

# BEAR CREEK

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Escape the Ordinary

## Welcome to Camp Bear Creek!

Thank you for registering your camper for one of the most memorable experiences of their life—summer camp! We are pleased that your child will be joining us this summer as they connect with nature, live in the moment, build authentic relationships, and grow in their faith. Our goal is that when your camper returns to you at the end of their experience, you can see their growth, excitement, and love for Christ.

**Arrive anytime for check-in between 3:00 - 3:30 p.m. on Sunday for your stay at camp.** This packet contains pertinent information regarding your camp session.

**Please fill out your online paperwork and pay any outstanding camp fees no later than two (2) weeks prior to your child's camp start date.**

Should you have any questions, comments, or concerns leading up to your camper's stay with us, please do not hesitate to give us a call at (563) 488-3893.

In Christ,

The Camp Bear Creek Staff



9106 42<sup>nd</sup> Ave., Wyoming, IA 52362 | (563) 488-3893  
office@bearcreek.camp | www.bearcreek.camp

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## What to Expect from a Week at Camp

We're thrilled you've chosen Camp Bear Creek and we're excited to welcome your camper for their week of camp. Please be sure to read this packet thoroughly, and of course, please let us know if you have any questions!

### Prior to Arrival at Camp

Please fill out the required paperwork at least two weeks before your camp's start date. Payment of any remaining camp fees is also due two weeks before camp. You can manage your paperwork and payment from your online account. Please know that completed paperwork and payment are required for camp attendance.

### Check-In Day

Come to Deer Center (the dining hall) for check-in. **Arrive anytime for check-in at Deer Center between 3:00 - 3:30 p.m. on Sunday.** During check-in, you may leave all of your belongings and bags in the car, however, you will want to bring with you any medications (including all over-the-counter medications) to be checked-in with the camp nurse. **All medication needs to be in the original prescribed container.**

Check-in will involve the following:

1. Cabin assignments for your camper(s).
2. Health screening and head check. *If head lice are found on a camper, we are prepared to administer topical treatment on site which will enable the child to stay at camp while being treated.*
3. Drop off any medications to the nurse. **If you have indicated on your health form that your child has an epi-pen or asthma meds (inhaler, nebulizer, etc.), you must bring it with you to camp.**
4. Purchase any Camp Bear Creek keepsake items or clothing from our Camp Store.
5. Move your camper into their cabin and get their camp t-shirt.

### Check-Out Day

**Our closing ceremony begins at 3:00 p.m. on Friday.** Check-out will occur directly after the ceremony. If you will be arriving late or if other complications arise, please notify the camp office as soon as the conflict becomes known.

Check-out will involve the following:

1. Signing out your camper.
2. Receiving your camper's Memory Book with their group photo included.
3. Picking up your camper's medication.
4. Loading your camper's personal belongings.
5. Chatting with your camper's counselors about the week.

### Updates During Camp

We post photos on our Facebook Page and website media gallery every evening Monday-Thursday. We encourage you to like our page so you can see any and all updates.

## Health Concerns

All counselors are certified in First Aid/CPR and are with campers at all times, 24 hours a day. The camp nurse conducts sick calls and dispenses all medication as prescribed and as needed. Parents will be notified if a camper has an illness or injury that requires more than first aid care. **Each family is responsible for covering costs of medical expenses incurred while at camp.** The camp insurance policy provides supplementary coverage for accident expenses which exceed the family's resources. It does not cover the costs for illness.

Please make sure to monitor your camper for illness before they come and do not send them to camp if they are sick. If a camper becomes ill while at camp, parents will be notified and asked to pick up their camper immediately.

## Telephone and Mail

Please expect that the use of a phone by a camper is not permitted except under the expressed permission of the Director in the event of an emergency or special circumstances. Campers are encouraged to write home throughout their stay, and they most certainly enjoy hearing from their family. Please address all mail to your camper as follows:

*Camper's Name, Camp Session, Camp Bear Creek, 9106 42<sup>nd</sup> Ave, Wyoming, IA 52362*

You may decide to pre-write mail for your camper's stay. If you do this, make sure to indicate on each letter your camper's name, camp program, and which day of the week you'd like it delivered. Give any pre-written mail to the greeters at the entrance of the dining hall when you arrive for check-in. It is also helpful for parents of young children to send pre-addressed and stamped envelopes for them to write letters home.

