



# A Guardian's Guide to Kirchenwald

1 Cut Off Road, Lebanon, PA 17042

717.964.3121

[kirchenwald@lutherancamping.org](mailto:kirchenwald@lutherancamping.org)

Greetings from camp! Thank you for supporting the valuable experiences that happen at summer camp by registering your child at Kirchenwald. I know it can be a big step for both of you and we appreciate the trust you place in us. Through our training and safety policies, we take that responsibility seriously (and joyfully). At camp we work hard to help our campers develop their faith, to practice living in a community, to appreciate the natural world around them, to grow in confidence, and to lift each other up in love and support. We're so excited that your child will be a part of that work this summer. Please review this letter so that you and your child can be best prepared for a fun and meaningful time at camp. You are welcome to contact me at any time with questions or concerns. We look forward to seeing you soon!



Zach Weiss  
Camp Director



## Packing List

We are very active at camp and spend most of our time outdoors. Please pack comfortable and durable clothing. Consider marking your child's name on the tags of clothing.

- Shirt and shorts (one for each day, plus extras)
- Long pants and sweatshirts/jackets for chilly mornings
- Socks/Underwear/Pajamas
- At least 2 pairs of sneakers or sturdy shoes
- Water shoes (can be another pair of sneakers, these will get wet)
- Rain gear
- Swim suit/towel
- Toiletries in portable container
- Shower towel
- Sleeping bag/sheets/pillow
- Sunscreen
- Bible
- Flashlight
- Paper/pencils/envelopes (pre-addressed and stamped for writing letters)
- Any medications in original containers with clear prescription
- Any specialty items specific to your child's program



## Suggested/Optional

- Hat
- Laundry bag
- Camera
- Water bottle
- Backpack

## Please do NOT pack:

- Cell phone (Campers will not be able to call home)
- Electronic music players/games
- Food, candy, soda
- Money
- Knives or other weapons
- Alcohol or drugs
- Matches or lighter
- Pets

*We are the church, in a place and time apart, where God's presence is experienced, faith is renewed, Christ's love is felt, and the church is strengthened for the service and proclamation of the Gospel*

### Pre-Camp Checklist

- Receive Registration Confirmation
- Review all paperwork
- Complete Health Form
- Contact Camp regarding any special needs (dietary, medical, etc.)



### In the Days Before Camp

- Include your child in the packing and preparations
- Review Health Form and paperwork
- Purchase any clothing/equipment/toiletries necessary
- Share Kirchenwald's mailing address and email with family members for letter writing
  - 1 Cut Off Rd, Lebanon, PA 17042
  - kirchenwald@lutherancamping.org (camper name in subject)
- Consider sending a letter at the end of the week, prior to your child being at camp so he/she will receive it on Monday (please do not send care packages with food or candy)
- Talk with your child about what to expect at camp

### Registration Process

Camper registration takes place starting at 3pm on Sundays at the dining pavilion. Please have your activities Informed Permission form complete as well as a completed health form. You will have the opportunity to meet the nurse, the cook, the director, counselors and many other staff on Sunday. Any lingering questions you may have can be answered at this time. You may also want to bring money for a group picture (\$5) and some items from the camp store (also open on Saturday during pick up). Campers wishing to transport themselves to and from camp must obtain permission from the Camp Director to leave a vehicle on property. Please contact the camp if you will be arriving after 4:30. **Pick up is on Friday between 6:30 and 7:00pm!**

### The Best Things to Say to Your Child

It can be hard for some children to leave the securities of home for the unknown at camp. Yet developing this independence is a crucial part of growing up. Saying to your child, "If you get upset, just call and we'll pick you up," may sound comforting, but could negatively impact the camp experience. Instead say, "Remember to try new things before you make up your mind about them. Your counselors can help you. We're proud of you and can't wait to hear all about your adventures at the end of the week!" Here are some other things you can do to prevent homesickness:

- Include them in the process (choosing the camp program, picking out clothes, etc)
  - Visit camp for an Open House
  - Invite a friend or sibling to also attend camp
  - Talk with them about interests, hopes, concerns
  - Practice being away from home overnight (grandparents'/friend's house)
  - Promise to care for pets during the week
  - Avoid over-scheduling your child with too many summer programs
  - Pack comfort items (stuffed animals, blankets, etc)
  - Inform counselors of any recent issues that may be on the child's mind (illness/death, divorce, fights)
  - Avoid writing "we miss you" on letters, instead assure them of your love and support
- Learning to be independent can be a great source of self-esteem for children. It's natural for some feelings of homesickness or anxiety at first. This usually passes in the first few days. Our staff helps children by listening, acknowledging their feelings, offering support, and helping to set and meet short-term goals. By the time you receive a letter that says, "I'm homesick," most children will have forgotten they wrote it. The Camp Director will call if there are any concerns. As a parent, you may be able to give key advice to help your child. We will also contact you in the event of a medical concern. You can make the final decision about your child's continued participation in camp. We will work with you to give your child the best possible camping experience.