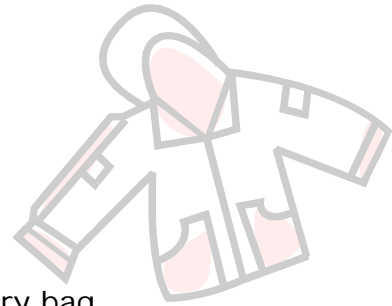
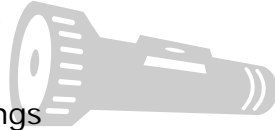


## CAMPER HANDBOOK

### SUGGESTED PACKING LIST FOR A SIX DAY STAY:

- 1 flashlight with batteries
- 7 shirts - warm & cool weather
- 7 pants/shorts
- 1 warm sweater
- 1 warm jacket
- 2 sweatshirts
- 8 underwear
- 8 pairs of stockings
- 2 pair pajamas
- 1 swimsuit and plastic storage bag
- 2 pair shoes - one pair that can get wet
- 1 hooded raincoat - VERY IMPORTANT
- Comb or brush
- 2 washcloths and 3 towels
- Toothbrush, toothpaste, soap and shampoo
- Deodorant, facial tissues
- Suntan lotion - SPF15 or higher
- Non-aerosol insect repellent
- 1 suitcase preferred (2 maximum) and 1 laundry bag



### IF NEEDED:

- Medications, including refrigerated ones
- Hearing aids/batteries
- Communication devices
- Special eating utensils or silverware and toilet equipment
- Irrigation solutions and special bandages
- Personal sanitary products
- Positioning aids/braces

*Keep in mind the extra walking at camp. If a wheelchair is needed occasionally and you have one, please bring it with you.*



### OPTIONAL ITEMS:

- 1 white or light colored t-shirt to tie-dye/paint
- 1 dress outfit (adults)
- \$50 or less in cash. An account will be set up in the camp store and the money kept in the camp safe. Any unused balance will be returned the last day of camp.
- 1 sleeping bag
- Stationery/stamped, addressed envelopes

### DO NOT BRING:

- Cell phones/pagers (applies to children only)
- Knives/items which could be used as weapons
- Linens/bedding (unless allergies are a concern)
- Alcohol or illegal drugs
- Perishable food products unless your family member is on a special diet. Please include this special diet information on the health form.

**AVOID LOST BELONGINGS:**

Things can and do get lost at camp. Label all clothing and personal belongings. If a wheelchair is to be dismantled for transportation, please mark each piece so that foot pedals and seat cushions are also marked. Do not send things that are valuable or new. Recheck the packing list before leaving camp and let someone know if something is missing. While camp is not responsible for lost items, if you call right away, we will make every effort to find them. Items and clothes will be kept for ONE MONTH and then donated to a local charity.

**CAMP HEALTH INFORMATION:**

Participants' health and safety are our highest priorities at Courage Center Camps. Camper health is monitored daily and all health needs are referred to our medical staff.

**Health Form & Physician Form.** It is important that we have a complete and detailed health history on each camper. You may not attend camp without a completed health form. Required information includes both the fully completed Health and Physician Forms.

**Camp Health Service.** The camp health center is overseen by licensed health care staff. General health care and first aid supplies are available at camp. Expenses of physician and health care providers employed by the camp are provided as part of your camp fees. Prescriptions, special medications, clinic/hospital illness related charges or other items not covered by our insurance policy are charged to your account and/or your personal insurance coverage. **If you stay overnight in the camp health center, are prescribed medication, or should otherwise need any emergency care, the camp health care staff will notify your care giver.**

**Medications & Prescriptions.** *All Medications must be in original containers and labeled with campers name, drug name, dosage, time medication is taken, doctor, prescription number, and the pharmacy supplying the drug.*

All medications will be kept in the health center and will be administered by our health care staff. Any medication not used will be returned home with the camper. Be sure there is enough medication for the entire stay. If a medical emergency arises, the camper will be treated at the nearest emergency medical facility in the area. We will notify you if your camper is ill, injured, or requires emergency care.

**SPECIAL INSTRUCTIONS:**

Any special instructions not previously indicated on the application or medical examination form can be given to the Camp Director or the Cabin Leader on the first day of the session.

