



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



Dear Camper and Parent,

Thank you for participating in the River Adventure Program, a partnership between the Episcopal Diocese of Southwest Virginia and Camp Bethel. We received your registration! Your spot is confirmed for our **New River Trip, Sunday, June 18 at 4:00pm through Friday, June 23 at 6:30pm.**

Please plan to arrive at Camp Bethel at or before **4:00pm, Sunday.** Check-in begins promptly at 4:00pm Sunday in the Deer Field Gym with important announcements and introductions for ALL families. Please park in the Ark parking lot or in the Deer Field grass lot. Parents should accompany their camper through check-in and meeting their group's counselors. Read the enclosed "Sunday Check-in Procedures" for detailed check-in instructions. The Trading Post (camp store) will be set up inside the Gym from 3:15 through check-in. Dinner will be served to campers on Sunday evening after check-in.

We are expecting up to 14 youth to participate with you. Camp Bethel is our base camp for arrival and departure. The River Adventure Program is led by adult volunteer staff from the Episcopal Diocese of SWVa who are certified through extensive training, plus at least one Adventure Counselor from Camp Bethel's staff. Your trip leader will contact you the week prior to your trip to answer any questions you may have. No prior canoe experience is necessary for your trip; however, you will enjoy your experience most if you are aware of the following **expectations**:

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

Pick up time is **6:30pm, Friday.** Families who reserve Friday dinner with their campers may arrive at the Ark Dining Hall at 5:20pm. You must reserve your dinner(s) in advance at Sunday's check-in. At Friday's dinner, please bring a donation to offset the cost of your meal(s). Families wishing to skip dinner but join in our singing and closing celebration may come at 6:00pm to the pond-side of the Dining Hall. Please allow your camper to experience our closing celebration with their camp friends; please don't leave before 6:30pm. Campers will be dismissed at 6:30pm Friday to their parents' care, and the Trading Post will be open from 6:30-7:15pm.

Enclosed with this letter are "Preparations for Your Time at Camp" including check-in procedures, rules and information about your camp week, forms, and a specific list of items to pack. Please write your name on every item you bring to camp. Please note that we require modest swimwear. Girls may wear one piece swimsuits or tankinis; no bikinis. Boys may wear trunks or shorts; no speedos. Please consider donating school supplies toward our Summer Offering/Service Project, (see #8 on page 4). Carefully read all the enclosed information.

See the enclosed page titled, "Final Payment and Forms Due for Camp Bethel." This page lists your balance due (if any) and any forms and waivers due. **Forms and payments must be returned to Camp Bethel at least 14 days before your first day of camp:** (1) Your balance due (if any). If your complete camp fee is not paid at least 14 days prior to your camp date, you will forfeit your reserved spot; (2) Your front-to-back completed "Camper Health Form" and "Medication Instructions Form"; and (3) any Waivers specific to your program.

Post-mail can be sent to campers (c/o Camp Bethel) at the camp mailing address above, and daily e-mail can be sent with Bunk1 paid-services through our web site, www.CampBethelVirginia.org. (Campers will receive mail and BunkNotes when then return to camp on Friday morning.) Post-mail should be sent early in the week to ensure contact. In case of extreme emergency, contact Barry LeNoir, Camp Director, at 540-992-2940.

Our summer theme is "**Branching Out: Connected through Christ.**" *Romans 8:38-39: "I am convinced... nothing in all creation will separate us from the love of God that is revealed in Christ Jesus."* It's amazing to learn that indeed nothing can separate us from God's love for us! Like Paul and the disciples, we have tools for reconnecting with God. Living and learning together strengthens our connection to God and to each other. Together we will branch out and try new things, grow in faith, and find the joy of living connected to-and-through Jesus.

Between now and camp, stay informed with announcements, news and "all things Camp Bethel" by subscribing to our E-News at www.CampBethelVirginia.org/subscribe-to-e-news.html. If you have questions contact Jenna or Barry at CampBethelOffice@gmail.com or 540-992-2940.

We look forward to seeing you at camp!

