Are you ready for Senior High Adventure Camp?

This ***Great Adventure*** is going to be breathtaking. You will be able to participate in great activities such as rock climbing, backpacking, river rafting, and team building on the challenge course all while learning about God's incredible creation and how you see yourself involved in it. Some of the experiences will be shared in a large group and some will be in a smaller group, allowing you to develop specialized skills in either rock-climbing or back-packing. Glad you'll be apart of camp! This packet has some helpful information as you prepare. If you have questions please feel free to contact us at Suttle Lake: 541-595-6663 or suttle@gocamping.org.

Plan to arrive at Suttle Lake on Sunday, **August 16th** between **3pm** and **4pm**. This event will end Saturday, **August 22nd** at **10 am.**

- Please **mail in** the completed, signed **Health Form** to the camp at least 10 days before your arrival. An envelope has been enclosed for your convenience.
- A **Suttle Lake Liability Release/Permission Form** must be completed and **mailed in with the health form** so you can participate in the great activities happening off-site and your and your parents can be well informed of the risks involved. *If you plan to drive yourself, you may do so with your parent's permission, but drivers under the age of 21 are not allowed to carry passengers to camping events.*
- You will find a **List of Things to Bring** on the back of this letter. Keep in mind that this is a general list for this event and you may need to adjust for your own needs. Contact Suttle Lake camp if you have questions about these items.
- We are called to live out our faith in action. This summer campers will be asked to join together in a very tangible act of social justice by **bringing non-perishable food items** to camp with them. These items will be donated to the local community through the Sisters Kiwanis Food Bank. This is one of many ways to be a part of the Bishop's Initiative to Eliminate Hunger, read more at www.umoi.net.
- On the back of the **Map** you will find the **Policies** for our camping program.

Camper names and addresses may be shared with other campers so they can correspond after camp. Photographs that may include your child may be used for promotional purposes unless the camp director is instructed otherwise.

If you still owe payment for the camp, the balance is due two weeks before camp starts. If your church is paying part of the fee and they have not already sent the payment in, you will need to let the camp know the amount the church is planning to pay when you check in at the camp. Please contact Geneva Cook in the camping office (1-800-593-7539 ext 43) if you need more information about your registration or payments. Email can be sent to: camping@umoi.org

Do not send payments to Suttle Lake with the health form.
The address for Suttle Lake Camp is: 29551 Suttle Lake Rd, Sisters, OR 97759 and the phone number is (541) 595-6663
You can also reach them by email at: suttle@gocamping.org

Camp & Retreat Ministries

Check out our website at www.gocamping.org

What to bring to Suttle Lake Camp

GENERAL:
Day pack/fanny pack
Backpack with padded hip belt & frame
Ground Cloth (6' X 8')
Work Gloves
Extra Cord
Mess Kit (plate, cup, bowl, fork, spoon, knife)
Sunglasses (a safety strap for ALL glasses)
Bug repellent
Sunscreen
Compass
Matches in waterproof container
Water bottles (2)
Whistle
Flashlight
Pocketknife
Chapstick
Small first aid kit
Notebook & pencil
*Tent (2-3 person) *(bring it if you have one)*
*Reading Material *(optional)*
*Camera *(optional)*

BEDDING:

Sleeping Bag
Waterproof stuff sack for sleeping bag
*Pillow
*Lightweight sleeping pad

TOILETRY ITEMS:

Towel
Toilet Paper
Wet Wipes
Toiletries

All medications must be in <u>original</u> bottles or packaging and referenced on the health form.

Having the proper clothing and gear will allow you to be safe and really enjoy each adventure. If you have any questions about what is needed, please contact the camp at 541-595-6663 or <u>suttle@gocamping.org</u> OR contact your dean, Clay Andrew, at LaGrande UMC at 541-963-2498 OR <u>revclayandrew@eoni.com</u>.

CLOTHING:
Layering is the best option. Warm layers should never be cotton, which draws heat from you when even a little wet from sweat. Try fleece, poly-propylene, wool, or nylon.