**Correspondence to campers may be sent to:**

<b>Camp Courage</b> 8046 83 <sup>rd</sup> St. NW Maple Lake, MN 55358 Phone: 320-963-3121 Health Center Direct Line: 320-963-5836 e-mail: <a href="mailto:camping@couragecenter.org">camping@couragecenter.org</a>	<b>Courage North</b> PO Box 1626 37569 N. Courage Dr. Lake George, MN 56458 Phone: 218-266-3658 Voice/VR e-mail: <a href="mailto:couragenorth@couragecenter.org">couragenorth@couragecenter.org</a>
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**TRANSPORTATION:**

Campers are required to arrange their own transportation to and from camp. For some sessions, bus transportation is available from the Twin Cities Metro Area for an additional fee. If you use the bus, you are responsible for making your own travel arrangements to the pick-up location. If you cannot make your own arrangements, please have a friend or relative do this for you.

**INTAKE PROCEDURES:**

**The medical form we sent out is an essential part of the application process. The completed form must be returned to us prior to attending camp.** All campers need to visit briefly with the medical staff upon arrival at camp. If medications have changed, or new medical concerns have arisen since the medical form was mailed, campers and/or parents need to discuss this with the camp nurse. The camp nurse will collect all medications on the first day of camp. **Note:** We do check all campers for head lice as a routine precaution for everyone's protection.

**ARRIVING:**

When arriving at either of the camps, please unload as directed by the signs. The parking lots are very busy, so please be cautious. Courage Center Camp staff, wearing staff shirts and nametags will be waiting to assist you. After registering your camper you may depart, but please see to his/her needs before departure. If riding the bus from the Twin Cities Metro area, campers will be instructed on bus safety once loaded on the bus.

**DEPARTING:**

As you wait for the bus at Courage Center, or when picking up your camper from the resident camps, please park away from the main entrance to assure less traffic and a safer area for loading. Please inform staff before leaving.

**STAFF:**

The foundation of our camp program is our staff. The staff to camper ratio is 1:4 or higher, depending on the session. Our staff is carefully chosen for their maturity, judgment, experience and desire to work with our campers. Providing a safe environment is our primary concern. Trained counselors live in the cabins with

excellent role models for young campers. Certified lifeguards and other professionally certified and licensed professionals, as well as program specialists, are part of our multi-disciplinary team.

### **PROGRAM DAY:**

Courage Center Camps are accredited by the American Camp Association and our programs operate under strict policies and procedures. The focus of all Courage Center Camp programs is to create opportunities for individual growth, learning, and increased independence. All campers are encouraged to be part of the program planning. Activities are an important part of the learning process, as well as having FUN!

Activities include: waterfront fishing, swimming, boating, sailing, water skiing, canoeing and kayaking, overnight camping, canoe trips, mountain bike trips, horseback riding, swimming pool time, backpack/hiking trips, gym time, fishing trips and day trips to local parks and recreation areas. Nature and recreation programs, as well as arts and crafts and photography are also offered.

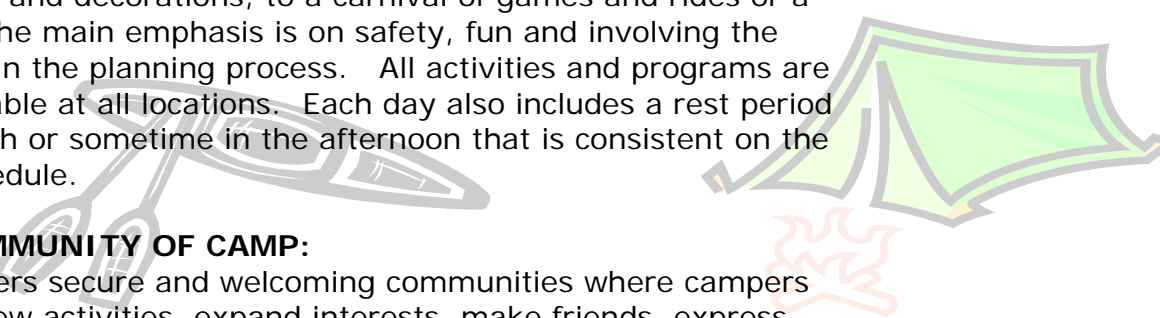
Evening programs are typically all-camp events, planned by cabin groups or committees. They may be as simple as a game of Capture the Flag, or as elaborate as a theme banquet, with costumes and decorations, to a carnival of games and rides or a dance. The main emphasis is on safety, fun and involving the campers in the planning process. All activities and programs are not available at all locations. Each day also includes a rest period after lunch or sometime in the afternoon that is consistent on the daily schedule.

### **THE COMMUNITY OF CAMP:**

Camp offers secure and welcoming communities where campers can try new activities, expand interests, make friends, express themselves and feel a sense of belonging. Living closely together allows for an experience of team building which promotes life skills in sharing, cooperation and compromise. Campers gain the pride of being a supportive member of their cabin group. Although they are part of the cabin group, each camper retains a sense of self-identity, with their own goals for what they will accomplish during the session. Independence and self-reliance develop as campers care for their own gear, help with cabin tasks and make individual activity choices.

