



Welcome to First Steps Camp!

We are so excited that you will be coming to camp this summer. Camp is one of our very favorite summer time activities. We're going to have exciting and fun days filled with meeting new friends, learning about God, being outdoors, eating SMORES, and don't forget—the BEACH!!

Parents, thanks so much for entrusting us with the care of your most sacred possessions this summer. We know that it can be a big decision to introduce "away from home" camping into the life of your family, and we assure you that you're making a great decision in sharing church camp with your child. First Steps has an experienced staff, and we are really excited about the talents and skills that we will be able to share as a staff with your child and family.

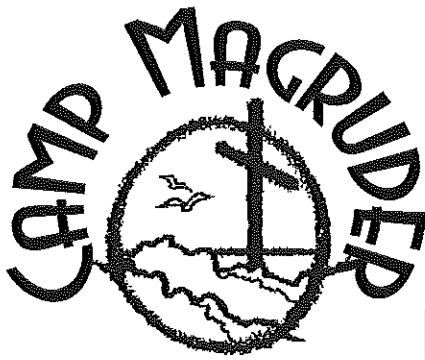
A list of things you will need for camp are on the back of this letter. Please bring a white (100% cotton works best) T-shirt for Tyedying.

Again, thanks so much for joining us for camp this summer. We look forward to meeting you and your child at First Steps Camp. We will see you **Thursday August, 27 between 3 and 4pm** at Magruder.

We look forward to meeting you soon!

Becki & Allison

Your Mom & Daughter Dean Team



First Steps Camp, August 27-30

Important Details and Quick Facts

Campers arrive on Thursday August 27 between 3pm and 4pm

Campers need to be picked up at 11:30 on Sunday August 30

What to bring to camp:

CLOTHING:

- ❖ Several Changes of Clothing – *Layers work best as the temperature may vary throughout the day.*
- ❖ Comfortable walking shoes or sneakers
- ❖ Light Jacket or Sweater
- ❖ Swimsuit
- ❖ Heavier Jacket for evenings and beach walks – *Something Waterproof!*
- ❖ **100% Cotton White Shirt for Tye-Dye**

BEDDING:

- ❖ Sleeping Bag
- ❖ Pillow
- ❖ Favorite Stuffed Animal

TOILETRY ITEMS:

- ❖ Towel & wash cloth
- ❖ Toilet articles such as: soap, toothbrush, shampoo, sunscreen etc.

OTHER:

- ❖ Flashlight
- ❖ Sunscreen (*even the coast gets sunny!*)
- ❖ Notebook & pen or pencil
- ❖ Water bottle for use around camp or on hikes
- ❖ All medications must be in **original** bottles or packaging. (*Please keep them where you can easily get them out for registering upon arrival at camp.*)

Camping is a way of life! Don't bring electronic devices, iPods, MP3 players or hand held games to camp. In children & youth camps, cell phones will be collected and returned at the end of camp.

FORMS

We want to know who is coming to camp! Please mail the included **Health Form** and **About Me Page** to Camp Magruder prior to camp. Make sure they are completed and signed!

The address for Camp Magruder is:
17450 Old Pacific Highway,
Rockaway, OR 97136

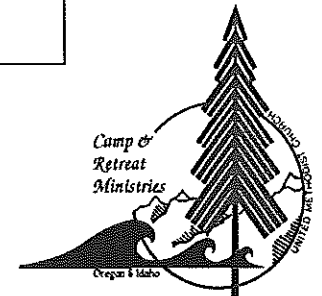
**** Please do not mail payments to the camp****

Camper Mail

If you would like your child to receive mail while at camp, please bring mail to camp when you drop your child off and we will give to campers on Friday and Saturday.

More information about camping programming, policies and details can be found @ www.gocamping.org.

If you have camp specific questions please do not hesitate to contact your deans; Becki (360.921.0630) or Allison (360.921.4575).



"About Me" Page

Camper's Side

My name is: _____

The name of the event I will be attending is:

This will be my _____ summer at church camp.
If you have attended camp before, where did you attend?

What are 3 things you enjoy doing with your time?

1. _____

2. _____

3. _____

What are you looking forward to most at camp?

Do you have any worries about coming to camp?

When or where do you feel closest to God or Jesus?

Parent's Side

Every child is unique. What unique characteristics of your child do we need to know about in order to help your child have a successful camp experience?

