

Camp Lakotah

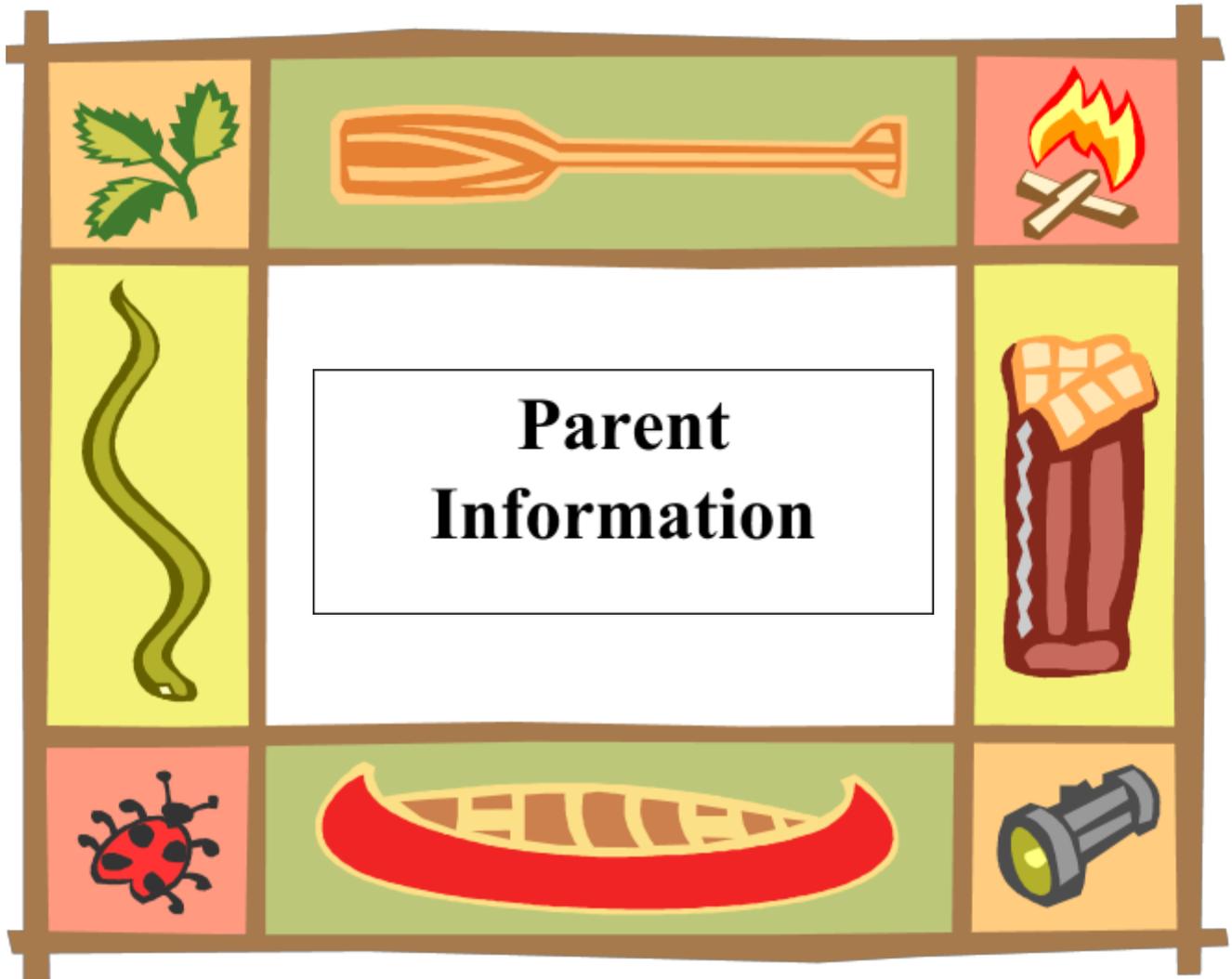


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Contact Information

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This handbook has been designed as a resource for you as you prepare for camp. We hope you find it helpful and that it answers all of your questions regarding our programs and services. If you find that we missed anything, please feel free to give us a call.

Welcome

Dear Parents,

Welcome to all of our new campers and their families to the Camp Lakotah family! Our family has nearly 40 years of experience in camp and camp-related youth development programs, and we know that promoting the camp experience lays the foundation for building happy and productive lives for tomorrow, and a better world for all of us.

Every day at Camp Lakotah children and adults are building healthy relationships and participating in activities that promote fitness and well-being, and an appreciation for the natural environment. These three pillars, 1) healthy relationships; 2) fitness and well-being; and 3) the natural environment, construct the essential values of the camp experience. Values that resonate with parents, youth and children as they learn, play, laugh, and reflect in a value-enriched environment,

Camp Lakotah leads the way in providing interesting and instructive experiences to hundreds of campers each year in an environment committed to safety. We support our staff in delivering programs that teach children and adults life skills; leadership, independence, cooperation, and teamwork. Our programs also provide a supervised, fun, and nurturing environment that is key to the developmental process.

This summer will prove to be a very exciting and fun filled season for Camp Lakotah with many new activity and facility improvements for your child to enjoy.