**We promote an environment free of physical or emotional abusive/harassment/bullying/disruptive behavior. This type of behavior is not tolerated, has strong consequences and may lead to dismissal.**

**Tobacco, Alcohol, Drug & Behavior Policies.** Camp offers a safe, substance-free environment. Positive values set the tone at camp and are role modeled by our staff. There will be no smoking or chewing of tobacco, drinking of alcoholic beverages, or use of illicit drugs at camp. We reserve the right to dismiss any camper or staff whose actions, behavior or attitude, in our judgment is



contrary to the best interests of the camp or other campers. Please discuss these policies with your camper prior to their arrival at camp.

**Housing and privacy.** Each cabin houses 8-16 campers plus 4 staff. Campers have their own bed and storage area, but privacy is limited due to cabin design. The counselors do strive to provide privacy in personal hygiene and in dressing and grooming assistance for all campers.

#### **CAMP FOOD SERVICE:**

Three hearty all-you-can-eat meals are served each day. A daily snack is also provided. Special medical food needs or concerns including food allergies (gluten or lactose intolerance or nut allergies) and preferences (vegetarian or vegan) should be brought to our attention prior to arriving at camp.

**Candy, Food & Beverages.** We ask that no candy, food or beverages (including bottled water) be brought or sent to camp for the following reasons:

1. Food in the cabin attracts flies, mice, skunks and chipmunks.
2. It undermines the cabin community if a few campers have food and others do not.
3. Snacks are offered at camp, as well as limited amounts of soda and candy.
4. Filtered water is available.

Any food & beverage items will be disposed of at our discretion and will not be returned to the sender. Please discuss this policy with your camper prior to coming to camp.

**Birthdays at Camp.** If you celebrate a birthday while at camp, there is a birthday cake served for sharing with cabin mates as well as lots of recognition from the camp community.

#### **BEING AWAY FROM HOME:**

Start early in preparing your camper for the idea of being away from home. Find out what expectations your camper has, and what he or she is looking forward to and what seems a little scary. Stress the positive aspects of the camp session and coach them to share their fears with you or their counselor while at camp. While parents love to pack for their campers, it is to the camper's benefit to at least help with the packing. **Use the suggested packing list** as a general guideline and remind your camper to use the list again when packing for the return trip home.

**Practice away from home skills,** such as letter writing, talking with other caring adults, or hugging a teddy bear at night. Turn off the night light at home and practice using a flashlight. Allow time for your camper to adjust to the new situation. The first communication you receive from your camper (which may be the very first afternoon at camp) may sound a little hesitant, but we find most campers are quickly consumed by the activities and opportunities at camp and forget their first day worries.

**Support your camper** by sending letters or postcards throughout the session. Mail is delivered daily and it is very exciting for campers to receive a message from home. We discourage daily phone calls, which tend to increase anxiety rather than help. We welcome you to talk about problems, questions or concerns with staff members at any time. They will be glad to help you.

**Families are welcome to tour the camp facilities** before camp sessions begin. Call the camp directly to arrange a tour or attend our annual spring open house on Saturday, May 7<sup>th</sup>, 2011 from 1:00 pm to 4:00 pm. We believe we are partners with care givers and welcome guidance on your camper's unique needs and habits.

**Visiting.** Family members may visit during the camp session. Please contact the Program Manager ahead of time and register at the Reception Center upon arrival. Meals are not available, but if family members want to bring a picnic, they are welcome to use our outdoor eating areas.

**Partnering With Campers.** We pledge open and honest communication while you are with us and ask that you do the same in disclosures before camp and a willingness to work with our staff to make your experience a success. We ask that you offer encouragement to your camper around issues concerning the camp community, adjustments, or conflicts should they develop. If you have any questions, contact the Camp Director or your camper's Cabin Staff immediately.

**CAMPER AND STAFF EXPECTATIONS:** Camp is a wonderful temporary community of friends that relies on cooperation and good citizenship. We look forward to helping campers have fun and learn new activities. Camp is a community experience that involves people living and playing together and relies on cooperation and good citizenship. For everyone to have fun, we need to keep some simple things in mind:

- We are all different with different skills, physical differences, emotional differences, etc.
- We believe campers and staff should make every effort to be positive and kind toward each other.
- We believe in following the Golden Rule and treating others the way we would like to be treated.
- We should only use other people's things with permission.
- We believe that people deserve privacy and respect. Boys should stay out of girl's areas, and girls out of boy's areas.

Courteous, respectful behavior is expected from all campers and staff. **Campers who are not behaving appropriately may be sent home.** We welcome any questions regarding camp rules or behavior expectations.