Hat (stocking cap & brimmed hat are both handy)
Long sleeved shirt (light colored, and light weight is great for warm days)
Poncho/Rain Gear
Swimsuit
Nylon Shorts
Water Shoes *(Aqua socks, old tennis shoes, sandals with no exposed toes, NO FLIP FLOPS)*
Bandanna
Gloves
Long Underwear top and bottom –(silk, polypropelene, capeline, or other synthetic – no cotton)
A Pair of Insulating Pants & Sweater (wool or fleece)
Windproof jacket or sweater
Warm Clothes *(layers are best)*
Long pants
Socks (wearing 2 pairs of socks helps keep blisters at bay, wear the thickness combination that fits in your boots without being too tight.)
Lightweight Camp Sneakers (wearing boots in camp impacts the area)

ADVENTURE GEAR:
MULTIDAY BACKPACK – one with a frame and padded straps and hip belt (internal is better than external) - like the ones you can rent at REI, proper fit is critical.
HIKING BOOTS – buy them earlier and wear them now before beginning this adventure, your feet will thank you.
SLEEPING BAG AND PAD – It is best (for you) to have a packable bag and foam pad, these too can be found for rent at REI.
3-4 SMALL STUFF SACKS for clothing, personal gear, and food, to keep organized in pack.
DAY PACK OR FANNY PACK for day hikes.
MESS KIT (light weight, sturdy personal dishes and utensils)

About Equipment:

The equipment we're asking you to bring is important - it keeps us safe and comfortable. It's important to follow these guidelines as closely as possible. If you have questions or can't find some of the equipment here, please contact us ASAP. We don't want anyone to have to spend lots of money for Adventure Camp - we can help you find equipment to borrow!

About clothing: There are two rules of thumb you should follow. **Plan to wear layers!** Layer allow flexibility for variable weather conditions. **No cotton!** Cotton is a great material for everyday wear. In the wilderness, it can be dangerous. Cotton pulls heat away from the body during cool, wet weather, which can lead to hypothermia. Cotton socks are notorious for causing blisters. Wool, synthetic blends and other materials are much more comfortable and much safer than cotton.

A word of warning: Your safety is our highest priority. Since equipment (including clothing) is a key part of staying safe, please follow this list as closely as possible. If you come to camp with unacceptable equipment or clothing, you may not be able to participate in some of the adventures. If you need help, let us know **before camp** so that we can find equipment and clothing for you to borrow.

Everyone:

- **Layers and synthetic clothes**, ie. a long sleeved shirt, a short sleeved shirt, a fleece jacket, a rain jacket, an insulated hat, a pair of pants, a pair of shorts, a pair of Long Johns. NO COTTON!
- 2-4 pairs of lightweight hiking socks - wool or synthetic. NO COTTON!
- day bag/small backpack.
- bowl with spoon (fork is optional)
- sun screen
- sun glasses
- hat with a wide brim
- water bottles/bladders, at least 2 liters capacity, 3 liter capacity is better.
- small flashlight/headlamp
- emergency whistle
- lip balm
- lightweight sleeping bag (rated to 30 degrees or colder)
- lightweight sleeping pad (closed foam or inflatable OK. Very thick foam is not OK.)
- Towel
- Toiletries
- pillow
- lightweight rain gear
- hat for warmth (stocking cap, fleece, etc.)
- swimsuit
- lightweight hiking shorts (nylon, etc.)
- water shoes (with closed toes - no flip flops, etc.
- bandana(s)
- lightweight camp shoes - sneakers, Keens, etc.

(see back)

Liability Release / Permission Form

Suttle Lake United Methodist Camp
29551 Suttle Lake Road Sisters, OR 97759
(541) 595-6663 suttle@gocamping.org

I acknowledge that I have requested the Suttle Lake United Methodist Camp to enroll me in the following optional high-risk activities for Senior High Adventure Camp:

Rock Climbing Backpacking White Water Rafting
(Circle those that apply.)

I understand that this activity and all of its related aspects are hazardous activities and that I have made a voluntary choice to participate in those activities despite the risks that they represent. In consideration of my being permitted to participate in the event named above, I agree to assume any and all risks of injury or death, which might be associated with or result from my participation in this event. I also agree to follow all safety guidelines given for this activity.