## Technology at Camp

We ask campers not to bring cell phones, smart watches, tablets, video games, or other electronic devices. One of the best parts of camp is embracing the natural world around us and building face-to-face relationships. These devices can often distract us from the present moment and the people with us. It is totally understandable that for many kids, summer camp may be their first time away from home for an extended period of time. While having a cell phone to call home may seem logical, it actually can make it harder for kids to adjust or reach out to their counselor for help and guidance. Please do not send these devices with your child or tell them that they can call home if they are homesick. Our camp staff are trained to deal with homesickness and all of the emotions that come along with it. Having a technology-free week is so beneficial for the emotional and relational growth of your camper and will help in building confidence and independence. If a camper does come with any of these distractions, they will be collected by the camp staff and returned to them at the end of the week. Camp Bear Creek is not responsible for any lost or damaged items.

## Driving to Camp

We discourage campers from driving their own vehicle to camp. Any camper who does drive their own vehicle must turn in their keys to the Program Director upon arrival. The keys will be returned at the end of the week.

## Packing for Camp

It is strongly recommended that all clothing and equipment be marked with your camper's name prior to arrival. Lost and found articles with names attached are much easier to return to owners. Lost and found articles left at camp will remain for two weeks to be claimed by their owners. Campers should bring enough clothing with them to last for their entire stay (washer/dryer is unavailable to campers except under special conditions or circumstances). When packing, keep in mind that campers need to be comfortable and able to get sweaty, wet, and every degree of dirty in existence—this is part of the fun of being at camp! *Please bring the following:*

- Sleeping Bag\* or Bed Linens (sleeping bag is required for Pioneer & Extreme Adv.)
- Fitted sheet for mattress: twin size (optional)
- Pillow
- Bath towels & washcloths (2)
- Shampoo & soap
- Comb or brush
- Toothbrush & paste
- Sandals for pool & shower
- One-piece swimming suit/tankini or trunks (it is suggested that you bring 2)
- Pool towel
- Paper/Pencil
- Stamped & addressed envelopes
- Shorts
- Jeans or sweatpants
- Shirts
- Pajamas
- Closed-toed shoes
- Socks & undergarments
- Sweatshirt or Jacket
- Raincoat or Poncho
- Hat
- Insect repellent
- Sunscreen
- Bible (any version)
- Flashlight & extra batteries
- Water bottle
- Small backpack
- Plastic bags to put wet or muddy clothes
- Laundry Bag
- A white shirt for paint wars

## Packing items for specific programs:

### Discovery, Pirates, Sports I, & Pioneer

- Creek stomping outfit: shorts, shirt, & shoes (no flip flops) that will get wet and very muddy
- One 2 liter bottle and one 20 oz. bottle for rocket launching

### Extreme Adventure

- Rafting outfit: shorts, t-shirt, & closed-toed shoes (2<sup>nd</sup> pair) that will get wet

### MAD Camp

- White t-shirt for tie dye

### Middlers, Sports II, Water Adventures, & CIT

- Caving outfit: long-sleeve shirt, pants, and closed-toed shoes (2<sup>nd</sup> pair) that can get muddy

### Middlers & Water Adventures

- Water shoes or sandals (must stay securely on feet; no flip flops) for tubing trip

### Night Owl Programs

- Extra shoes and socks (footwear often gets wet in dewy grass)
- Extra long pants, sweatshirts, and jackets for cooler overnight temps
- Caving outfit: long-sleeve shirt, pants, and closed-toed shoes (2<sup>nd</sup> pair) that can get muddy
- One 2 liter bottle and one 20 oz. bottle for rocket launching

## What Not to Bring

We ask that you do not bring personal sport equipment or musical instruments. Please do not bring cell phones, smart watches, tablets, video games, money, and food or candy (they attract critters). Pets are not allowed at camp. If a camper comes with any of these distractions, the items will be collected and returned to the camper at check-out. Camp Bear Creek is not responsible for any lost or damaged items.

## Extra 2 Liter or 20 oz. bottles?

We are trying to build up our supply of empty plastic 2 liter and 20 oz. bottles so that campers who might forget to bring these items can still participate in our rocket launching program. If you have any extras, we would gladly take them off your hands! Please make sure all bottles are rinsed and non-alcoholic. Turn them in to a camp staff member at check in.