Together, in Christ our hope,

Beth & Steve Wiegandt (R.A.P.), plus Barry, Beth, Brigitte, Jenna, Mickey and the Summer Staff of Camp Bethel

PREPARATIONS FOR YOUR RIVER ADVENTURE:

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

* * * * *

#1: Important Safety and Gear Information

●Weather Readiness:

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

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

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

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

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

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

●Acquiring Gear:

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

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

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

All vehicles used for transporting campers are equipped with a first aid kit and emergency accessories. All vehicles have seatbelts for each passenger, and we check vehicle safety conditions prior to transport. Counselors will carry health forms for all passengers and a cell phone for emergency communication.

Passengers (campers) are instructed in the following safety procedures prior to transporting:

1. Passengers will remain seated at all times with hands and arms inside vehicle.

2. Seatbelts will be fastened – one person per seatbelt.
3. Noise level will be such as to not distract the driver. There will be no disruptive behavior.
4. Passengers will enter and leave the vehicle under the direction of a staff member and/or driver. If the vehicle makes an emergency stop, passengers will follow directions of staff member and/or driver and use buddy system if leaving the vehicle.

The Directors of Camp Bethel have selected our Adventure sites and off-site projects based upon adherence to safety standards as outlined by the American Camp Association.

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

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

YOU MUST HAVE:

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

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

OPTIONAL STUFF:

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

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

Optional to bring: wristwatch your own lifejacket and paddle bug repellent digital camera hammock w/ rain fly

Camp Bethel provides all program, camping, paddling, first aid & safety gear.

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

- camping chairs (like "soccer Mom" chairs) for the Adventure Villages
- 32oz empty yogurt containers with lids
- window unit air conditioners
- digital cameras
- new (in-the-box) bike helmets and/or horse helmets
- canoes & paddles
- kayaks & paddles
- new lifejackets
- brooms/dustpans
- new tents/tarps
- music instruments
- backpacking supplies
- S'mores supplies
- new 1st aid kits & 1st aid supplies
- craft supplies & tools
- box/window fans

Things NOT to bring:

- | | |
|--|---|
| <input checked="" type="checkbox"/> money, jewelry, valuables of any kind | <input checked="" type="checkbox"/> alcohol, tobacco or nicotine products, drugs, smoking/vaping paraphernalia |
| <input checked="" type="checkbox"/> food, drinks, candy, snacks, gum | <input checked="" type="checkbox"/> weapons, knife, fireworks, matches, lighter |
| <input checked="" type="checkbox"/> clothing that has inappropriate language/images or is too revealing including girls' bikinis or boys' speedos. | <input checked="" type="checkbox"/> cologne, perfume, scented products, hairspray, because these attract biting insects AND many persons have allergies to scented products |
| <input checked="" type="checkbox"/> cell phone/smart phone (see info below), I-pod/I-pad, electronics, CDs/DVDs, video games, pets, toys | <input checked="" type="checkbox"/> flip-flops, Crocs, skateboard, hair dryer, curling iron |

#3: Tentative Trip Itinerary; New River Trip:

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

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

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

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

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

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

#4: Camp rules and policies:

Camp Rules to teach your camper:

1. Wear shoes always (except bed, shower, pool).
2. Do not throw or kick anything.
3. Walk on paths, pavement or gravel.
4. No rough play.
5. Stay with your group!
6. Obey your counselors.

Behavior Policy:

By requesting enrollment into Camp Bethel programs, you have agreed to abide by our Behavior Policy. All campers, staff and guests at Camp Bethel are expected to behave in a manner conducive to Christian programming and appropriate to child and youth development. Behavior deemed dangerous, inappropriate, intolerable, detrimental to the group or unmanageable by the Camp Directors is grounds for dismissal from camp, (ex: fighting; possession of illegal or harmful item; constant misbehavior; unsafe behavior; etc). Parents will be called as needed. Should it become necessary for your child to return home because of unmanageable behavior, homesickness or other reason, you have agreed to accept the Director's decision and arrange for transportation.