Again, welcome to Camp Lakotah... A place where making friends and changing lives through camping is our mission.

Open House/Camp Tours

Being comfortable with our staff, facilities, and programs is very important to your camper's experience. In an effort to provide families an opportunity to tour the facilities, and meet some of the key year-round staff prior to the summer season, we are happy to arrange tours anytime prior to the start of camp.

In-home Private Open House Events: If you love what we do and would like to host a private open house event in your home or business as a way to spread the word about Camp Lakotah, please give us a call. We would love to arrange a time to come help spread the word about Camp Lakotah.

Registration Information

Cancellation Policy: In the event of cancellation: **1) Before March 1**, Camp Lakotah will retain 50% of the full deposit. **2) Between March 1 and May 31**, Camp Lakotah will retain the full deposit. **3) In the event of cancellation on or after June 1**, dismissal due to misconduct, or withdraw due to homesickness, Camp Lakotah will retain 100% of the session fee. If a medical condition (confirmed by a physician) occurs, Camp Lakotah will retain \$100 and refund the pro-rated balance.

Session Changes: Should it become necessary for you to change your child's session at camp, we will allow you to make one change of session, free-of-charge (space permitting). Any additional changes will incur a \$50 service fee. No camper will be switched from a session without the written consent of a parent.

Payments: Camp balances must be paid in full by **June 1**. If not paid, your child's registration will be cancelled. All registrations made after **June 1st** must be paid in full at time of registration. We do not accept payments the day your child arrives at camp. There will be a \$30 charge for all returned (NSF) checks.

***Note:** Payment plans are available, contact camp for more information.

Insurance: The camp does not carry a health and accident insurance policy on campers. Any illness or injury requiring the services of local physicians, and/or hospital, or prescription must be covered by parent's/guardian's medical insurance, or by the parent/guardian themselves.

Cabin Assignments: Camp Lakotah is a very special place where independence, self-worth, and life-long friendships are made. Parents often make cabin assignment requests so that their child might be placed with a friend, cousin, neighbor, etc... These requests can hamper our staff's ability to develop the above mentioned attributes in your child.

Cabin assignments are based primarily upon age and gender, but our staff strives to eliminate cliques which can form when a disproportionate number of campers in one cabin know each other prior to arriving at camp.

We will do our best to accommodate **written mutual** cabin requests. If requests cannot be honored parents will be contacted prior to the session start.

Completing Your Registration

Prior to arriving at camp be sure to return the following documents no later than a week prior to session start:

1. **Health Insurance Coverage** - Attach a photocopy of the front and back of your family's health insurance card to your child's health history form prior to sending.

These forms can be printed from our website (printable forms link), or they can be mailed to you upon request.

2. **Camp Health History & Examination Form:** In accordance with State Law and good camping standards, every camper is required to have had a medical examination by a licensed physician within 24-months of arriving at camp. Sports or school physical examination forms may be used in place of the camp form.
***Note** – Parents must complete the health history section and sign the parent's authorization.
3. **Pre-Camp Questionnaire:** This form provides important personal information regarding the needs, interests, and goals of you and your child. All information you provide is kept confidential.
4. **Camper Behavioral Contract:** It is our intent that every child has a very positive experience while attending Camp Lakotah. One way for this to happen is to set our behavioral expectations clear with every camper prior to attending camp. Please review the contract with your child. After reviewing the contract we ask that you and your child sign and return the contract to the camp office prior to arrival. Lakotah expects all children to behave according to the contract. It is very rare that we encounter discipline problems because we keep the children very engaged and active.

General Program Information

With the guidance of our experienced, well-trained staff, each camper develops their own adventure. There are three things we strive to provide every camper while in our care; the sheer delight in experiencing and mastering a new skill, being a key part of a tight knit community, and the building of friendships that will last a lifetime.

Our staff is selected for their maturity, character, and leadership abilities, as well as their desire to be positive role models and mentors to our campers. Prior to being hired they are thoroughly interviewed and selected after a complete background check is performed to verify their character and moral standing.

The instruction our campers receive, both individually and in small groups, is an advantage that only a family run camp our size can offer. Our wide range of programs contributes to the development of self-confidence, sense of accomplishment, and physical and mental growth.

Within their cabin group, the counselor and campers develop group living dynamics that cannot be found at many camps. Laughter, camaraderie, a helping hand and new friendships that will long endure are the goal. All camp groups are limited to no more than eight campers of similar age, a counselor, and program staff member.

Daily our campers receive three healthy home cooked family style meals and a nutritious afternoon snack. Cabin groups eat together at their own table.

Camper Developmental Goals

Each camper will:

- Learn new activity skills or increase the level of skill proficiency they may already have obtained.
- Spend at least one night outside the cabin in a primitive natural area and prepare their own meal/s.
- Assume responsibility for personal hygiene, care of personal possessions, and eating a balanced diet.
- Become a fully functioning member of their cabin group, taking an active role in cabin meetings, dining hall responsibilities, selecting cabin activities, etc...
- Develop their personal values system by being exposed to and understanding the camp values of caring, respect, honesty, personal responsibility to one's self others and the world, while providing service to the camp's community.
- Be exposed to persons of different countries, races, lifestyles, and beliefs, and develop an understanding and appreciation of these differences.
- Have time with their cabin leader in a one-on-one discussion focusing on and supporting the interests, concerns and positive qualities of each individual camper.
- Understand and experience the relationships between themselves and the natural world, and to increase their enjoyment and comfort in the outdoors. Participate in at least one nature exploration activity while in camp.

