Bethany Birches Camp
2610 Lynds Hill Road · Plymouth, VT 05056 · 802.672.5220 · bbc@vermontel.net · www.vtchildrenscamp.co

May 2018

Dear Campers and Parents:

We are glad you're joining us at Bethany Birches Camp this summer. Many exciting activities are planned that will surely create life-long memories! You'll experience some traditional BBC favorites alongside of some unique activities for this session! The highlight of the week is a two-night, three-day backpacking trip followed by a tubing trip down Vermont's White River. And of course, we'll have some of the coolest young adults around to be your counselor.

Not only will there be awesome people and activities we'll also be using the theme "Jump In!" which will use water to demonstrate God's love. Campers and staff will learn together about the different aspects of water (the water cycle, it's essentiality to life, it's strength, etc) and how that relates to God and His love. Whether it's your first time at BBC or you're returning from prior years, this summer will surely create memories that last a lifetime!

The email that accompanied this document shows the session(s) for which we have you registered. It also shows your status and arrival and departure dates. **Check-in is between the hours of 4-5pm**. You may arrive any time during that hour window. Please do not come early. We will not be ready for you. **Check-out at the end of the week is at 6:30pm. You are invited to join us before that (at 6pm).** This time is a chance to learn more about what your camper did and learned at camp, talk with your counselor, snack and drink and sign your camper out. Please do not take your camper home without checking them out!

It's not too late to bring friends. If you bring a friend that hasn't been to BBC before, you each get a free t-shirt! If you bring 3 friends that haven't been here before, you get a **FREE WEEK** and they all get free shirts! Your friends can register online OR let us know their address and we can send them registration information. It is our prayer that your time at camp is fun, educational, spiritually enriching and a time to make new friends and be with old friends!

We're looking forward to seeing you! Please read on for more details.

Brandon Bergey — Executive Director
Dan Laubach — Program Director

PACKING LIST

We try very hard to make sure children go home with all of their stuff and only their stuff! ***Many have found it helpful to label clothing so it doesn't get lost or mixed in with someone else's.*** *Please read the dress guidelines and pack accordingly.*

- ✓ Sleeping bag, pillow and foam pad/camp mat
- ✓ Swimwear & swim towel (girls, one piece suit or shirt to cover stomach)
- ✓ One unbreakable plate, bowl, cup and silverware
- ✓ Plastic bag for wet/dirty clothes
- ✓ Flashlight or headlamp
- ✓ Appropriate clothes for warm days, cool evenings and occasional rain (bring only clothes that can get dirty - it happens!). At least include:
  - Tshirts
  - Shorts
  - Jeans
  - Rain Jacket
  - Sweatshirts
  - Warm clothes- Consider things like warm fleece or long underwear.
  - Extra Socks (and underwear)
- ✓ Shoes x 2 for hiking and recreation (Any sandals must have heel strap unless used only for showering)
- ✓ Bible (we have extras we can give you to keep)
- ✓ Bug spray & suntan lotion (again, we have plenty if you don't bring some)
- ✓ Personal items (bath towel, wash cloth, toothbrush, other toiletries)
- ✓ Back pack
- ✓ Water bottle
- ✓ A book or magazine you like to read for Explore 30

<u>For Trips</u>:
Overnight Backpacking-

- ✓ Sturdy Hiking shoes or boots (can be same shoes/boots from above)
- ✓ A sleeping bag that packs small (can be same as above – you will want a bag with a temp rating of 30 or 40 degrees and be fairly light and packable)
- ✓ Backpack (for a multiple night trip you should have a bag that has 40 liters or more in volume – if you don't have one and can't buy one please call/email the office to reserve one – we have a few and not enough for everyone).
- ✓ Sleeping mat (should pack small and not be very large when laid out/inflated)
- ✓ Rain Jacket (probably the same one listed above)
- ✓ A few layers. Think in terms of three. A wicking layer against your skin, something warmer plus your jacket (probably the rain jacket mentioned above). You should have at least 2 base layers. Those could be wool or polyester tshirts, for example. The warmer layer could be a fleece.
- ✓ 2 Water Bottles – one is listed above (plan to have about 64 oz. in two or three separate containers)

Tubing: bring clothes that can get wet, sandals with heel strap or water shoes.

There are a few things that we ask you <u>NOT</u> to bring:

1. **Any electronics: games, music players (ipods etc.) or cell/smart phones**
2. **Junk food and candy**
3. **Weapon of any type** (foldable pocket knife with a blade shorter than 3 inches is o.k. and should be given to your counselor at check-in)
4. **Flip flops or sandals without a heel strap (except for showering)**

If you bring any of these things, we will keep them in the office until the end of the session.

General Parent Information

Dear Parents,

Thank you for entrusting your child to us this summer. It is our highest priority to provide a safe, nurturing place for your child to grow and experience the many joys of God-given life. Fun, of course, is our next highest priority. Please find below information regarding your child's time at BBC.