No Camper Cell Phones or Gadgets: A matter of TRUST:

Aside from the fact that phones and gadgets are expensive, can get lost, and the physical camp environment is rough for such items, the main reason we don't allow campers to have phones/gadgets is TRUST. We TRUST that campers who come to camp WANT to be here, and choose to temporarily disconnect from their constant phone/internet communications in order to be FULLY present with us at camp. When children/youth come to camp they (and you) are making a leap of faith, temporarily transferring their primary TRUST from their parents to their counselors. This is a growth-producing, yet challenging aspect of camp. As children/youth learn to TRUST other caring adults, they grow and learn, little by little, to solve some of their own challenges. This emerging independence is one of the greatest benefits of camp! Let your child/youth know that they can always reach out to their counselor and camp leaders. The Camp Director WILL contact you if your child/youth is experiencing a challenge while at camp, and the Camp Director WILL contact families in case of any emergency. Counselors do carry charged phones in their backpacks for emergency use if needed. We encourage bringing an inexpensive camera to camp, but you may NOT bring a phone to use as your camera. Thanks, and also read #5 about photo DVDs and #10 "Communicating With Your Camper..."

Camper Medications:

Since we are traveling off site all week, only send medications that are **absolutely required** for the health and well-being of your child. If you send any medication for your camper to take during her/his trip with us, YOU MUST RECORD precise instructions on the enclosed "**Camp Bethel Medication Instructions**" form. All camper medications must be checked in to our Health Coordinator upon your arrival at check-in. All trip medications are organized and prepared for being off site by the Camp Health Coordinator. Trip Leaders will dispense medication as instructed during the trip. We suggest that you only send a one-week supply. Medications MUST be in the original, labeled container with camper name, medication name & strength, and dosage instructions. Place all this into a gallon zip-lock bag with camper's name on it to speed the registration process. If you have specific *dietary allergies*, contact Barry at CampBethelOffice@gmail.com or 540-992-2940 or to discuss bringing extra food.

Cancellations, Late Arrivals, Early Departure:

Please notify the camp office 540-992-2940 or CampBethelOffice@gmail.com in advance if your camper will not attend this session. Campers are expected to attend this camp in its entirety. Late arrival and early departure is discouraged, but allowed in case of illness, family emergency or conditions beyond control. (1) Your \$50 deposit is non-refundable unless Camp Bethel cancels the camp program. (2) A \$20 processing fee must be added if you choose to switch or reschedule your camp date. (3) If complete payment of the camp fee (or scholarship approval or Good-As-Gold form) is not received 14 days prior to your camp date you will forfeit your reserved spot. (4) There are no refunds for cancellation of reserved spot in camp within 14 days prior to your camp date. (5) There are no refunds for partial camp attendance or early departure for any reason unless Camp Bethel cancels the camp program.

Caring for Campers:

We take the safety and care of your children (our campers) very seriously. Allowing us to care for your child is perhaps the greatest act of trust a parent can engage in. That makes Camp Bethel not just a fun place, but also a sacred one. We do everything we can to honor your trust, including our voluntary adherence to over 300 standards of health, safety and

programming through our accreditation by the American Camp Association. We know we cannot do this without our excellent counselors who, by joining our summer staff community, are trained and committed to providing a safe and fun week of learning and growth. If a camper is sad or if there is an issue, illness, injury or emergency the Director WILL contact parents. Parents may view Camp Bethel's policies and procedures at www.CampBethelVirginia.org/ACA.

Emergency Preparedness and Parent Notification During the Camp Week:

Using smart phones, our directors, staff and trip leaders receive instant updates on summer storms or emergencies, and your counselors/leaders are trained for camper safety during storms and emergencies. In the case of any emergency in which we are requesting parent action, our office will contact you via e-mail and phone. Otherwise, NO NEWS IS GOOD NEWS, and the camp community is safe. In case of family emergency that must be communicated to your camper, contact Hannah Oakes or Barry LeNoir at 540-992-2940 or e-mail CampBethelOffice@gmail.com.

Visitation not allowed during camp week:

DON'T arrive at camp or campsites unexpectedly! Our sites are closed to visitors/guests during camper weeks. While supervising campers, all staff are trained to stop and question anyone they don't recognize on site. If you need to visit camp prior to the official pick-up time (see "Pick-Up Procedures"), you must call ahead & check in at the camp office when you arrive.