Daily Overnight Camp Schedule:

7:15 a.m.	Rise and Shine	7:30 p.m.	Evening Activity Time
7:50 a.m.	Flag rising	9:15 p.m.	Ready for Bed
8:00 a.m.	Breakfast	10:00p.m.	Lights Out
8:45 a.m.	Cabin Clean Up		
9:15 a.m.	Activity Period 1		
10:15 a.m.	Activity Period 2		
11:15 a.m.	Activity Period 3		
12:30 p.m.	Lunch		
1:15 p.m.	Rest Period		
2:30 p.m.	Cabin Activity Time		
3:15 p.m.	Snack		
5:20 p.m.	Flag lowering		
5:30 p.m.	Dinner		
6:15 p.m.	Free-time/Camp Store Open		

Activity Period Offerings: This is the time in the camp schedule where your camper is allowed to choose the activities they personally want to participate in. Developing success in new skills in a child is one of the main goals of a camp experience. At Camp Lakotah, we strive to make sure your child has the opportunity to try their hand at activities they may not be able to experience at home. These activities we call “Skills” because it is our goal to make sure that every camper not only has fun trying new activities, but also has the opportunity to develop an understanding of the activity so it may become a lifelong interest.

Activities (skills) are the tools we use to help develop independence, communication, a sense of self-worth, camaraderie, and life skills in our campers. Campers are allowed to select up to six age-appropriate activities per week. The following is a list of the skills that we offer with a brief description of the skill, and what you should expect your camper to achieve by participating in them.

Swim Band Requirements:

No swim band – Participant is unable to complete minimum requirements. Allowed to participate in shallow water swimming and canoe/row boating with an adult.

Intermediate swim band – Participant completes four lengths of the swimming area using any recognized swimming stroke and can tread water for one minute in deep water without assistance.

Advanced swim band – Participant completes four lengths of the swimming area using any recognized swimming stroke and can tread water for more than one minute in deep water without assistance.

Archery: Campers learn proper safe handling of archery equipment while perfecting their marksmanship skills. More experienced campers will have the opportunity to learn about compound bows and strive to achieve a Robin Hood Award.

Restrictions: Basic course – 8 years and older

Arts & Crafts: Allows campers to express their young, creative minds through a wide variety of artistic activities. Campers work on several different projects that they are encouraged to take home and share with family members. Project examples: candles, lanyards, shrinky dinks, scratch art, dream catchers, and more.

Restrictions: None

BB Guns: Campers learn firearm safety, gun care, and the principles of marksmanship under the direct supervision of well trained staff. Developed for the younger camper. Campers strive to earn the camp Sharpshooter Award during their stay with us.

Restrictions: 9 years and older.

Canoeing: Under the guidance of our certified lifeguards, campers learn proper equipment selection, sizing and fastening of lifejackets, boarding and unbarring of canoes, paddling, and other safe canoe handling techniques. Campers take their skills to the challenge by exploring Little Hills Lake. Campers have the opportunity to earn a canoeing mastery band by demonstrating a working knowledge of canoeing skills.

Restrictions: Intermediate swim band or higher

Fishing: Campers learn the difference between fishing lures, proper knots, casting, and the proper gear needed to catch that elusive monster fish. Campers will be able to identify the fish that reside in Little Hills Lake. The practice of catch and release is emphasized in this program.

Restrictions: None

Disc Golf: A camp favorite, campers learn about aerodynamics and how to throw a disc for accuracy. They learn how to play this new and fast growing sport while improving their skill level. Campers challenge themselves and others to a round on our nine-hole course.

Restrictions: None

Geocaching: Camper participate in a modern day treasure hunt using a global positioning unit. Geocaching is a great way to explore the world around us, sharpen your math skills, and get some exercise all while having fun.

Restrictions: None

Journalism: Campers will develop basic skills of journalism. They will learn how to write a creative article, produce quality digital photographs, and use a computer to design the camp newsletter.

Restrictions: None

Kayaking: Under the guidance of our certified lifeguards, campers learn proper equipment selection, sizing and fastening of lifejackets, boarding and unbarring of kayaks, paddling, and other safe boat handling techniques. Campers take their skills to the challenge by exploring Little Hills Lake. Campers have the opportunity to earn a kayaking mastery band by demonstrating a working knowledge of kayaking skills.

Restrictions: Intermediate swim band or higher

Knife Skills: Campers learn how to select the proper pocket knife for a specific use, care, and sharpening. Under the guidance of our staff each camper will learn how to safely use a pocket knife to whittle their own walking stick to take home.

Restrictions: 10 years and older.

Laser Tag: Campers learn firearm safety in this safe fast paced game of shoot or be shot, equipment care, and the principles of marksmanship under the direct supervision of well trained staff. Developed for the younger camper.

Restrictions: 9 years and older.

