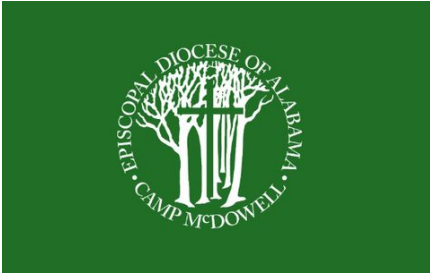


CAMP MCDOWELL SOPHOMORE CAMP 2019

PARTICIPANT INFORMATION



Summer is almost here, Sophomore campers, and we are already preparing for your time at camp this June!

Dear Sophomore Campers,

I'm very excited about camp this summer! We have lots of plans for a great session and hope you'll be ready to have some fun. My name is Polly Robb and I will be your Camp Session Director. I'm a new graduate of seminary and will soon be ordained. After camp I'll be joining the folks at St Luke's Episcopal Church in Scottsboro, AL. I've been going to Camp McDowell since I was in the 4th grade and have been on staff many times—each time I've met incredible people and experienced something new. I know this summer will be fantastic too!

Our theme for Sophomore camp is really a question...

...just what did St. Paul mean by saying,

"We are fools for Christ's sake"

In answering this question:

We'll play with the idea of being a fool for Christ.

We'll explore how the world might see our Christian ideas as odd, foolish, or even wrong.

And we'll wonder, for what are we willing to be labeled as fools?

Of course, there will be plenty of time for hikes, games, swimming, nighttime activities, and much more. Please plan to bring a Halloween costume with you for our end of session party! Our camp session begins on Friday, June 14. I know that you will be excited to get to camp but please, please do not arrive before 3 p.m. Registration will take place from 3-5 p.m.

Camp will conclude with a closing Eucharist on Saturday, June 22 at 9 a.m. in St Francis Chapel (on top of the hill). Families and Friends are invited and encouraged to attend. Campers can be picked up immediately following the service. If you are unable to attend the service then camper pick-up will immediately following the service at approximately 10 a.m.

You will be receiving lots of other information from camp about what to bring, camp policies and practices, etc., but I do want to specifically mention a couple of things in this letter. Please leave anything at home that might distract you from participating fully in camp (cell phones, video games, etc.). Also, it should be a no-brainer but drugs, alcohol, weapons and tobacco are not allowed at camp.

We are looking forward to spending time with you at Wonderful, Wonderful Camp McDowell!

Grace and Peace,

Polly Robb

CAMP MCDOWELL SOPHOMORE CAMP 2019

CHECK IN & CHECK OUT



DATE/TIME: Friday, June 14 3:00 pm - 5:00 pm

LOCATION: Welcome Center

**105 DeLong Road
Nauvoo, AL 35578**

When you arrive to camp, continue on DeLong Road for about a mile. The Camp Store will be the first building on your left. The store will be open if you want to stop in! When you pass the store, stay to the left. You will then arrive at the two-story welcome center on your left where our staff will greet you at 3pm to check in and get your cabin assignment.

Please know that while the camp store opens at 2pm, we cannot allow for any camper check-in prior to 3pm. If the arrival time does not work for your schedule, we ask that you please coordinate rides with another family who is planning to attend.

After you check in, you will drop off meds at the Health Hut and move into your cabin. After camper guardians leave, campers will go to the pool for swim test and we will have arts and crafts activities available.

CHECK OUT DATE/TIME: Camp will conclude with a closing Eucharist on **Saturday morning June 22** at 9:00 am at the Chapel of St. Francis up the hill. Families and Friends are invited and encouraged to attend. Campers can be picked up and packed up immediately following the service. If you are unable to attend the service then camper pick-up will begin at 10:30 and we ask that all campers are picked up no later than 10:45 am.

REGISTRATION

All balances are due no later than June 4, 2019. You may submit payments in your online account, over the phone, or by post mail 10 days prior to opening day.