#5: Preparing for camp living away from home:

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

Physical expectations of life on the river:

- In a wilderness setting, you will learn "leave no trace" methods of how to "go" to the bathroom. Our camp sites do not have showers or bathhouses; some have privies. Plan ahead.
- Living in tents with 2-4 other persons might challenge our need for individual privacy, (boys' and girls' tents separate). Think of ways you can prepare and adapt to a week of rooming with others.
- We walk or paddle everywhere, and we're on-the-go most of each day. Take good care of your feet, and prepare for a highly active week. There will be moments on the river that will be physically demanding.
- 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 (available in our Trading Post), and remember to hydrate often and apply sunscreen 20 minutes before outdoor activity.

Social/Behavioral/Spiritual expectations:

1. Group living: We'll experience all our daily activities **together** as a family unit, including completion of our daily group duty and eating meals together.
2. Make new friends: Even if coming with a cabin-mate, you are expected to be friendly, courteous and helpful to others in the group. Family units are co-ed, unless we need to create an all-male OR an all-female group because one sex of campers registers more than the other. You should expect to share your group with youth of different backgrounds, gifts and abilities. We believe Jesus' message of life, hope, love and unconditional acceptance, and at camp, "Love your neighbor" is part of daily living.
3. Learning and following the Camp Rules (on page 2) is essential to a safe and fun week. Most of each day is active and boisterous. Also there are times and events during the day when we're expected to listen and participate calmly & quietly, (Bible study/worship, meals/announcements, bed/quiet hours).
4. Try new things: Camp is a great place to taste different foods, sing different songs, try and practice new skills, play new games, and grow in our relationships with God, with each other, and with Creation.

#6: Preventing homesickness:

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

1. Set realistic camp expectations based on our information and the activities listed in the brochure. Reinforce positive camp aspects; encourage new learning.
2. In the months before camp, practice overnight sleep-overs with friends and relatives.
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-and-ready child to back-to-back camps.
5. Don't tell campers how much you will miss them. Instead encourage new learning, new friends and new experiences.
6. Don't tell campers they can call home; if a camper is sad or if there is an issue, injury, illness or emergency the Director 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 the nature of our program 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 Director 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.

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

Parents can shop with campers from 3:15-4:30pm in the Gym prior to check-in and 6:30-7:15pm in the Trading Post on Friday after dismissal. Camp Bethel t-shirts cost \$8, \$10, \$12; hats \$10; bottles \$15; photo Flash Drive \$20; blankets \$28; carabineers \$2, and other items range from \$2 to \$35. Trading Post earnings directly support the programs and ministries of Camp Bethel.

Each summer our counselors and coordinators photograph the fun of each camp week, and we compile each week's images, videos and video clips into an excellent keepsake. We encourage campers to bring a camera (inexpensive) and to add their shared photos to our weekly batch (shared at lunch on last day of camp). We compile ALL photos from all groups/programs during this week onto one 16GB USB Flash Drive. Flash Drives have 1000+ photos, videos, and video clips of your week at camp and cost only \$20 each. Use the USB Flash Drive in your home computer or device to view, print and creatively share your favorites.



Photo Flash Drives are an important fundraiser for Camp Bethel, and they provide you with an extraordinary record by which to remember your time at camp. Proceeds from sales help offset summer program costs for supplies, energy and staffing, so PLEASE support your camp in this way. After ordering, we will mail your USB Flash Drive to you within 2 weeks of your camp week. Order at the Trading Post, on line at www.CampBethelVirginia.org/photos, OR after camp by sending us a \$20 check.

#8: Summer Offering 2017:

"SEED, SCATTERED and SOWN: Reaching Beyond This Generation" is the mission resourcing campaign for Camp Bethel and our Virginia District now through 2020 to fund specific improvements at Camp Bethel and several mission projects of the Virginia District. Camp Bethel projects include our RV Family Village, road improvements, two new cottages, Ark Dining Hall improvements, and developing new trails. Virginia District mission projects include renewed children, youth and young adult programs, grants to smaller congregations for building improvements, efforts to call set-apart leadership for the ministry, and assisting multi-cultural and ethnic new church development.