1. How would you describe your child's personality?

2. How does your child let you know when he/she is happy or upset?

3. What is the best way to help your child deal with frustrations?

4. Does your child have any special needs or behavior patterns we should be aware of? *(Include any important daily or bedtime rituals, type of leader he/she responds to best, attention deficit or hyperactivity, extreme shyness, sleepwalking, etc.)*

5. Has your child experienced any major traumas or difficult times in life that we should be aware of as we minister to him/her *(i.e. divorce, death of a loved one, other)?*

If you would like to know more about helping your child have a great camp experience, check out the parent resource page on our website: www.gocamping.org

**Health History Form
Children/Youth Campers
Camp & Retreat Ministries**

Dates of Camp Attendance _____
Name of Camp or Event _____

This completed form (front & back) should be sent in to the camp at least 10 days prior to your arrival so that the camp staff can be aware of your needs. Attach additional pages if needed. Any changes to this form should be provided to camp health personnel *in writing* upon participant's arrival in camp.

Mail this form to the address below at least 10 days before camp starts:
**Camp Magruder
17450 Old Pacific Hwy
Rockaway, OR 97136**

Camper's Name _____ Birthdate _____
Last First Middle Init. Gender: (circle one) Male Female
Address _____
City _____ State _____ Zip _____

Parent/Guardian Name(s): _____
Phone () _____ Work/Other phone () _____
Address (if different) _____ City _____ State _____ Zip _____

If parent not available in emergency, notify: _____
Address _____ Phone () _____
City _____ State _____ Zip _____ Relationship to Camper _____

Does camper have any known allergies? ___ Yes ___ No
Allergies to medications: _____
Food allergies: _____
Other Allergies: _____

List any dietary restrictions: _____

Health History: (Check any that apply)
____ Epilepsy or seizures _____ Frequent ear infections _____ Menstrual problems _____ Asthma
____ Frequent sore throats _____ Headaches _____ Bed-wetting _____ Heart disease
____ Back pain or strain _____ Alcohol/drug addiction _____ Attention Deficit Disorder _____ Diabetes
Other: _____

Pertinent past medical treatment: _____

Is camper presently taking or using any type of medication(s) or drug(s)? ___ Yes ___ No
If yes, Specify and complete med report on reverse side. _____

Is the camper current on all immunizations needed for school? ___ Yes ___ No
Date of Last Tetanus shot: _____ Blood Type _____

Does the camper have a health condition (e.g. allergies, chronic conditions) or special circumstances which may affect program participation, special housing need, or anything we ought to know prior to emergency treatment? ___ Yes ___ No
If yes, please explain: _____

Family Medical Insurance: ___ Yes ___ No Name of Insured: _____
Carrier: _____ Group # _____ Policy # _____
Name of family physician _____ Phone () _____

Parent/Guardian Authorization:
My child has permission to take part in all camp activities under supervision unless limitations are noted above, and I agree that the camp or camp personnel will not be held responsible for accidents arising there from. I hereby give permission to the camp to provide routine health care, administer prescribed medications, and seek emergency medical treatment including ordering x-rays or routine tests. I agree to the release of any records necessary for insurance purposes. I give permission to the camp to arrange necessary related transportation for my child.

In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the camp to secure and administer treatment, including hospitalization, for the person named above. This completed health form may be photocopied for trips out of camp.

Signature of parent/guardian _____ **Date** _____

Please complete the other side of this form.

Permission to Administer Medications

Camp & Retreat Ministries

Camp Latgawa, Camp Magruder, Sawtooth Camp, Suttle Lake Camp & Wallowa Lake Camp

I, the parent or guardian of _____ give my permission to the camp Health Care Provider or his/her designate to give the following medications (or their generic equivalents) to my child, in accordance with recommended package dosing for the specific indications below. These medications are available at camps and need not be brought by participants.

	Yes	No		Yes	No
Tylenol: <i>Mild fever or discomforts</i>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Ibuprofen: <i>Mild fever or discomforts</i>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Throat Lozenges: <i>Cough/sore throat</i>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Topical Creams: <i>Itching, sunburn, or insect bites</i>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Benadryl: <i>Allergy symptoms</i>				<input type="checkbox"/>	<input type="checkbox"/>
Sudafed: <i>Allergy symptoms</i>				<input type="checkbox"/>	<input type="checkbox"/>
Antacid: <i>Upset stomach</i>				<input type="checkbox"/>	<input type="checkbox"/>
Anti-diarrheal: <i>For diarrhea</i>				<input type="checkbox"/>	<input type="checkbox"/>
Permission to follow recommendations by Oregon Poison Control or Idaho Poison Control.	<input type="checkbox"/>	<input type="checkbox"/>			

Signature of parent/guardian: _____ **Date** _____

Please list ALL medications (including over-the-counter or nonprescription drugs) taken routinely. Bring enough medication to last the entire time at camp. Keep it in the original packaging/bottle that identifies the prescribing physician (if a prescription drug), the name of the medication, the dosage, and the frequency of administration.

Med #1 _____ Dosage _____ Specific times taken each day _____
Reason for taking _____

Med #2 _____ Dosage _____ Specific times taken each day _____
Reason for taking _____

Med #3 _____ Dosage _____ Specific times taken each day _____
Reason for taking _____

Attach additional page for more medications.

All medications brought to camp must be in the original containers.

NOTE: The camp personnel will notify you if your child displays the following symptoms:

- o Any illness that persists longer than 24 hours; including fevers, coughs, excess expulsion of bodily fluids, allergic reactions, severe tiredness.
- o Any injury that causes severe prolonged pain, discolorization and/or swelling.
- o Any condition that cannot be sufficiently treated by camp personnel.
- o Any condition requiring transport to other medical services.

Upon camper check-in:

Health History Form Verified _____ by _____
Date Initials

Health History Form Updated _____ by _____
Date Initials

CAMP & RETREAT POLICIES

These policies have been found through many years of experience to be important for good camping.

1. TO CAMP AND HOME

- ❖ Campers should plan to arrive and depart at the scheduled times. (See the letter about your specific event.) Staff is not available to care for campers before or after camp.
- ❖ Authorization of release of campers: Parents will be asked upon arrival at camp who is authorized to pick up their child at the end of the week.
- ❖ Visitors are asked to visit only at camp opening and closing.
- ❖ Telephone contact between campers and their parents or guardians will be confined to emergency situations.
- ❖ Licensed, insured drivers under age 18 may drive themselves if they have their parent's permission, but are not allowed to have any passengers. For drivers under age 18, keys are collected and returned at the end of the event.
- ❖ Campers love to receive letters. Mail them **early** to arrive mid-week. Food items are discouraged as these attract unwanted visits from local wildlife. If you choose to send a package, consider items that can be shared or used by others: this will help promote unity in the cabin.
- ❖ Camper names and addresses may be shared with other campers unless the camp director is instructed otherwise.
- ❖ Photographs that may include your child may be used for promotional purposes such as printed catalogs, flyers or camp websites unless the camp director is instructed otherwise.

2. HEALTH

- ❖ A completed camper health form is required for all campers. Parent or legal guardian must sign health forms for campers under age 18. This form gives our staff information about health history, allergies, special diets, medicines brought with the camper, and other information that will be helpful in properly caring for the camper. **THIS COMPLETED AND SIGNED FORM IS REQUIRED OF ALL CAMPERS**
- ❖ Medical or behavioral information about your child will be shared only with other staff if it is determined by the director or medical staff that it is necessary to help the staff person better work with your child.
- ❖ All prescription **OR** non-prescription medications must be brought in their original bottles or packaging. For child & youth events, the Camp Health Care Provider is to have custody of all medication brought into camp by campers.
- ❖ The camp personnel will notify you if your child displays the following symptoms:
 - Any illness that persists longer than 24 hours; including fevers, coughs, excess expulsion of bodily fluids, allergic reactions, severe tiredness.
 - Any injury that causes severe prolonged pain, discolorization and/or swelling.
 - Any condition that cannot be sufficiently treated by camp personnel.
 - Any condition requiring transport to other medical services.
- ❖ The use or possession of alcoholic beverages, non-prescribed drugs (except those placed in custody of camp), depressants, or hallucinogens is prohibited. The use of tobacco is prohibited in the light of fire hazard and health dangers. Smokers are asked to refrain from smoking while at camp.

3. USE OF THE SITE

Campers are to stay within the boundaries of the Camp unless accompanied by a staff member.

Swimming and boating are important parts of the program at many camps. They are permitted only when an official lifeguard is on duty, and at times designated by the Camp staff.

Personal sports equipment (skateboards, bikes, archery equipment) should only be brought when specified by the dean of the event.

Fires are to be built only in fireplaces and approved campfire pits.

Campers will help keep the campsite clean and in good condition.

Camping is a way of life! Don't bring radio, tape recorders, CD's, hand held games, television, or pets.

All local and federal laws prohibiting weapons, firearms, fireworks etc. apply in the camp setting.