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June 2020

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 traditional BBC favorites including the water trampoline, Wet n Wild Wednesday, firesides, rock climbing, pond time, and cooking meals over the fire... it might be hard to leave when your week is over! Of course, we'll have some of the coolest young adults around to be your counselors.

Not only will there be awesome people and activities we'll also be using the theme "God Is." Campers and staff will learn together about the different attributes of God, and how we can rely on God in moments of unending confusion. 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 3:30-4:30pm.** 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 10:30am.**

It might not be too late to bring friends! When this letter was written toward the end of June, there were still openings in most sessions.

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

Brandon "Tuna" Bergey    Anna "Meatball" Martin  
Executive Director        Program Director

# PACKING LIST

*We try very hard to make sure children go home with all of their stuff and only their stuff. Sometimes that doesn't happen! **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 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) – make sure to have at least 2 pairs
  - STURDY shoes for wading in the stream (old sneakers will do!)
  - 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
- ✓ Please, feel free to bring a cloth mask that you are already comfortable with. We will supply masks as well.

***There are a few things that we ask you NOT 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 using the online registration platform (if you have done this you do not need to do it again). If you need to use paper, make sure your child brings it with them when they come to camp. **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 check-in.
- ✓ ***Permission to Participate***: Same thing... fill it out online **at least 1 week** before your child comes to camp.
- ✓ ***Dress Guidelines***: Please observe them and dress 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/](http://bethanybirches.org/forms/). This can be handed in at registration also.

## 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 – we are considering how we could do this with an in car drop off and pickup. Stay tuned.**

## **COMMUNICATION**

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

Camper's Name  
Bethany Birches Camp  
2610 Lynds Hill Road  
Plymouth, VT 05056

We use a one-way email program you can use to deliver messages to your camper and we will send you instructions at the start of your child's session. 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 BBC Social Media Sites (Facebook, Instagram, Twitter) for updates and sign up for text updates. We will include an email with text sign-up information closer to your session start. If there is any issue with your child, you will be the first one to know. Emergency contacts will typically only be contacted if there is an emergency and you cannot be reached.

## **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 train counselors to apply tick repellent to campers at least once daily. Our preferred repellent will have a concentration of up to 30% 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>). If you

wish for your child to not use deet, please pack an alternative for them to use. We will also encourage and help with tick checks. Please stress to your camper the importance of doing this well!

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 "Tuna" Bergey**  
Executive Director

**Anna "Meatball" Martin**  
Program Director