We encourage your family to donate toward our summer offering (Seed, Scattered and Sown: Reaching Beyond This Generation). 100% of your monetary gift goes directly to "Seed Scattered and Sown." Place your gift into the OFFERING BOX at check-in in the Gym, (checks payable to "Camp Bethel Summer Offering").

Note: Your gifts in 2016 totaled \$2,256, half for school-supply backpack kits and half for Camperships. Your gifts provided 67 children with school-supply backpacks AND Campership assistance to 17 children!

#9: Driving directions to Camp Bethel:

1. **I-81** to Exit 156: At end of exit ramp turn towards Brughs Mill Store onto Route 640, Brughs Mill Road, and go 0.2 mile to stop sign at Route 11. Green "Camp Bethel" signs point you in from here.
2. Turn left (North) onto Route 11; go approximately 2 miles.
3. Mill Creek Church on left; just across from the church turn right onto Route 606, Blue Ridge Turnpike.
4. Go 1.6 miles on Blue Ridge Turnpike to stop sign at T-intersection.
5. Turn right onto Nace Road (640) and go less than 1/10th mile to left onto bridge at Bethel Road (606). Drive under rail-road trestle. Entrance to Camp Bethel is 0.3 mile straight ahead along Bethel Road on the right. Follow signs and park in Ark lot or Deer Field lot.

#10: Sunday Check-In Procedures:

1. Check-in begins promptly for everyone at **4:00pm Sunday** at the Deer Field Gym with important announcements and introductions for all families. Plan to arrive at or before 4:00! Registration does not begin until 4:00; cabin entry is not allowed without your counselors. The Trading Post (camp store) will be set up inside the Gym from 3:15 through check-in. Park in the paved Ark parking lot or in the grass Deer Field lot beside the Gym. Follow directional signs; 5mph; drive carefully.
2. Do not unpack luggage from your car yet! After check-in in the gym, River Adventure campers and parents will take their luggage to the Pool area for inspection by Trip Leaders.
3. Please tag or label all luggage/gear with your name. We will have markers & tags available in the Gym. PLEASE pack lightly enough so that the camper can easily carry all gear by herself/himself.
4. Proceed to the check-in tables in the Deer Field Gym (there may be a line). Check in with the registrar, and turn in offering donations to the OFFERING BOX near the registration table.
5. At the FIRST check-in table you will receive your CAMPER PICK-UP CARD. This card has (1) your Family Unit number, (2) your counselors' names, (3) your cabin/lodge, (4) Bunk Notes instructions, (5) Friday pick-up procedures, and (6) where to meet your counselors and your group. Parents: Keep your CAMPER PICK-UP CARD and bring it with you Friday evening, OR pass it on to the person you have designated to bring your campers home.
6. At the SECOND check-in table, you will (1) reserve your places in Friday's dinner for our closing celebration, (bring a donation on Friday to offset the cost of your meals, (2) turn in any adventure waivers or forms due (extra blank waivers will be available), (3) update or add any names of adults who are authorized to drive the camper home from camp, and (4) answer a few quick Health Screening questions (fever? achy? sore throat? cold/flu symptoms?).
7. Give any medication and any updates to your Health History Form to our Health Coordinator. Place your medication in a zip-lock bag with camper's name on it to speed along the registration process. See #2 "...policies: Camper Medications"

8. After checking in, Parents and Campers will then walk to meet your Trip Leaders at the swimming pool. **Campers will need to come with swimwear because swim tests will be conducted at this point.**
9. Load luggage onto the truck/wagon by the Pool.
10. Parents: Take time to meet the counselors and other campers in the group, and then say your good-byes as your campers begin a great week at camp with their Trip Leaders.
11. Parents: Drive slowly as you leave, watch for pedestrians, and follow exit signs out of camp.
12. Once the entire Family Unit has arrived and after a few "get-to-know-you" games, the boys will carry their gear from the Gym to their cabin beside the Gym. The girls will walk across camp to find the luggage wagon outside their cabin area.
13. These procedures were established to ensure camper safety and supervision, to reduce vehicle traffic through camp, and to ensure the security of staff and campers' belongings. Thanks for understanding!

