

# A Parent's Guide to Camp

## For parents of summer campers Headed to Kirchenwald

### Countdown to Camp A Parent's Timeline

Sending a child to camp is a big step for a parent. We appreciate the trust you place in us. Through our training policies and accreditation with the American Camping Association, we take that responsibility seriously. This flyer is part of our effort to help prepare you and your child for the very best camping experience possible.

#### *Upon receiving confirmation of your child's registration:*

❖ **Review all  
Paperwork: make  
Sure your assignment  
matches your first or  
second choice.**

❖ **Schedule doctor's  
Appt. for health form  
Completion (nurse may  
sign and complete if a prior  
physical took place within a  
year of camping visit.**

❖ **Contact camp  
Regarding any special  
needs; physical, dietary, or  
otherwise.**

#### *One or two weeks before camp:*

- Include child in preparation
- Complete remaining paperwork
- Gather items needed for camp

- Consider purchasing "sample" sizes of toiletries
- Share the camp's mailing/e-mail address with those who may want to write to your child – letters should be mailed early in the week
- Consider sending a letter or postcard Thursday or Friday of the week prior to the child's camp week so it will be received on Monday.
- Provide stamped, addressed envelopes or postcards for easy mailing home (enclose in sealed plastic bag)

#### *Packing List:*

When packing, send comfortable, durable clothes – not your best outfits. Consider marking your child's name on care tag with permanent marker.

#### *Necessities:*

Plenty of T-shirts & shorts  
\*\*1-2 pair of jeans or sweatpants  
Sweatshirt or jacket  
Socks, underwear, pajamas  
\*\*two pair of sneakers/sturdy shoes  
(one that can get wet on a creek hike)  
Rain gear  
Towel & washcloth  
Swimsuit/towel

Toiletries in portable container  
Sunscreen  
Pillow & sleeping bag (preferred) or sheets and blanket  
Bible  
Pen & paper  
Any medications in original containers with prescription clearly marked  
Any specialty camp items (bike, helmet, skateboard, etc for appropriate program)  
Sturdy flashlight with new batteries  
Water bottle  
Small Day Pack

#### **Suggested/ optional**

Laundry bag  
Camera & film  
Bug repellent

#### *Please do not bring \**

Cell Phone (please do not tell camper to call home)  
Radios, CD players, ipod or other electronic devices  
Tapes or CDs  
Food, candy or soda  
Pocket knives  
Alcohol, tobacco products, matches or lighters

*We want this camping week to bring a refreshing break from the outside world.*

**Camp Address:  
1 Cutoff Rd.  
Lebanon, PA 17042**

**Phone: 717 964-3121**