



Happy Camper Help Sheet



TIPS FOR FIRST TIME CAMPERS

Parents of first time campers should pay special attention in preparing for camp. For some, the first time away from the familiarity and comforts of home can be a challenge.

- Consider a pre-camp visit. Come to our Open House in May, go to www.jumonville.org/event/open-house/ for more information.
- Plan some nights away from home before camp starts. Sleep-overs at a friend or grandparent's house can be reassuring.
- Try to anticipate changes that will occur in a person's routines while at camp. For example, if a camper normally takes baths, have him/her "practice taking showers."
- Promise to write or email, and keep the promise! Everyone loves to get mail at camp, but don't overdo it. You can send a letter before camp so the camper gets mail on the first day. Campers can also receive email that is delivered along with letters and postcards.
- You can send email to your child by addressing it to campermail@jumonville.org. Include your child's name and event name & number in the subject of the email.
- Packing some stamped, pre-addressed letters or post cards makes it easier for them to respond. Letters from home should be upbeat and positive. Telling a camper how much he/she missed, or what fun everyone is having at home, can bring on homesickness. On the other hand, don't worry if your camper sends an unhappy letter. Emotional ups and downs can occur while learning to live with others away from home.
- Encourage your camper to express feelings about going to camp: joys, fears, any concerns. Talk openly, helping your camper work through it if difficulties are expressed.
- Don't introduce the idea of homesickness or any other troublesome possibilities. Assure your camper that the camp staff will help campers make new friends, have fun, and help them with any questions. Please remember that camp policy does not allow campers to make or receive phone calls except in the case of an emergency and with the permission of the dean.

CAMPER DRESS CODE

- Bathing suits should be modest full coverage for females and bathing trunks for males (no Speedo style.) Camp staff, deans, and volunteers will have the final decision determining the appropriateness of any suit worn by either gender, reserving the right to require any camper, volunteer, or staff member to wear a t-shirt over the swimsuit.
 - All campers should bring at least 2 pairs of comfortable shoes to camp. Preferred footwear shall be closed toe & heel, laced shoes. Sturdy outdoor sandals or Teva style footwear shall be permitted in casual or less strenuous activities. Flip flops are only permitted in lodging areas, showers, and pool areas. Our campus has lots of uneven walking areas. Sprained or broken ankles are not fun!
 - Shoes for adventure activities need to be laced, closed heel & toe shoes, or hiking boots.
 - In keeping with the Christian atmosphere at camp, all clothing should be modest and should not include any messages that would be considered as incompatible with the Christian faith. Things such as belly shirts, short shorts, very low-rise jeans/pants for females (meaning bare midriff), and extremely baggy pants on males (meaning pants that are meant to fall off from the waist) are not permitted. In most cases a t-shirt on top of the clothing will make the "outfit" acceptably modest.
- ### Do Not Bring to Camp
- Electronic devices: CD player, iPod, MP3 player, TV, computer, electronic games, cell phone, etc. (Computers & cell phones may only be brought by adults for business or program reasons.)
 - Weapons: knife, switchblade, ax, hatchet, gun.
 - Tobacco in any form.
 - Pets - and don't take any home either!
 - No alcohol or drugs
 - Non-prescription drugs in any form.
 - Expensive clothing, jewelry, or watches.
 - Foods or snacks, food in the cabins attract mice!
 - Large amounts of cash. Gift cards can be purchased at the Snack Shop.

CAMPER CHECKLIST

Labeling everything will help prevent confusion and loss.

- Health Form, and all necessary medications.

Clothing

- Jacket/heavy sweater, sweatshirt, and long sleeved shirt
- Daytime casual clothes, a mixture of shirts, shorts, and jeans.
- Sleepwear, underwear, and socks
- Swim suit (or two) & extra towels
- Raincoat or Poncho
- If your camp is doing adventure activities, they may also need old clothes that can be ruined (Adventure campers will use one pair of shoes in caving & water activities – so, old shoes &/or water shoes)

Shoes

- At least 2 pair of comfortable (non-dress) shoes, flip flops may only be worn in the cabin and at the pool. You will need other sturdy shoes for around campus.

Bedding

- Pillow and pillowcase; sleeping bag & extra blanket, OR sheets, mattress cover, and a blanket. Please be aware that many of our beds are extra long.

Hygiene/Shower Items

- Towels and washcloths (minimum of 2 sets for the week.)
- Toothpaste; toothbrush; brush/comb; shampoo; deodorant; soap (Warning: highly scented articles attract bees and bugs.)

Misc.

- Flashlight
- Cloth or mesh dirty clothes bag (plastic bags invite mildew.)
- Water bottle/Nalgene
- Insect Repellent
- Sunscreen, Hat, and Sunglasses (a must for fair skin)
- Stationery/postcards; envelopes; address list; stamps; pen/pencil; notebook/paper.
- Money for picture DVD, Snack Shop, and campership offering
- Your Bible!