#11: Friday Camper Pick-Up Procedures:

1. Families who reserved Friday dinner at the Ark with their campers may come at 5:20pm. You must reserve your 5:20pm dinner spots in advance at Sunday's check-in. Please bring a donation of \$10/person to cover your meal cost.
2. Dismissal/Pick-up is **Friday at 6:30pm**. Bring your CAMPER PICK-UP CARD. Meet campers and staff at the Ark (pond side).
3. Park in either the Ark parking lot or in the grass Deer Field lot beside the Deer Field Gym. Follow directional signs. Camp speed limit is 5 mph; drive cautiously and carefully.
4. To skip dinner and join in our singing and closing celebration (from 6:00-6:30pm) arrive at 6:00pm to the Dining Hall.
5. **Our Closing Celebration is an important and meaningful ceremony for your camper and their group, so we will not dismiss campers until 6:30pm.** Campers are dismissed at 6:30pm to their parents' care.
6. To "claim" your child at 6:30, present your CAMPER PICK-UP CARD to your child's counselor. In the absence of your CAMPER PICK-UP CARD, only adults listed as authorized may pick-up the camper AND only with a valid driver's license.
7. If you arrive after 6:30, your camper will be in the Gym with their counselors. Present your CAMPER PICK-UP CARD to your child's counselor to "claim" your child. In the absence of your CAMPER PICK-UP CARD, only adults listed as authorized may pick-up the camper AND only with a valid driver's license.
8. If your camper has medication, pick up meds or containers IMMEDIATELY after 6:30pm dismissal from the Health Coordinator.
9. After 6:30pm dismissal, campers and parents will find their luggage at the Cave Trail Stage. The Trading Post will be open from 6:30-7:15pm. Families are welcome to enjoy Camp Bethel until sundown.
10. *At the Trading Post from 6:30-7:15, lock in this year's rate for next year's camp (and immediately get a **free tee shirt!**) by taking advantage of our "Closing Day Pre-Registration Form." It's a great new way to reserve your spot in your favorite camp program and your chosen camp dates. More information is at www.CampBethelVirginia.org/parentinfo.*
11. Parents: Drive slowly as you leave, 5 mph; watch for pedestrians; follow exit signs out of camp.
12. These procedures were established to ensure camper safety and supervision, to reduce vehicle traffic through camp, and to ensure the security of staff and campers' belongings. Thanks for understanding!

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

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

1. Provide your camper with a pack of home-addressed, stamped postcards (or envelopes and a notepad).
2. Write and send your camper hand-written letters or postcards. Mail these 1 or 2 days before their camp week begins so they reach your camper while s/he is here.
3. Send your camper daily one-way e-mail through Bunk1's paid e-mail service described below.

Write your camper every day with One-Way E-mail!

Bunk1's secure, easy to use, paid e-mail services let you write to your camper every day of their camp week!



TO GET STARTED TODAY:

Returning Parents:	New Parents:
<ol style="list-style-type: none"> 1. Go to www.Bunk1.com or click the "Bunk Notes" image at the bottom of the page at www.CampBethelVirginia.org. 2. Enter your email address & password in the space provided. <p>NOTE: You are logging into the same account that you used last year. If you have forgotten your summer password, click "Need to reset your password?" You will be prompted to enter your email address and will be sent a link to reset your password. If you do not receive an email, please also check your spam folder.</p>	<ol style="list-style-type: none"> 1. Go to www.Bunk1.com or click the "Bunk Notes" image at the bottom of www.CampBethelVirginia.org. 2. Click "Need an Account or have an invitation code" at the top of the page. 3. Complete the basic form to create your account. Use our "Invitation Code" BETHEL24090 4. Only share the code with persons YOU approve.