Outdoor Living Skills: Campers learn various camping skills such as safe knife handling, fire building, outdoor cooking, water purification, and shelter building. Campers who can demonstrate proper safe knife handling skills will earn a knife card, which allows them to purchase a pocket knife from the camp store.

Restrictions: Campers must be at least 10 years of age to earn a knife card. No other restrictions apply.

Paintball: Under the guidance of our well trained staff, campers learn proper safety equipment selection, sizing and firearm safety. Campers participate take aim at our paintball target range and advance to our team paintball challenges. Developed for the older camper. Campers strive to earn the camp Paintball Team Award during their stay with us.

Restrictions: 11 years and older.

Nature Skills: Campers learn about and care for the world around them as they explore our grasslands, forests, and lake. They will learn about the various trees, insects, birds, and other animals that call Camp their home.

Restrictions: None

Ultimate Frisbee: Campers learn how to work as a team while playing one of this country's fastest growing outdoor sports. Participants will learn basic game strategy as they play and practice as a team.

Restrictions: None

Soccer: Campers develop their ball handling and sportsmanship skills, while learning the rules of the game. Emphasis is on having fun, not competition.

Restrictions: None

Swimming: Campers develop their swimming skills and comfort in open water, while having fun.

Restrictions: Based on swimming ability.

Swimming Raft: Campers build their confidence while learning to safely dive. Staff work with each camper to develop and attain a set of goals through a three step approach to diving.

Restrictions: Advanced swim band

Team Building: Through the use of the team challenge course, campers will build self confidence and the willingness to try new things, while under the direct supervision of well trained staff.

Restrictions: 8 years and older.

Volleyball: Campers learn the fundamentals of volleyball and rules along with player placement strategies. Emphasis is on having fun, not competition.

Restrictions: None

Severe Weather

Local weather radar and the National Weather Service is monitored 24 hrs. /day.

Excessive heat and rainy day schedules: The regular day scheduled activities will be altered and a special modified curriculum will be implemented during days with excessive heat or rain. Campers will follow a schedule of fun programs that will include physical as well as cooperative and challenging group activities. In the event of poor weather, Camp Lakotah is able to provide shelter to the entire camp population.

Electrical Storms: Campers and staff are removed from all water related activities immediately at the first sound of thunder or sign of lightning and will remain off the water for a minimum of 30 minutes following the last sound of thunder and sight of lightning.

Severe Storms: All campers and staff are brought into the camp storm shelter. Once all are accounted for the campers are kept entertained by our staff until the storm passes.

Preparing For Camp

Physical Examination: Make your appointment as soon as possible with your doctor. Doctors' offices see a mad scramble in June, and doctors have limited physical exam openings each day.

The most important thing to bring to the doctor's office is honesty. Inform your doctor about recent illnesses or injuries, travel, or medication changes.

For a camper with a significant medical history or chronic illness (e.g., asthma, seizures, diabetes, depression, anaphylactic allergies, attention deficit/hyperactivity disorder, or any other), ask your doctor to develop a management plan and follow through with the Camp Nurse. Get written orders for prescription medications, special diets, physical activity limitations, or special medical devices like inhalers or Epi Pens. Some doctors may recommend a "drug holiday" from medications for psychiatric problems or ADHD. We do not recommend this practice. Campers must be at their best to cope with the new environment.

Be sure to tell the Camp Nurse about any recent illness, travel, or addition of medications since the exam.

Health Forms: It is imperative that each camper has a Health History Form, Physical Examination Form, and an Authorization to Administer Medication Form, completed by a doctor and parent and on file at camp before the first day of his or her arrival. Campers who do not have this completed will not be permitted to attend camp as per state law. The camp medical staff may not administer any type of medication, prescription or over the counter, without signed authorization from the parent.

Health and Illness Policy: In the event that a camper becomes ill or is injured, the camper is brought to the Health Center for assessment. If the camper has a temperature of 101 degrees or higher, or if the injury needs further medical attention, the parents will be contacted. A decision will be made if the child should return home to recuperate. If a communicable disease is suspected, the Camp Director will notify the local health authorities and other parents, giving the symptoms of the disease to look for. Children will be readmitted to camp by a physician's written statement or after the known incubation period of the disease.

Notice of Exposure to Illness: Please be respectful of other camp families. If your child is exposed to or contracts any contagious illness, please call and let us know immediately. Once we know what to look for, we can monitor the health of the rest of the camp population including the staff, and if necessary, notify other parents that their child may have been exposed to something that they should monitor at home. We also ask that if upon arriving home your child is diagnosed with a contagious illness to immediately contact us so we can respond accordingly.

Camp Health Care: A Camp Nurse is on duty 24-hours a day while your child is with us. We utilize the services of local physicians and local hospitals for any health emergencies or consultations as needed. If there is an illness that would hamper your child's camp experience (other than a minor symptom) or an emergency, you will be notified immediately by the Camp Nurse or Camp Director.

Medications:

Non-prescription medications need to be in the original package with an intact label, and your child's name clearly marked on the package. Our Camp Nurse will dispense non-prescription medication according to manufacturer's recommendations unless the parents or doctor provide written dispensing requirements.

Prescription medications need to be in the original container with the original prescription label containing the child's name, dosage, etc...