I further agree to release from liability and to indemnify and hold harmless the Suttle Lake United Methodist Camp and its staff, volunteer or professional, and agents for any damage, injury or death to myself or to any person or property, whether caused by their negligence of for any other reason, in any way connected with my participation in this activity.

I, the undersigned have carefully read and understand this agreement and all of its terms. I understand that this is a release of liability for any and all legal claims regarding any damage arising from my participation in this activity including injury or death. I enter into this agreement freely and voluntarily understanding that it is binding upon me, my heirs, assigns and legal representatives.

Participants printed name: _____

Participant Signature: _____ **Date:** _____

If I am signing on behalf of a minor, I agree that I have given permission for his/her participation in this above named event and agree to release, hold harmless and indemnify the Suttle Lake United Methodist Camp for any claim brought by or on behalf of the minor.

Parent or Guardian Signature: _____ **Date:** _____
(Parent or legal guardian must sign if participant is under 18 years of age.)

If you would like to further discuss specific risks or preventive measures taken to increase the safety for these activities please contact the camp as indicated at the top of this form.

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:
Suttle Lake Camp
29551 Suttle Lake Rd
Sisters, OR 97759

Camper's Name_____ Birthdate_____
Last First Middle Init.

Address_____ Gender: (circle one) **Male** **Female**

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 _____*(if known)*

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.

n 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: *Mild fever or discomforts*	☐	☐	**Benadryl:** *Allergy symptoms*	☐	☐
Ibuprofen: *Mild fever or discomforts*	☐	☐	**Antacid:** *Upset stomach*	☐	☐
Throat Lozenges: *Cough/sore throat*	☐	☐	**Anti-diarrheal:** *For diarrhea*	☐	☐
Topical Creams: *Itching, sunburn, or insect bites*	☐	☐			
Permission to follow recommendations by Oregon Poison Control or Idaho Poison Control.	☐	☐			

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:

- 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.

Upon camper check-in:

Health History Form Verified _____ *by* _____.
Date *Initials*

Health History Form Updated _____ *by* _____.
Date *Initials*

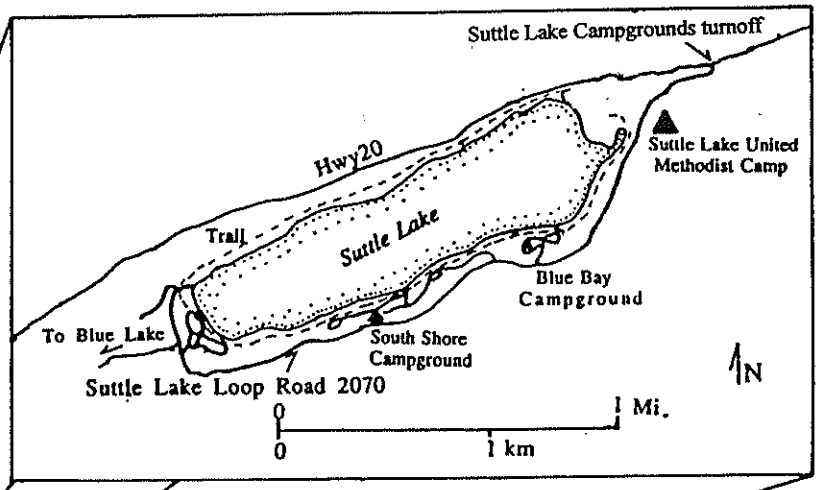
(541) 595-6663 fax: (541) 595-2818 email: suttle@gocamping.org