SENDING BUNK NOTES

Step 1: Purchase your Bundle of Bunk Note Credits. 1 note = 1 credit. Minimum package is 6 credits for \$6.57. Please note that adding features to a note (photos, puzzles, borders, etc.) will utilize/cost additional credits.

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

NOTICE: Do not use "free" or "sponsored" sign-ups unless you specifically want magazine subscriptions or featured products.

FREQUENTLY ASKED QUESTIONS ABOUT BUNK NOTES:

Who do I call if I have questions or problems?

Call Bunk1 at 1-800-465-2267 or e-mail support@bunk1.com. Do NOT call the camp office about Bunk Notes.

Why do I have to pay to send Bunk Notes (one-way email)?

Each morning, the Bunk Notes system bundles and sorts the messages for us to print and distribute to campers. It also protects us from computer viruses and allows us to easily manage these emails. Your payment helps us cover the cost of the system, paper, ink, and labor and, more importantly, frees us to do what we do best – be with your kids!

Can other relatives use these services?

Yes! In your "Quick Links" you will 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 your Bunk Note Credits.

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

The Bunk1 app is available for iPhone in the Apple Store. (Coming soon to Google Play.)

Lost username and password?

Click "Need to reset your password?" to be prompted to enter your email address and will be sent a link to reset your password. If you do not receive an email, please also check your spam folder.

FOLLOW CAMP BETHEL! News! Photos! Video! www.CampBethelVirginia.org/subscribe



#13: Safety in the van for our Adventure trip: Campers get full safety orientation prior to our day-trip.

All vehicles used for transporting campers are equipped with a first aid kit and emergency accessories. All vehicles have seatbelts for each passenger, and we check vehicle safety conditions prior to transport. Counselors will carry health forms for all passengers and a cell phone for emergency communication.

Passengers (campers) are instructed in the following safety procedures prior to transporting:

1. Passengers will remain seated at all times with hands and arms inside vehicle.
2. Seatbelts will be fastened – one person per seatbelt.
3. Noise level will be such as to not distract the driver. There will be no disruptive behavior.
4. Passengers will enter and leave the vehicle under the direction of a staff member and/or driver. If the vehicle makes an emergency stop, passengers will follow directions of staff member and/or driver and use buddy system if leaving the vehicle.

The Directors of Camp Bethel have selected our Adventure outfitters (those providing equipment, leadership and expertise) and off-site projects based upon their qualifications and their adherence to safety standards as outlined by the American Camp Association.

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

Forms provided must be completed and returned no later than 2 weeks before your scheduled camp.

Complete the Medication Instructions form with exact instructions for any medication at camp. You can also complete the Camper Health Form on-line at: www.CampBethelVirginia.org/health.

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

Camp Bethel Registrar, 328 Bethel Road, Fincastle, VA 24090

Camp Bethel 2017 Camper Health Form

revised 01.07.2017 Complete this on-line at www.CampBethelVirginia.org/health

A parent or legal guardian must complete and sign this form (grey signature *box* at bottom of form). Information from this form will be held confidential by the directors, health coordinator and camp counselors. The intent of this form is to provide the camp director and health coordinator the information needed to provide appropriate emergency care. Keep a copy of this completed form for your records. Attach additional pages or descriptions as needed. Provide changes to this form to the health coordinator at check-in on the first day of camp. Please PRINT. If you have it, attach a copy/scan/image of your family medical insurance card.

Camper name: _____ last name, _____ first name m.i. Gender: M / F Birth date: _____ / _____ / _____ month / day / year

Name of parent/guardian: _____ City & State of residence: _____

Parent/guardian cell: (_____) _____ Home phone: (_____) _____ Work phone: (_____) _____

Name of who to call if unable to contact parent/guardian: _____ Their relation to camper: _____

their cell phone: _____, their home phone: _____, their work phone: _____.

Who will pick up your child? List all adults who are authorized to drive the camper home from camp: _____

INSURANCE INFORMATION: (Camp Bethel provides only limited secondary medical insurance for participants. Insurance is not required for camp attendance.)

If you have insurance, attach or e-mail a scan/image of the front & back of your medical insurance card and return it with this form. (Insurance is not required for camp attendance.)