Online payments may be made in your Camp McDowell camper account. Access your camper account through <https://campmcdowell.com/summer-camps-retreats/registrationlogin>

NOTE: If you have misplaced your password, you may request a new one on the login page by emailing or calling MaKenzie Parker wonderful@campmcdowell.com or calling 205.387.1806

COMMUNICATION (cell phone, email, device policy)

We try very hard to be "the way the world could be". Part of this goal is for campers to get totally unplugged for a short time and be present with those around you during the session. We ask that campers do not bring a phone or any other electronic gaming device with them.

Urgent: Should you need to reach anyone while at Camp, please call 205.387.1806, EXT 101

Registration Questions: MaKenzie Parker 205.387.1806 ext 100 wonderful@campmcdowell.com

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(Non-Urgent) Summer Camp Director: 205.719.7727 (cell) or 205.387.1806 Ext.102

kathryn@campmcdowell.com

SAMPLE SCHEDULE

Opening Day

3:00	Registration at the welcome center, move into cabins, make name tag, swim test
5:30	Cabin Meetings
6:30*	Supper in Eppes Dining Hall
7:00	Community Time: games, welcome, staff intros, review camp rules
8:30	Night Canteen
9:00*	Chapel
9:30	Back to Cabins
10::15	Lights Out

Daily Schedule

7:30*	Wake-up Bell
7:45	KP set the tables
7:53	Porch Songs
8:00*	Breakfast
8:30	Cabin time - Clean cabin
9:00	Program led by session director
10:30	Lemonade Break
10:45	Pool/Rec
11:45	KP set the tables
11:53	Porch Songs
12:00*	Lunch/Announcements/Sign up for Afternoon Activities
1:00	Rest Time
2:00	Afternoon Activities!
3:30*	Canteen in Rec Hall
4:00	Pool/Rec
5:45	Porch Songs/KP set the tables
6:00*	Dinner
7:00	Evening Activity!
8:30	Night Canteen
9:00*	Chapel
9:30	Back to Cabins
10::15	Lights Out

Closing Day

7:30*	Wake up bell
7:53	Porch Songs
8:00	Breakfast & Announcements
9:00	Eucharist (worship service) in Chapel of St. Francis at the Top of the Hill
10:00	(or when worship ends) Campers go back to Cabins with guardians to pack up and head home. Go in Peace!

CAMP MCDOWELL SOPHOMORE CAMP 2019

*Med Run times: CIT's/Support Staff go with campers to health hut and return them to cabins.

PACKING LIST

Campers will be housed in dorm-style cabins. Beds are twin sized. Suggested container for clothes include large suitcase, trunk, or plastic container that can go at the end of the bed. Also suggested is a basket or bag for dirty laundry and a toiletry bag or shower caddy. All cabins have heat but do not have air conditioning. PLEASE LABEL IMPORTANT BELONGINGS WITH CAMPER NAME. *Lost and found items IF FOUND may be mailed back to campers for a fee with possible delays.*

- Comfortable, casual clothes that can get dirty (t-shirts, shorts, jeans). Lightweight, loose-fitting clothes are best.
- Socks and sturdy, closed-toe shoes for working, playing, hiking, and other outdoor activities. Flip flops are only allowed in cabins. If bringing sandals, please bring sandals with a heel strap.
- Light rain jacket or coat
- Clothing appropriate for the weather
- Bedding and pillow for a twin bed
- Towels for bathing
- Towels for swimming
- Swimsuit (one piece or tankini)
- Sunscreen
- Bug Repellent
- Toiletries: Soap, Shampoo, Conditioner, Deodorant, Toothbrush, Toothpaste, brush/comb
- Underwear
- Socks
- Sleepwear
- Flashlight
- Fan (preferably one with a clip) and extension cord so it will reach the outlet.
- Reusable water bottle – to be filled during hydration breaks at the various activity sites each day. NOTE: Our Camp Store has attractive, sturdy, 32 oz water bottles available for purchase.
- Options for suggested for quiet time each day: Bible, book to read, journal, writing supplies, pre-addressed and stamped envelopes for writing home, art supplies
- Theme Days - fun days to dress up at Camp - dressing up is not required but can be fun!
 - Decade Day (bring any outfit from your favorite decade)
 - American Pasture Party (American Flag-themed, or any Red/White/Blue combo)
 - Halloween Dance Party (bring your favorite halloween costume)
- Optional: Musical instruments for free time and assisting with worship
- Optional: White T-shirt or Pillow Case for Tie Dye
- Optional: New or used books to donate to the Alabama Black Belt Book Drive - bring to the camp store
- Optional: New or Used Art Supplies for camp - can be dropped off at the camp store
- Any prescriptions and over the counter meds should be ready to turn in to the nurse upon check-in. See Below for more information.

PACKING LIST (CONTINUED)

CAMP MCDOWELL SOPHOMORE CAMP 2019

Things NOT to bring:

- Alcohol, illegal drugs, or weapons of any kind; Fireworks or any explosive devices
- Youth may not bring tobacco, tobacco products, or electronic cigarettes (including JUULS)
- **Snacks ARE allowed, but MUST BE IN AIRTIGHT CONTAINERS and they CANNOT CONTAIN ANY NUTS or NUT PRODUCTS.** Many of our campers have nut allergies. Crumbs will attract insects in our cabins. Thank you in advance for keeping our campers with allergies safe and the cabins as bug-free as possible!

Additional Money (Optional):

- The fee for the session includes canteen costs. There is no need to submit extra money for canteen. Campers get two snacks each at canteen Saturday
- We will collect an offering at our closing worship service for the Camper Scholarship Fund. Please consider making a contribution.
- The camp store will be open on opening and closing days if you would like to purchase any camp gear including shirts, water bottles, toiletries, candy and more.

****MEDICATIONS NOTE: For safety and per Camp's liability, all medications must be kept in the Health Hut or locked in your car (all cars are parked up the hill). Camp's liability does not allow medications to be stored where children are housed. Thank you in advance for your understanding.**

PREPARE YOUR CAMPER

Please **prepare your young children for coming to camp emotionally.** Talk with them about how much fun it will be, what the schedule is like,, and let them know that they will also likely miss home a little. It is normal to miss home and also have fun at camp! Homesickness is normal and the best way to get through it is to stay busy by participating in everything at camp and to spend time with new friends (not alone). Let campers know they can write letters home, but they will not be able to use a telephone unless it is a true emergency. Parents: if you think homesickness could be an issue for your camper, you are WELCOME to contact the camp any time to check on how your child is doing. Send upbeat, encouraging letters and/or packages from home to help your child stay connected to you while at Camp.

INFORM & EQUIP OUR STAFF

Please help our excellent staff take excellent care of your child by INFORMING us of any special needs or issues (on their on-line Camper Profile page, Health/Medical page, or by emailing wonderful@campmcdowell.com). In addition, if your child takes medication at home for any reason, please **do not discontinue** while at camp. Keep them on the same routines so that the adjustment to camp life is not compounded by an adjustment to a change in their medication that may impact the way that they feel, think, or react to their surroundings.

MAIL AND CARE PACKAGES

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When are mail and care packages delivered to campers?

Care packages and mail are delivered to campers daily except for the first and last days of each camp session. Care packages are not delivered during the sessions of Primary I & II since campers attend with a big camper.

How do I get my mail or package to my camper?

You can either mail your package to camp, OR drop your package off at The Camp Store after you've dropped your camper off.

Either way, labeling is everything! Make sure you write legibly and include your camper's full name, the camp session, and on which day you'd like it delivered. Mail should be sent to:

Camp McDowell - Summer Camp
[session name & cabin name]
[camper full name]
105 DeLong Road
Nauvoo AL 35578

How many care packages should I send?

We prefer and recommend sending only one care package per session per camper with the exception of birthdays (which might call for a little extra something).

Will you put together a care package for my camper for me?

Yes! Camp Staff will put together any care packages made up of items from The Camp Store. You can do this in two ways:

- **Online:** Purchasing your care packages before your camper's session begins helps staff out a lot! We can have your package(s) put together, labeled, and ready to go before your camper even arrives. To encourage pre-purchases of care packages online, **we are giving everyone 10% off** of everything in the online Camp Store that's bought for care packages. **Use promo code, "SUMMERCAMP2019" at check out** and specify in the notes section during checkout the name of your camper, and which session your camper is attending, and which items are to be delivered on which day. We will make sure it gets to them!
- **In Person:** After you drop your camper off at camp, stop by The Camp Store and we will help you put together and package up your care packages before you leave.

Do all campers receive care packages?

Sending care packages and mail is voluntary. Some campers might receive a care package or piece of mail daily, while other campers may not receive any.

Can I send care packages to a camper other than my own child?

Yes. The distribution of care packages works like typical mail. Packages and mail can be sent to whomever you choose. We welcome care packages addressed to "For a Scholarship Camper." *Note: Camp McDowell is open to ALL campers. Some campers attend with partial or full scholarships due to their family's financial situation. Any care packages addressed to "For a Scholarship Camper" will be distributed to scholarship campers who have not received a care package by the last day of their session's mail distribution. If you would like to give towards the Summer Camp Scholarship Fund, [click here](#). (Make sure you select "Summer Camp Scholarship Fund" from the drop down menu.)*

Is there anything I should NOT include in a care package?

Contents of care packages should stay within the scope of the camper packing list. **Please especially do not include food or candy containing NUTS or peanut butter**

Camp McDowell Packing Sheet & Medicine Reminder 2019

PLEASE READ!

for Parents

CAMP MCDOWELL SOPHOMORE CAMP 2019

- Scheduled medicine times are: Before Breakfast, After Breakfast, After Lunch, Canteen, After Dinner and after nighttime Chapel.
- Prescription medicines **MUST** be in their original containers and have a label containing:
 - Camper Name
 - Name of Prescription Drug
 - Strength of Prescription Drug
 - Administration directions (“give as directed” is **NOT** acceptable)
 - Parents must indicate what time medication is to be taken
- Please remember that parents **must provide any over-the-counter medicines** they anticipate their child may need.

***If your child requires an Epi-pen or other injection, please contact the Nurse at 205-387-1806 ext. 125 or rn@campmcdowell.com*

Stacey Glenn, R.N., Camp McDowell Nurse
 McDowell Summer Camp

Medication Packing Sheet *for Parents*

Please place this sheet in a bag with your child’s medicine. All information must be completed by a parent or legal guardian. Please fill out the information for prescription and over the counter medicines.

Camper Name: _____ DOB: ____/____/____

Session: _____

PRESCRIPTION MEDICATIONS:

Circle the time(s) to administer this medicine to the child, choosing from the following:

B*= Before Breakfast, **B**= After Breakfast, **L**= After Lunch, **C**=Canteen (4PM), **D**= After Dinner, **HS**= At Bedtime

*If a time is not selected, medicines will be given after breakfast.

Medication:	Dosage:	Reason:	Time Given: B* B L C D HS
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS

OVER THE COUNTER (OTC) MEDICATIONS: ALL OTC MEDICATIONS MUST BE PROVIDED BY PARENTS/LEGAL GUARDIANS OF THE STUDENT. Circle “As Needed Only”, if medication is not taken daily.