Note: The Camp Nurse cannot dispense any medications which are not in properly labeled containers. Medications must be turned over to the Camp Nurse or Cabin Counselor upon arrival. All unused medications will be returned at the end of the session.

Sunscreen/Insect Repellant: Please send sunscreen and insect repellant to camp with your child. Your child will have frequent opportunities throughout the day to apply sunscreen. By signing the registration form you are giving Camp Lakotah staff permission to apply sunscreen/insect repellent to your child if needed.

Homesickness: Our counselors receive detailed training in dealing with homesick children. However, for both your child's and our counselor's success, we depend upon your cooperation. Please do not encourage your child to call home while at camp, this just tells your child that you do not trust the camp staff. Instead let them know that if they are having a problem while at camp they should let their Counselor, Unit Director, Nurse, Camp Director or an adult staff member know. That is what we are here for. If you receive a letter in which your child sounds distressed in any way, contact us immediately. We will follow-up with your child and his/her counselor. Please do not arrive at camp unannounced. It may worsen the homesickness for your child and others.

Homesick parents make homesick campers and often make it much harder for a camper to have a good time at camp.

Food

If your son or daughter has specific dietary requirements, please inform us in writing prior to arrival at camp. Three healthy home cooked meals and a snack are prepared and served daily. With the combination of a healthy diet and extensive physical exercise that camp provides, it is not uncommon for participants to lose weight and improve their physical conditioning.

Please refrain from, or limit the amount of candy, cookies, snacks, food. It is our goal to promote good eating habits and a healthy lifestyle. We prefer that these items do not enter the cabins as to help keep animals from trying to enter the cabins and getting into the food. If you do send food please send enough for your child to share with the entire cabin group, this will help the counselors in doing their job of building a sharing community.

Camper Expectations/Responsibilities

Campers are expected to:

1. work toward individual and group goals.
2. accept responsibility for one's own actions. This includes one's behavior, attitude, choices, and actions.
3. adhere to safety and group behavior guidelines established by the group and camp staff.
4. give and receive feedback, both positive and negative, and to work toward changing behavior when it is appropriate.
5. adhere to all camp rules and policies.

Campers have:

1. the right to be treated as a respected individual.
2. the right to express one's opinions, thoughts, and feelings.
3. the right to participate by one's own choice.
4. the right to celebrate personal and team successes.
5. the right to not have values of group members imposed on them and not be exposed to undue pressure from other group members.

Campers agree to:

1. preserve confidentiality of other group members.
2. participate in program activities by their choice.
3. speak only for one's self and not other group members.
4. ask for what one needs.
5. be willing to share one's self with others.
6. be willing to treat group members with dignity and respect.

Discipline Policy

Our intent is that all children will have a very positive and enriching experience at our camp. Clear rules and limits for the campers will be set at the beginning of camp and reviewed weekly.

However, we may run across discipline problems during the summer. It is essential that parents and camp staff work together on this issue to encourage positive behavior for all of our campers. Listed below is our discipline policy, please review with your child before departing for camp.

Campers are expected to be courteous and friendly to all campers and staff members. Improper language, name calling, fighting, stealing, and disrespect to others will not be tolerated. We reserve the right to remove a camper from a camp session or program for improper behavior without a refund.

Counselors will make every effort to redirect the negative behavior. But if the poor behavior persists:

1. **1st violation:** A staff member will address and document the issue directly with the child. The child may be removed from an activity (swimming, arts & crafts, archery, etc), for an hour or the day.
2. **2nd violation:** A staff member will address and document the issue directly with the child. The parent or guardian will be notified of their child's actions. The parent, camp director, counselor and camper will decide on a course of action.
3. **3rd violation:** A staff member will address and document the issue directly with the child. Parents will be contacted to pick up their child from camp. The child is dismissed from the camp for the remainder of the session. There will be no refund given to families whose child was removed from the camp population due to behavior concerns.

****Note:** Any child causing intentional physical harm to another camper or staff member will be dismissed from the camp program immediately.

Camper Behavioral Contract

Every child has the right to have a very positive and enriching experience while attending camp. Clear rules and limits for the campers will be set at the beginning of each camp session and reviewed regularly.

However, we occasionally run across discipline problems during the summer. It is essential that parents and camp staff work together on this issue to encourage positive behavior for all of our campers. Listed below is our discipline policy, please review with your child before arriving at camp.

Campers are expected to be courteous and friendly to all campers and staff members. Improper language, name calling, bullying, fighting, stealing, and disrespect to others will not be tolerated. We reserve the right to remove a camper from camp or program for improper behavior without a refund.

Camp Staff will make every effort to redirect negative behavior. But if the negative behavior persists:

1. **1st violation:** A staff member will address and document the issue clearly with the child. The child may be removed from an activity (swimming, archery, arts & crafts, etc.), for an hour or the day.
2. **2nd violation:** A staff member will address and document the issue directly with the child. The parent or guardian will receive a phone call and be informed of the child's actions. The parent, Counselor, and Camp Director will decide on a course of action.
3. **3rd violation:** A staff member will address and document the issue directly with the child. Parents will be contacted to immediately pick-up their child from camp. There will be no refund given to families whose child was removed from the camp population due to behavior concerns.

