided pre-tour.
4. Don’t force a child to camp who has no desire to go. Only send a willing & ready child to back-to-back camps.
5. Don’t tell campers how much you will miss them. Instead encourage new friends and new experiences.
6. 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 Program Coordinator WILL contact parents.

##### **Camp Bethel will never force a camper to stay at camp who does not want to stay.**

Our counselors are thoroughly trained in methods to prevent homesickness, and our program style keeps campers active and engaged in camp activities and interpersonal relationships. If, however, your child becomes homesick:

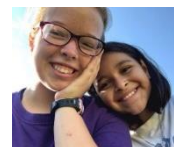
1. All staff will do everything possible to address the cause and to encourage the camper.
2. If symptoms persist, the Program Coordinator will call home to discuss options before you speak with your child.
3. If all determine the best option is to pick up your child, we will have the camper ready. There are no refunds for campers who leave early, because staff, food and gear are already secured.

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

Parents can shop with campers from 3:45-4:30pm in the Gym 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 2025 Pre-Registration Form.”

#### #7: Summer Offering 2024: “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 Deer Field Gym 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 Deer Field lot beside the Gym. Follow directional signs.
2. **LUGGAGE:** Carry gear inside the Gym and find your camp listed on the LUGGAGE SIGNS around the gym. Your child's luggage will go either on a wagon to be delivered or against the wall to be carried to the cabin your child will be staying in.
3. Please tag or label all luggage/gear with your name. We will have markers & tape 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 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 2025 Pre-Registration Form, camp news and announcements.
6. 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?).
7. 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"
8. Parents and Campers will then walk to meet your Unit in the Deer Field. Parents: Take time to meet the counselors and other campers in the Unit. Tell the counselor any information they should know (in addition to the information you included on your Camper Information and Health Form). *Don't linger too long!* Say "Goodbye" as your campers begin a great week at camp with their counselors and new friends.
9. Parents: Drive slowly as you leave, watch for pedestrians, and follow exit signs out of camp.
10. Once the entire Unit has arrived and after a few "get-to-know-you" games, the campers and counselors will carry their gear to their cabins: boys to the boys' cabin and girls to the girls' cabin. Counselors and Support Staff will help campers with their luggage.
11. 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. 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, or the grass Deer Field beside the Gym. 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 a 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, 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 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:**

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 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:**

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| <p><b>Returning Parents:</b></p> <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>                                                                                                                                                                                                                                                                                                                                                                               | <p><b>New Parents:</b></p> <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>24BETH</b></li> <li>4. Only share the code with relatives or friends YOU approve. You will be prompted to select a bundle for access to your Parent Portal.</li> </ol> |
| <p><b>SENDING BUNK NOTES</b></p> <p><b>Step 1:</b> Purchase your Bundle of Bunk Note Credits. 1 note = 1 credit. Minimum "Starter Bundle" is 10 credits for about \$10. Please note that adding features to a note (photos, puzzles, borders, etc.) will utilize/cost additional credits.</p> <p><b>Step 2:</b> Submit your note <b>before 8:30am</b> 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.</p> <p><b>Share with family members:</b> 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.</p> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

**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)****#12: 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

To participate in the Wellness Retreat, sign and return the Informed Consent for the Workshops of Wellness Retreat form on page 10 of this packet.

## Camp Bethel 2024 Camper Health & Information Form 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 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: 540-555-4321)*

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 2024?* \_\_\_\_\_

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 ==> | 5:30 pm  |                        |                       |                        |                       |                        |                       |                        |                       |                        |                       |
|                                 | 9:30 pm  |                        |                       |                        |                       |                        |                       |                        |                       | 1 tablet               |                       |
| Sunday                          | 8:00 am  |                        |                       |                        |                       |                        |                       |                        |                       |                        | 1 tablet              |
|                                 | 12:30 pm |                        |                       |                        |                       |                        |                       |                        |                       |                        |                       |
|                                 | 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.

\_\_\_\_\_

Stephanie D. Hewitt, LCSW CSOTP  
Clarity Counseling and Assessment  
221 Albemarle Ave SW  
Roanoke, VA 24015

### Informed Consent for the Workshops of Wellness Retreat

#### General Information

Therapeutic relationships are unique in that they are highly personal and at the same time a contractual/ethical agreement. Given that this camp’s workshops include therapeutic concepts, it is important for us to reach a clear understanding about the nature of the workshop/leader relationship and how campers will relate to each other during the Wellness Retreat workshops. This consent will provide a clear framework for our time together. Feel free to discuss any of this with me. Please read and indicate that you have reviewed this information and agree to it by filling in the checkbox at the end of this document.

#### Time

The provider will provide an initial call to ensure that the camper’s unique needs and personality will be a good fit for this camp and to seek clarification about any issues that may require additional sensitivity on my part Following that call, campers will engage in (5) workshop times with the leader for approximately 90 minutes.

#### Background

Stephanie completed a Master of Social Work through the University of Southern California in 2015 and have previously worked in Child-Welfare, non-profit children’s services agencies, and as a clinical social worker providing therapy. She provides therapy to children, adolescents, adults, and families who are experiencing certain types of parental issues.

#### Wellness Group Modalities

The special workshops in this camp will be based on several therapeutic modalities, **but are not therapy sessions**. Modalities informing workshops will include mindfulness-based interventions, somatic interventions, and cognitive based interventions. Youth will be given opportunities to process through writing/journaling as well. Given that this is **not** therapy, the goal is to increase overall awareness but not to diagnose or treat any specific condition(s).

#### Group Process(s)

Being a part of a group can provide opportunities to grow via a reciprocal process (each participant both gives and receives from the group). There may be opportunities to share personal information relevant to wellness topics in the workshop setting. Group participants will be coached on confidentiality, sensitivity to other group members, and how to decide what information to share in this setting. However, because the group will include multiple youth, confidentiality cannot be ensured in the same way as it would be in a professional setting.

The provider, as the leader of workshops, will keep camper’s information shared with her confidential unless one of the following occurs:

1. If a camper to harm oneself through suicide or another substantial manner
2. If a camper threatens to harm another person
3. If the leader has a reasonable suspicion that a client or other named victim is the perpetrator, observer of, or actual victim of physical, emotional or sexual abuse of children under the age of 18 years.
4. Suspicions as stated above in the case of an elderly person who may be subjected to these abuses.
5. Suspected neglect of the parties named in items #3 and # 4.
6. By court order
7. Certain emergencies, such as medical emergency

BY SIGNING BELOW I AM AGREEING THAT I HAVE READ, UNDERSTOOD AND AGREE TO THE ITEMS CONTAINED IN THIS DOCUMENT.

X

X

X

Camper

Parent/guardian

workshop leader

: