A Guardian's Guide to Nawakwa

Location Address: 1033 Nawakwa Rd, Biglerville, PA 17307
Mailing Address: PO Box 459, Arendtsville, PA 17303
717-677-8211 nawakwa@lutherancamping.org
The Lutheran Camping Corporation of Central Pennsylvania

Summer 2024

Greetings from camp! Thank you for supporting the valuable experiences that happen at summer camp by registering your child at Nawakwa. We know it can be a big step for both you and your child, 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 live together in a community, explore and grow their faith, to appreciate and care for the natural world around them, to grow in confidence, and to lift each other up in love and support. We are 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! **Nawakwa Staff | nawakwa@lutherancamping.org | 717-677-8211**

What to Pack...And What to Leave Behind

When packing, send comfortable, durable clothing. Do not send to camp that which would devastate you should it become wet, soiled, or otherwise damaged. Camp can be a rough and tumble, wet and messy kind of place...that's part of the reason it's so much fun!

Please refer to the following guidelines to ensure a comfortable week for your camper. (And label everything!)

Necessities

- ✓ plenty of t-shirts & shorts
- ✓ 1-2 pairs of long pants / long sleeve shirts
- ✓ sweatshirt/jacket
- ✓ socks, underwear, & PJ's
- ✓ At least 2 pairs of sneakers or shoes
- ✓ raincoat or poncho
- ✓ bathing suit & towel
- ✓ towel & washcloth
- ✓ shower shoes
- ✓ toiletries in a portable container
- ✓ Pillow, sleeping bag, & twin sheets
- ✓ Bible and pen or pencil
- ✓ water bottle
- ✓ Any items needed for specialty camps

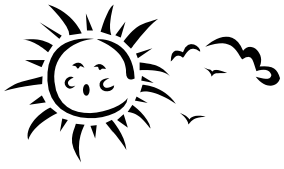
Suggested/Optional

- ☺ hat
- ☺ sunscreen
- ☺ flashlight
- ☺ camera
- ☺ laundry bag
- ☺ backpack
- ☺ pre-addressed, stamped postcards or envelopes
- ☺ insect repellent with DEET

Please DO NOT Bring

- ⊘ radios, CD players, pocket computer games, cell phones, or other electronic devices
- ⊘ food or beverages
- ⊘ money
- ⊘ pocket knives
- ⊘ alcohol, tobacco, or firearms
- ⊘ matches or lighters
- ⊘ no pets of any kind

This summer Nawakwa's campers are invited to participate in an outreach project that directly assists our neighbors. Campers are requested to bring a new or gently used adult size sweatshirt or blanket to be collected and given to the Fruitbelt Farmworker Christian Ministry, a non-profit organization supporting seasonal and migrant workers in the Adams County area.



Sunday Registration

Registration begins at 3 pm Sunday in the Lower Camp Assembly Hall. No registrations will be processed before that time. Please contact the camp if you are unable to have your camper on site by 4:30 pm.

All campers, with a parent or guardian, must go through the registration line. A quick verbal health screening is conducted with each camper as well as the settling of accounts and assignment of cabins. Although we are doing our best to streamline this procedure, the wait time can occasionally be lengthy.

We ask for your patience as our staff works to accommodate each camper's needs.

Campers have the opportunity to purchase an 8x10 **photo** of their cabin group. The cost of the photo is $5. Photos are distributed on Friday evenings.

The Camp Store is open during Sunday Registration and Saturday mornings. T-shirts, sweatshirts, water bottles, and other souvenir items are available only during these times.

Friday Pick-up

Pick up is on Friday between 6:30 and 7:00 PM.

Campers Love Mail!!!

Please include camper's full name and counselor's name in address (snail) or subject line (email). Camp address is at top of Page 1.

Counselor's name will be given out at Sunday Check-In

PLEASE DO NOT send care packages containing food or candy...the Camp Director will eat it! (It may also attract other pests.)

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 on Saturday!" 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.

Medical Information

In order to provide a safe and healthy week for all campers, we ask you to note the following:

- Please fill out and sign the health and the parental consent forms. A doctor's signature is ***not*** required. This was FORM 2 in past years. Information can be based on a physical done at any time within the twelve months prior to camp attendance.
- All campers with medical concerns or medications must speak with the camp nurse during Sunday Registration. One or two nurses will be in camp each week, and a doctor is on call.
- Prescription medicine brought to camp must be in its original container. Most OTC medications are available in the camp's infirmary.
- Please communicate any special circumstances or needs to us two weeks in advance. This would include health, dietary, physical, or psychological concerns.

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 Nawakwa's mailing address and email with family members for letter writing
  - PO Box 459, Arendtsville, PA 17303
  - nawakwa@lutherancamping.org (camper & counselor 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