****Note:** Any child causing intentional harm to another camper, staff member, camp property or wildlife will be dismissed from the camp program immediately.

I have reviewed and discussed the Camper Behavior Contract and agree to follow it to the best of my ability.

Camper's Signature

Date

Parent's Signature

Date

Spending Money

Once at camp, the only money needed would be for purchases in the camp store. Camper store accounts will be established prior to or on check in day. No cash will be accepted in the camp store during a camp session.

Camp Store

Camp store punch cards, (non-refundable), can be purchased in \$10 or \$25 increments in advance by contacting the camp office prior to arrival at camp. We accept personal checks. Cards can also be purchased at check-in time.

****Store cards are non-refundable****

As your child makes purchases at the store, their card will be punched for the dollar amount they spend. You may purchase as many cards as you wish, but remember that they are non-refundable. We recommend @\$30.00 per week, this amount is adequate for your child to purchase most memorabilia items. Items found in store include but are not limited to: T-shirts, sweatshirts, plush animals, bottled water, snacks, key chains, Frisbees, bracelets, pocket knives, stamps and so much more. Your child will receive their store card back on their last day of camp if they have any remaining value on the card. The store is open the last day of each session. Parents are invited to visit the store and purchase any additional items at that time. Camp memorabilia items make great gifts for the holidays and birthdays, so contact us any time of the year for ways to purchase Camp Lakotah items.

Clothing

Campers should pack simple, non-restrictive clothing that you do not mind getting dirty, muddy, wet, and possibly ruined. Shorts, jeans, sweatpants, and t-shirts are a good choice. Campers are encouraged to wear sturdy, closed toed shoes at all times on camp. If sandals or “Crocs” are worn, they must have heel straps. Flip flops or slide-on type sandals are not permitted for use as daily footwear.

To minimize the chance of misplaced clothing, please label all clothing properly. We are not responsible for lost or missing items.

Please do not bring any of the following clothing items to camp.

1. Articles of clothing that are not in good taste or appropriate for promoting a healthy lifestyle such as:
 - a. Clothing that is sexually suggestive or explicit Clothing that advertises alcohol or tobacco.
 - b. Clothing that contains symbols, which are drug, tobacco, alcohol or gang related.
 - c. Clothing that does not appropriately cover the body causing distractions to others.
 - d. All swimwear must be in good taste. (See swimwear policy).
 - e. Our rule of thumb is that if you can't wear it at school, you probably shouldn't wear it at camp. Campers wearing inappropriate clothing will be required to change.
2. Expensive or name brand items that could be stolen or damaged due to normal camp activities.

Swimwear Policy: Appropriate swimwear does not have detachable straps, strings or ties (including halters). Swimsuits that are prohibited include ones that expose cleavage, secure with bra clasps, have key holes or rings, or model traditional bras and underwear. Fronts and backs need to be fully covered and should not inhibit a camper's ability to participate in all aquatic activities (meaning suit is secure in all situations). One piece suits, tankinis, and sports bikinis are recommended for females and boxer style swim trunks are recommended for males.

Camp Lakotah is not responsible for loss or theft of personal belongings. We discourage campers from bringing valuable items or expensive clothing to camp.

Packing List

Clothing/Gear (please label with your child's full name)

The following list is a suggestion for a **1-week session**. Increase what you pack appropriately for the number of days you will be staying with us.

Remember to pack old clothes appropriate for participation in camp programs. Remember to look through the lost and found before you take your child home at the end of the session, as we do not mail lost and found items.

For your child's safety: Only sandals with heel straps are allowed at camp, open back sandals (i.e. flip flops) are not permitted for physical activities or day-to-day use.

6 shirts (t-shirts)	1 - 2 pr. long pants (cool nights)
5 pr. shorts	6 sets underwear
6 pr. socks	1 sweatshirt or sweater
1 light-weight jacket	2 swimsuits
1 pr. warm pajamas	2 handkerchiefs/Facial tissue
1 pr. cool pajamas	1 sleeping bag or bedding (twin mattress size)
1 flashlight with batteries	1 pillow with pillowcase
1 Hat to block sun	Rain poncho or rain gear
2 bath towels	2 swim towels
2 washcloths	Comfortable hiking/walking shoes
1 reuseable water bottle	1 pr. walking sandals (no flip-flops)
1 laundry bag	Shampoo
Bath soap or body wash	Deodorant
Toothbrush/tooth paste	Shower sandals (not for activities use)
Sunscreen	Wipe-on insect repellent
Pen/pencil/paper/note cards/stamps	

Optional Items: (Keep inexpensive)

- 1 white cotton t-shirt (for tie-dying)
- 1 camera (Please label with camper's full name)
- Fishing equipment
- Electronic items (MP3 players, handheld video games, iPods, etc...)

Do Not Bring!

- | | | |
|--------------------------|----------------------------|-------------------------------------|
| Smoking materials | Pocket knives | Mobile phones, pagers, or computers |
| Illegal drugs or alcohol | Radios or personal stereos | Soda or sugary drinks |
| Expensive jewelry | Fireworks | Firearms or ammunition |

Arrival & Departure

Transportation:

Transportation to and from camp is the parent's responsibility.