FORMS

We don't like paperwork any more than you do! Though we try to keep it to a minimum, some information is necessary. Here are some instructions for each form:

- ✓ ***Health Form:*** Fill it out fully. Make sure your child brings it with them when they come to camp. *(If you've completed the Health Form in your camper account online, no need to fill the paper form. Your online account tells you if it's complete or not)* **Please notify us by email or phone if your child has special dietary needs.** If your child has medication to bring to camp please fill out that information prior to coming to camp and **observe the instructions for how to package medication. Medication MUST be in its original container.** We can't accept it otherwise. Bring the meds with you to registration.
- ✓ ***Liability Release, Permission to Participate and Receive Medical Care:*** Same thing… fill it out online or paper. If paper, mail to camp **at least 1 week** before your child comes to camp.
- ✓ ***Dress Guidelines***: Please observe them and pack accordingly.
- ✓ ***Summer Food Service Program:*** Fill out the form and help us keep our food costs down.
- ✓ ***Map:*** Please call if you need better directions.
- ✓ ***Someone Else Taking Your Child Home?*** Please contact us about a form you must sign if the person picking up your child is different than the person dropping them off or download "Release of Camper" here: bethanybirches.org/forms/. This can be handed in at registration also. If the person picking them up is a legal guardian this form will not apply.

TRIPS

Each camper will be going offsite for the backpacking and tubing trips. Information on these trips can be found at bethanybirches.org/summer-camps-expedition-trips/ If you have additional questions please contact the camp office by email camp@bethanybirches.org.

FINANCIAL

Review your financial status. A $50 deposit is required to hold a spot in a session. That $50 is applied toward the session total. Full payment is required 3 weeks prior to the session. If a cancellation is made 3 weeks in advance, in writing or in the online account, the entire payment can be kept on account and applied to another program(s) within 1 year from the date of cancellation. If a cancellation is made less than 3 weeks in advance or the camper simply does not show up at check-in, no balance can be forwarded and no refund given. If you aren't clear about our tiered

pricing, the take home lesson is simple. The highest price is what camp costs us to provide. The other rates are subsidized by supporters of Bethany Birches who want every child in the area to be able to come to camp. Please choose the highest rate you can afford.

CAMP STORE

T-shirts and sweatshirts, post cards, postage, flashlights, water bottles and a few other Bethany Birches Camp goodies will also be available. The store is open during Sunday check-in and Friday night check-out (Campers do not need money while they are here).

We produce a video for each week of camp. These are pre-sold during check-in on the first day of camp at a discount and for full price any time after that. If you pay the highest tier, the video is included and you will get it from your counselor at check-out.

COMMUNICATION

If you would like to send a letter to your child(ren) we will be happy to deliver it to them. **Send to:**

Bethany Birches Camp
2610 Lynds Hill Road
Plymouth, VT 05056

We cannot take phone messages or emails for campers. However, if you are concerned about your child, we'll be more than happy to give you a full report if you give us a call. You can also visit our website and Facebook page for updates. If there is any issue with your child, you will be the first one to know.

HOME SICKNESS

In the event your child gets homesick, this is what you can expect: we will encourage them to get involved in camp and enjoy the experience. If that encouragement doesn't help, we will call you and let you know the scenario. At that point, you can talk to them or instruct us on how to handle the situation.

LICE & TICKS

What a fun topic (not!). While lice don't transmit disease like some ticks they are still no fun. To ensure your camper comes home lice-free we will perform lice check during check-in. If lice (or nits) are found you will have two options. You may take your camper home to see a doctor (or lice specialist) to receive treatment. Most treatments include some type of follow-up. You must get prescription treatment. The CDC believes that most over the counter treatments are not effective (which is why we don't just do that for you!). We are happy to do the necessary follow-up according to the doctor's orders. In an ideal situation, your camper would get treatment Monday morning and be back at camp by Monday afternoon. Your second option would be to take your child home and bring him or her back for another session in a future week. It is best to check your child for lice a week before camp starts. If you find lice you should get it treated and bring documentation to camp with you. This video gives a good tutorial on how to check for lice: https://www.youtube.com/watch?v=Hybe7quFRVU. When in doubt, call your health

care provider.

Ticks appear to be more problematic in our location than they once were. We are taking more significant precautions this summer. These precautions include daily application of tick repellant, daily tick checks and wearing long sleeves and long pants during Mission Impossible. Our preferred repellant will have a concentration of up to 30% deet. Parents may request their children are not allowed any product with deet. We have selected deet due to its effectiveness at repelling ticks. Deet is the CDC recommended product specifically for ticks (https://www.epa.gov/insect-repellents/deet#benefit). We will follow the CDC safety recommendations and manufacturer instructions when applying the repellant. https://www.epa.gov/insect-repellents/deet#safety. If you wish to not have repellant with deet offered to your child you may check that option on the health form. Please pack an alternative for your child to use. Regarding the tick checks, counselors will help in an appropriate way. Counselors will help campers by checking head (with a camper-dedicated comb), shoulders, back and legs. Male campers will be responsible for their own waist to knees and female campers responsible for the same area and chest. Mirrors are provided for campers to perform their own check in their private areas. Please stress to your camper the importance of doing this well!

We hope to see you at 6 on the last day of camp (again, refer to the first page for times). If you have any other questions regarding your session, don't hesitate to contact us. Thanks again for giving us the opportunity to share in community and God's love with your child.

Sincerely,

Brandon Bergey
Executive Director

Dan Laubach
Program Director