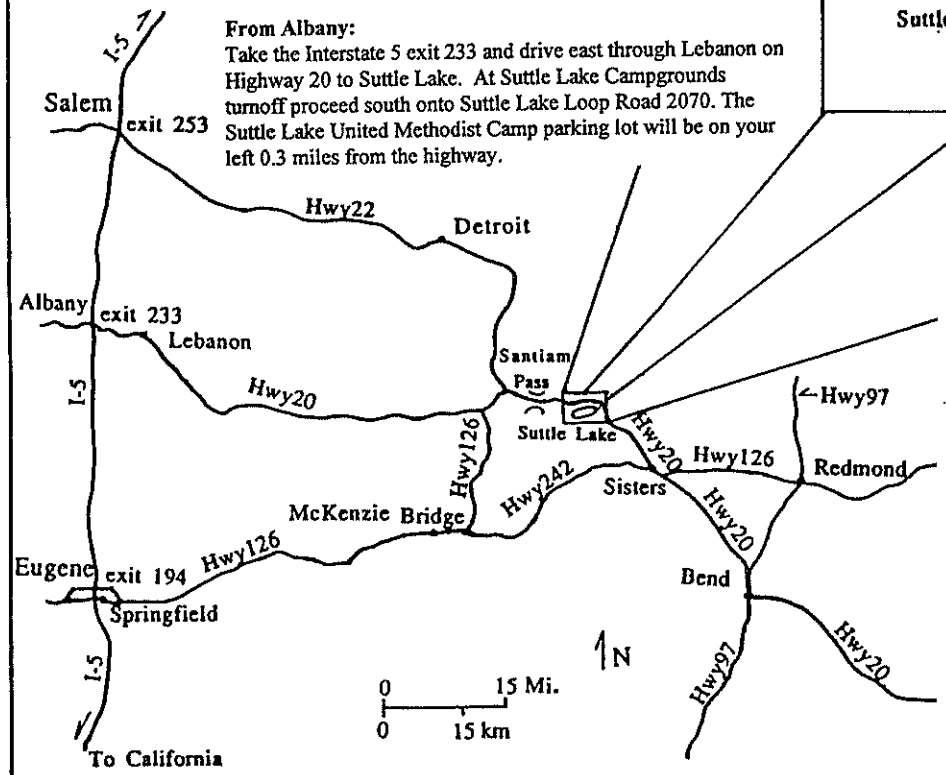
FINDING SUTTLE LAKE UNITED METHODIST CAMP

29551 SW Suttle Lake Rd., Sisters, Oregon 97759
(541) 595-6663

Southbound on Interstate 5:
Take exit 253 at Salem east onto Highway 22. Proceed eighty-three miles through Detroit to the junction with Hiway 126/20. Merge left. Continue thirteen miles east to the Suttle Lake Campgrounds turnoff. At Suttle Lake proceed south onto Suttle Lake Loop Road 2070. The Suttle Lake United Methodist Camp parking lot will be on your left 0.3 miles from the highway.

From Albany:
Take the Interstate 5 exit 233 and drive east through Lebanon on Highway 20 to Suttle Lake. At Suttle Lake Campgrounds turnoff proceed south onto Suttle Lake Loop Road 2070. The Suttle Lake United Methodist Camp parking lot will be on your left 0.3 miles from the highway.





Southbound on Highway 97:
From Redmond travel twenty miles west on Highway 126 to Sisters. From Sisters, contineu northwest on Highway 126/20 thirteen miles to theSuttle Lake Campgrounds turnoff. At Suttle Lake proceed south onto Suttle Lake Loop Road 2070. The Suttle Lake United Methodist Camp parking lot will be on your left 0.3 miles from the highway.

Northbound on Interstate 5:
Take exit 194A, Highway 126 East, the McKenzie River Highway and proceed eighty-nine miles passing the McKenzie Bridge and the junction of Highway 20 and Highway 22. Travel north on Highway 126/20. Keep to the right at the junction of Highway 20 and proceed east to the Suttle Lake Campgrounds turnoff. At Suttle Lake proceed south onto Suttle Lake Loop Road 2070. The Suttle Lake United Methodist Camp parking lot will be on your left 0.3 miles from the highway.

Northbound on Highway 97:
From Bend, travel twenty-one miles northwest on Highway 20 to Sisters, from Sisters proceed north on Highway 126/20 for thirteen miles to the Suttle Lake Campgrounds turnoff. . At Suttle Lake proceed south onto Suttle Lake Loop Road 2070. The Suttle Lake United Methodist Camp parking lot will be on your left 0.3 miles from the highway.

Sources: USGS Black Butte, 1:24,000, 1988
USFS Deschutes National Forest, 1988
ODOT State Highway Map, 1993

Eddie Kahl, 1993

Neither The United Methodist Church, nor the University of Oregon nor any of their employees, officers, agents, or students warrant the accuracy or completeness of this map or the accompanying directions.

Map courtesy Department of Geography, University of Oregon, 1994.

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 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.