Arrival:

Resident Camp Programs: You should arrive at camp between 2:00 & 2:30 p.m. the day the session begins. No one is permitted to check into their cabins prior to 2:00 p.m. If a camper expects to arrive later than 3:00 p.m., please notify camp. If you have not arrived by 4:00 p.m., our staff will contact you and make arrangements for your child's late arrival.

Checking In:

You will be welcomed by our staff at the camp entry and directed where to park and check in. Our staff will assist you in finding your cabin, and assist you with your luggage as needed. Your child's counselor will meet and greet you at the cabin or designated area. Parents should plan to depart soon after they have their child settled in so their child can begin the process of making new friends and building their community. Once your child's cabin/group mates all arrive, the group will receive their orientation to camp which includes a facility tour, swim check, and health screening by the Camp Nurse.

Late Arrivals

If you are dropping off your child after the designated arrival time, please call and let us know. Once you arrive on camp, bring your child to the Camp Office to sign-in. A member of the camp staff will escort you and your child to their cabin. Always remember to check in at the Office when visiting camp for any reason.

Departure:

Early Departure is discouraged due to the interruption it causes your child's overall camp experience, but if it is necessary, please notify the office with a detailed time of pick-up so we can have your child ready at the Camp Office when you arrive. For the safety of everyone, no cars are permitted beyond the parking area. Upon arriving at the Office, you will be expected to sign-out your child. You may be required to produce photo identification. We apologize for any inconvenience this may cause, however it is in the best interest of each camper's safety.

Pick-up time Sessions end on Saturday mornings at 10:00 a.m.. Parents are asked to park in the same parking area as on check in day and meet their camper at their designated cabin. Please schedule some extra time to allow your child the opportunity to introduce you to their new friends and tour you around the site. The experience they just received should be experienced by the whole family.

Authorized and Unauthorized Persons for Pick-up

Campers will not be released without written consent from a parent. A form can be obtained from the main office. While we understand that this may be an inconvenience at times, it is done to protect your child. We are firm in our commitment to safety. We would rather error on the side of caution and appreciate your support with this. Please notify the Camp Director in writing if there is someone who should not be allowed to pick up your child. Campers cannot be released to anyone under the age of 18 years.

Check Out:

Parents are directed to park in the designated area and meet their child at their cabin, or designated area. Please check that your child has repacked all of their belongings before leaving camp. We ask that you pack your car before touring camp or visiting the camp store.

Keeping in Touch

Out-going Mail:

Our staff encourage the campers to write home or to a good friend and share with them all the fun things they are doing at camp.

If you would like to receive letters from camp, we recommend sending some self-addressed stamped envelopes, cards or postcards with your camper.

In-coming Mail:

Mail:

The kind of letter you write plays an important part in making your camper's experience a happy one. Make your letters newsy and friendly. Talks about camp activities, send news from home, but avoid saying you and the dog misses them. You may wish to hide a letter in your camper's suitcase for them to discover (everyone loves a good surprise).

Please refrain from, or limit the amount of candy, cookies, snacks, food. It is our goal to promote good eating habits and a healthy lifestyle. We prefer that these items do not enter the cabins as to help keep animals from trying to enter the cabins and getting into the food. If you do send food please send enough for your child to share with the entire cabin group, this will help the counselors in doing their job of building a sharing community.

Address your mail to:

Your Child's Full Name (Please no nicknames)
Camp Lakotah
N1879 21st Ave.
Wautoma, WI 54982

All mail will be delivered to your child's cabin following lunch Monday through Saturday. Items received after 11:00am may be delivered the following day.

Telephone

Except for emergency purposes, campers are not allowed to use the camp telephone. Parents should only expect to talk to their child while at camp in an emergency. Campers are not allowed to possess or use cell phones. If your child would for some reason bring their cell phone to camp, our staff has been instructed to collect the phone and turn it into the office for safe keeping until departure day.

Visitors

To prevent homesickness and interruption of the camp program, we do not schedule any visitor days, or allow unannounced parent visitations. If there are special circumstances in which you need to see your child, (such as picking him/her up for a special event), contact the camp office prior to your arrival. You must sign your child out of camp and sign them back in upon your return.

Birthdays at Camp

We love to celebrate birthdays! If your child has a birthday while away at camp, please feel free to drop off a special card, care package, or balloons in the Camp office. We will provide the fun and a special treat (cake) for your birthday camper & his/her camp mates.

Following Camp

Camp Evaluation: Your evaluation of our program, facilities, equipment, staff, and service is very important to us. On the last day of camp, you will receive a parent's packet which will contain a camp evaluation form for you and your child to complete. Please take a few minutes to fill out the form **with your child**. The information gained from these evaluations helps us improve and expand our programs and services.

Gratuities: Gratuities are prohibited. Each camper has the right to be respected on their own merit. The camp remunerates each staff member on the basis of responsibility and performance. If your child had a great time, and would like to provide this same experience to another child please consider sponsoring them to attend camp next season.

Lost & Found: Our staff makes every effort to keep your camper's belongings with your camper. However, a Lost & Found box is maintained in the dining hall for all misplaced items found throughout the session.