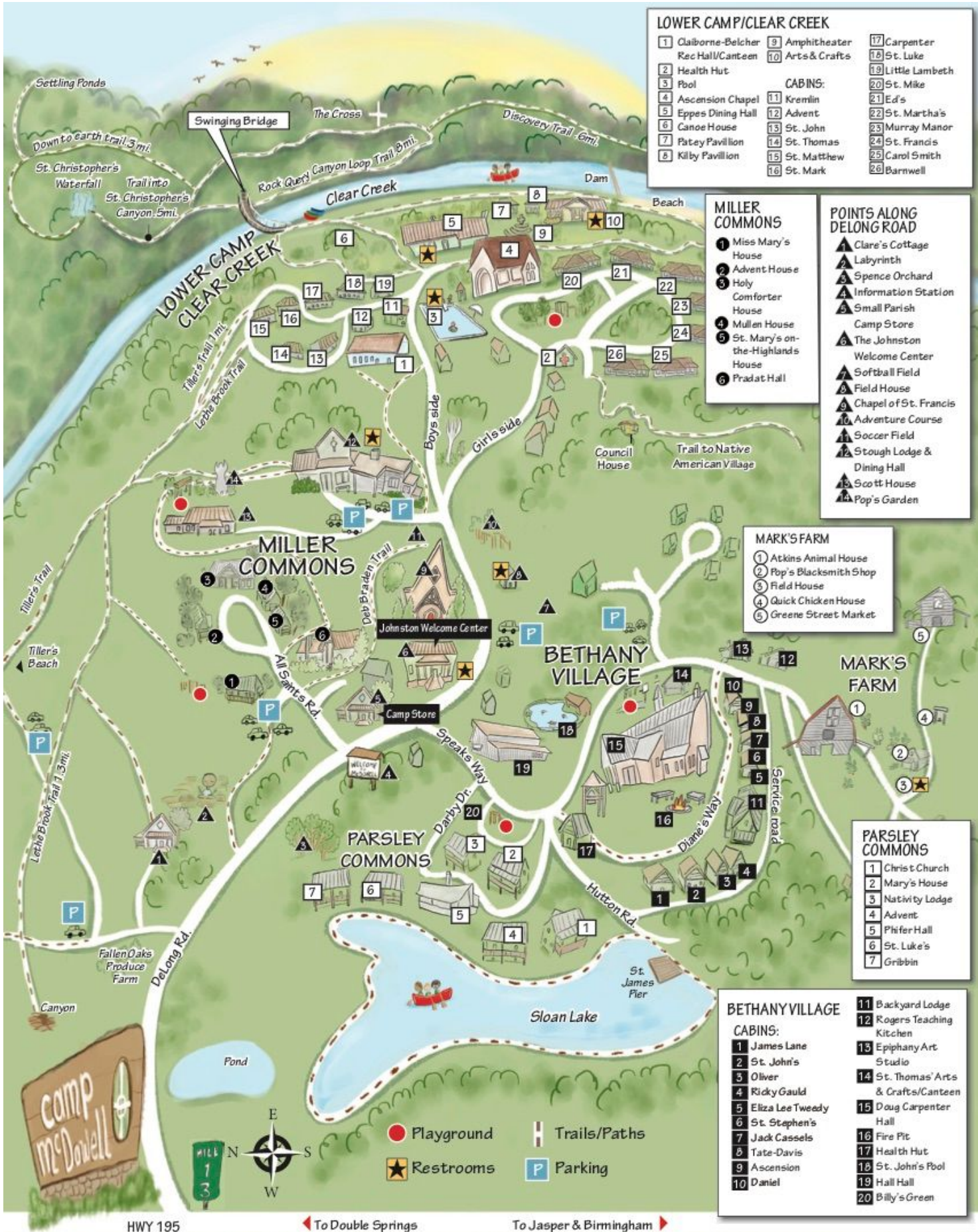
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS As Needed Only
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS As Needed Only
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS As Needed Only

Parent/Guardian Printed Name: _____

Parent Guardian Signature: _____

Date: _____

CAMP MCDOWELL SOPHOMORE CAMP 2019



*Not to scale Map by Michelle Hazelwood Hyde www.michellehazelwood.com

Camp McDowell is a ministry of the Episcopal churches in the Diocese of Alabama