Is the camper covered by family medical / hospital insurance? Yes. No. Is the camper covered by Medicaid? Yes. No.

Camper's Primary Care Physician: _____; Phone: (_____) _____;

Hospital affiliation: _____ Name & location of physician's office: _____

ALLERGIES: List all known allergies, describe your child's reaction and the best management of the reaction; use extra paper if needed.

Medication allergies: _____

Food allergies: _____

Other allergies: _____

RESTRICTONS: The following restrictions apply to this camper; (attach additional paper if needed):

Dietary: _____ Other: _____

Explain any restrictions or exemptions to camp activities (what cannot be done; what adaptations or limitations are necessary): _____

MEDICATION(S) BEING TAKEN THAT WILL BE NECESSARY DURING CAMP: List ALL medications (including non-prescription) taken routinely that you will be transferring to our health coordinator at camp check-in. Keep medication in the original packaging naming prescribing physician, name of medication, dosage, frequency of administration, and bring just enough to last the camp week.

This camper takes NO medications on a routine basis

YES, this camper takes routine medication. (Complete the Medication Instructions form on the back of this page)

PERMISSION TO ADMINISTER OVER-THE-COUNTER MEDICATIONS (Check the box to the left of each medication allowed for your camper.):

Camp Bethel has a supply of over-the-counter medications to treat everyday aches and pains. In case of headaches, low grade fever, slight upset stomach, mild diarrhea, mild allergic reactions or cold symptoms, the Camp Bethel Health Coordinator has my permission to administer the following to my child:

<input type="checkbox"/> Tylenol (or comparable generic)	<input type="checkbox"/> Tums Antacid (or generic)	<input type="checkbox"/> Sudafed (or generic)	<input type="checkbox"/> Benadryl (or generic)	Others: _____
<input type="checkbox"/> Ibuprofen (or generic)	<input type="checkbox"/> Imodium AD (or generic)	<input type="checkbox"/> Cold/Cough Medicine	<input type="checkbox"/> Pepto Bismol (or generic)	_____

IMMUNIZATION HISTORY: Do you attest that all immunizations required for school are up to date for this camper? YES, or sign** (3) below.

If your child has been immunized, indicate details below. For families who voluntarily exempt their children from school-required immunizations OR who voluntarily exempt themselves from providing proof of immunization, the following information is not required for camp attendance, but you must sign the waiver (3) below if you did not check YES above and/or if you do NOT provide information in (1) below.

(1) Tetanus immunization: Due to the nature of camp, tetanus immunization is strongly recommended and may be helpful in case of emergency. Choosing one from the list below, write month and year of most recent tetanus immunization for this camper.
 DTP (diphtheria/tetanus/pertussis), month & year: _____ -OR- TD (tetanus/diphtheria), month & year: _____ -OR- Tetanus, month & year: _____

(2) Only provide the following optional information if it is easily accessed, dating last injection/ingestion. Has this camper had the following series? (circle yes and write date, or circle no)
 Varicella (Chicken Pox): yes / no date: _____ Hepatitis B: yes / no date: _____ Oral Polio (OPV) or Injectable Polio (IPV): yes / no date: _____
 Haemophilus Influenza B (HiB): yes / no date: _____ MMR: yes / no date: _____ OR each, separately below:
 Measles: yes/no date: _____, Mumps: yes/no date: _____, Rubella: yes/no date: _____

(3) **Immunization Waiver: If you are choosing not to check YES above and/or not to provide information in (1) above, please sign the following statement:
 "I understand and accept the potential risks to one who is not fully immunized."
 Signature of parent or guardian: _____; Date of signature: _____

MEDICAL HISTORY: Describe any past or current injury, illness, disease, treatment, surgery, or affliction 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 (use add'l paper if needed): _____

THE FOLLOWING BOX MUST BE SIGNED FOR ATTENDANCE!

I verify that the information on this Health History Form is correct and complete as far as I know. This form may be copied for camp records.
 *Signature of parent or legal guardian: _____ *Date: _____
 *Printed name: _____ *Phone number: (_____) _____