First Timers

First Time at Camp: Sending your child away to camp for the first time is a major milestone for most families, one that is often marked by excitement, anticipation, and perhaps even some anxiety. Though camp is certainly about making friends and having fun, it is also about being on your own and being a part of a community. The most important thing you as a parent can do to help prepare your child for both these aspects of camp, is to talk about it before he/she arrives. In fact, it may be better to have several occasional, shorter talks rather than one long conversation as children often absorb more when there is less to think about at one time. Also, children may do better with this sort of conversation if it is part of a more general conversation, and if it is part of a pattern of talking, either at the dinner table or while riding in the car doing errands.

The following are some sample topics for discussion that will help prepare you and your child emotionally for their experience at camp.

Friends: Camp is about making new friends. If you are shy about meeting new kids, then learn to get to know others by being a good listener. Remember also that not everyone in your cabin or group has to be your friend, and you don't have to be everyone else's friend. As long as you treat others with respect, and they do the same with you, then having one or two friends at camp is fine. If you have more, that's great.

Activities: There are many exciting things to do at camp, many of which your child may never have tried before. If your child tends to be a bit homesick, or worried about being homesick, remind them about the excitement of going to camp. Remember when you first decided to go to camp, what made you so excited? You may not like all the activities, or you may be better at some more than others, and that's ok. I, however, hope you are willing to try. The more you put into camp, the more you will get out of it.

Cooperating: You, like every other camper there, will be part of a cabin or group. As your parent, I hope you will cooperate with others and help out. That's part of what makes camp so special it's kids helping each other out. Most kids will help you if you are friendly and help them.

Give yourself time: One thing about camp is that almost everything is new, the kids, the activities, the routines, and the bed you sleep in, and the bathroom. It takes a few days to get adjusted, so be patient with yourself. Most of the time you will be having so much fun you won't mind all the changes, but if you do, remember that you will get so used to things that by the time you come home, you will miss all those things.

Helping Out: Camp is about fun, but it also requires that you help out. Clean-up is part of camp. You do it every day. As your parent, I hope you will cooperate.

Getting Help: Everyone has good days and bad days. If you are having a problem, your counselor is there to help you. You don't have to wait to tell us if you are upset about something. After all, if your counselor doesn't know what might be troubling you, he/she can't help you. Be honest and ask for what you need. If your counselor doesn't seem to be concerned or doesn't help you, then you can go to the Unit Director, Summer Program Director, etc.

Being Positive: It's a great thing to remind your first-time camper about his or her strong points. I would focus not just on what they do well, but their positive qualities as well, such as what makes them a good friend or the type of person other kids would want to know. Helping children identify their strengths can help them when they are having a setback, one of those inevitable growing pains all children have from time to time.

Talking with your child about these kinds of issues is a great way to show support as your child gets ready to take this important step on the road to being more resilient and self-reliant. For you as a parent, it can give you more peace of mind as you allow your child to participate safely in a broader world.

Designed for Healthy Living: When we think about it, camp practices what parents and health professionals are always preaching: be active, get up off the couch, turn off the TV and computer, stop snacking before meals, listen to others, cooperate, eat a variety of foods, sleep well. Despite eating three healthy meals and a snack each day, it is not uncommon for your child to lose some weight and improve their muscle tone while away at camp. They will be outdoors and kept active from sunrise to sunset, something many children in today's society are not used to.

Promoting Youth Development

Recently the American Camp Association completed the largest research study of camper outcomes ever conducted in the United States. Over 92 randomly selected camps and 3,400 families from across the country participated in the study.

The results confirmed that camps build skills necessary to prepare campers to assume roles as successful adults. Parents, campers, and camp staff independently reported growth in areas such as self-confidence, independence, ability to make friends, explore and learn new activities, and spirituality. Indeed, camp provides growth experiences for youth that can benefit them through adulthood.

Campers report:

- Camp helped me make new friends (96%)
- Camp helped me to get to know kids who are different from me. (93%)
- The people at camp helped me feel good about myself. (92%)
- At camp, I did things I was afraid to do at first. (74%)

Parents report:

- My child gained self-confidence at camp. (70%)
- My child continues to participate in some of the new activities he or she learned at camp. (63%)
- My child remains in contact with friends made at camp. (69%)

Camp Lakotah is committed to your child's growth and development.

Child Abuse Prevention

The health and well-being of your children is essential to us. Camp Lakotah has developed a policy on the prevention of child abuse that indicates the following provisions:

- Staff will be alert to the physical and emotional state of all campers. When any sign of injury or suspected abuse is detected, the Camp Director will be notified immediately and a report will be made to the appropriate authorities.
- The Camp staff will not release a child to anyone other than the authorized parents/guardians or other individual authorized, in writing, by parents.
- Camp Lakotah staff will not verbally or emotionally abuse or punish children.
- Camp Lakotah staff will not discipline children by use of physical punishment or by failing to provide the necessities of care such as food and shelter.
- Reference checks on all prospective Camp Lakotah employees will be conducted, documented and filed prior to employment. Criminal record checks are conducted on all staff working with children.
- Staff training will include information about the signs of child abuse and the appropriate procedures for responding to the suspicion of abuse.