

Welcome to Wallowa Lake Camp!

We have put together this packet of information and forms to help you get ready for 3 R's camp.

Plan to arrive Monday afternoon August 17th If you will be arriving later than 5pm, please let the camp know so that they will not expect you for dinner. This event will conclude after breakfast on Friday.

Wallowa Lake

84522 Church Lane
Joseph, OR 97846
(541) 432-1271
(1-866-WALLOWA)
wallowa@gocamping.org

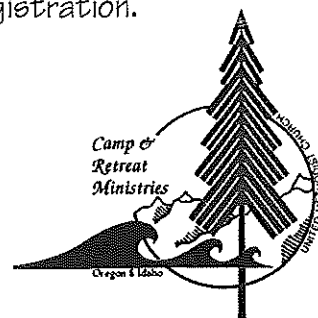


- ❖ Please complete a Health Form and either mail it to the camp in the enclosed envelope or bring it to camp with you. If you have special dietary needs or other restrictions, you will want to send your health form in as early as possible.
- ❖ You will find a List of Things to Bring on the back of this letter. Keep in mind this is only a general list so you may need to make changes for your own special needs. You may also receive additional information from the dean about the projects planned for this event.
- ❖ On the back of the Map you will find the Policies for our camping program. Please read them carefully and contact the camping office if you have any questions.

Camper names and addresses may be shared with other campers. Photographs that may include campers may be used for promotional purposes unless the camp director, David Cook, 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 or email: camping@umoi.org) if you need more information about payments or registration.

Make all checks payable to: Conference Treasurer
Mail payments to: Camping Office
1505 SW 18th Avenue
Portland, OR 97201



Check out our website at www.gocamping.org

What to bring to Wallowa Lake Camp

CLOTHING:

- ❖ Several Changes of Clothing – *Layers work best as the temperature may vary throughout the day.*
- ❖ Comfortable walking or hiking shoes
- ❖ Light Jacket or Sweater
- ❖ Heavier Jacket for chilly evenings
- ❖ Swimsuit – *For lake/water activities*

BEDDING:

- ❖ **Bedding and linens are provided in the deluxe cabins, but you may want to bring your own pillow.**
- ❖ **You will need to bring your own bedding if you have reserved rustic accommodations or you can contact the camp to reserve linens for a small additional fee. (Fees for rustic cabins do not include cost of linens.)**

TOILETRY ITEMS:

- ❖ Towel and wash-cloth *(if you are staying in rustic cabins)*
- ❖ Toilet articles such as: soap, toothbrush, shampoo etc.

OTHER:

- ❖ Bible
- ❖ Notebook & Pen
- ❖ Flashlight
- ❖ Sunscreen
- ❖ *Chapstick
- ❖ Water bottle for use around camp or on hikes
- ❖ *Camera
- ❖ *Day pack/fanny pack
- ❖ **All medications must be in original bottles or packaging** for the protection of all our campers. *(The health forms indicate that all medications must be turned into the camp health care provider. However, for adult events, participants can be custodians of their own medications in most cases. Check with the camp or health care provider upon arrival if you have any questions about this.)*

*Please remember to mail in your "Health Form"
or bring it to camp with you.*

Health History Form for Adults Attending Camps or Retreats

Camp & Retreat Ministries, Oregon & Idaho

Dates of Camp Attendance _____

Mail this form to the address below by _____ (date)

Wallowa Lake Camp
84522 Church Ln.
Joseph, OR 97846

This form should be sent in to the camp at least one week prior to your arrival so that the camp staff can be aware of your needs. Any changes to this form should be provided to camp health personnel upon participant's arrival in camp.

PERSONAL INFORMATION:

Name _____
Last First Middle In.

Home address _____

City _____ State _____ Zip _____

Home Phone (____) _____

Daytime Phone (if different) (____) _____

Gender: (circle one) Male Female

Birthdate _____

Email Address: _____

EMERGENCY CONTACT:

Whom should we notify in case of a medical emergency?

Name _____

Relationship _____

Address _____

Phone (____) _____

City _____ State _____ Zip _____ Work/Other phone _____

HEALTH CONDITIONS:

Any known allergies? Yes No

Allergies to medications: _____

Food allergies: _____

Other Allergies: _____

List any dietary restrictions: _____

Date of Last Tetanus Shot _____

Blood Type _____ (if known)

Do you 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: _____

MEDICATIONS BEING TAKEN:

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 _____ Schedule _____

Med#2 _____ Dosage _____ Schedule _____

Med#3 _____ Dosage _____ Schedule _____

Attach additional pages for more medications.

PHYSICIAN:

Name of family physician _____ Phone (____) _____

Address _____

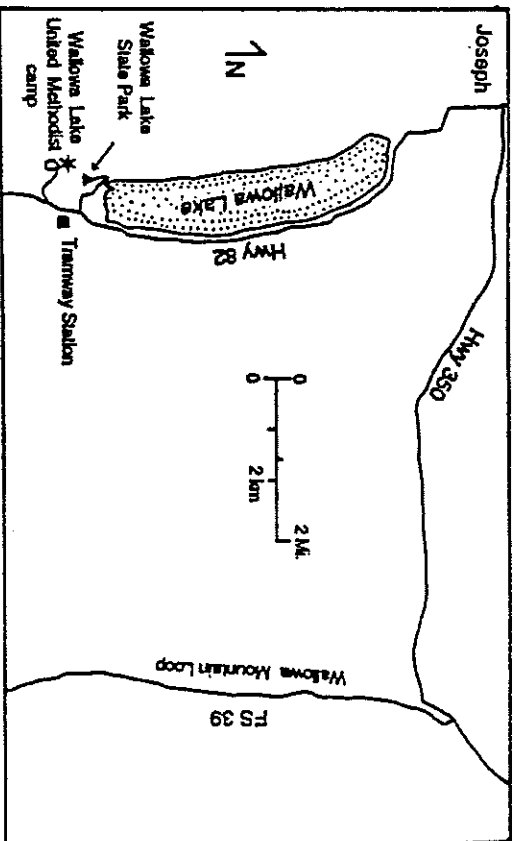
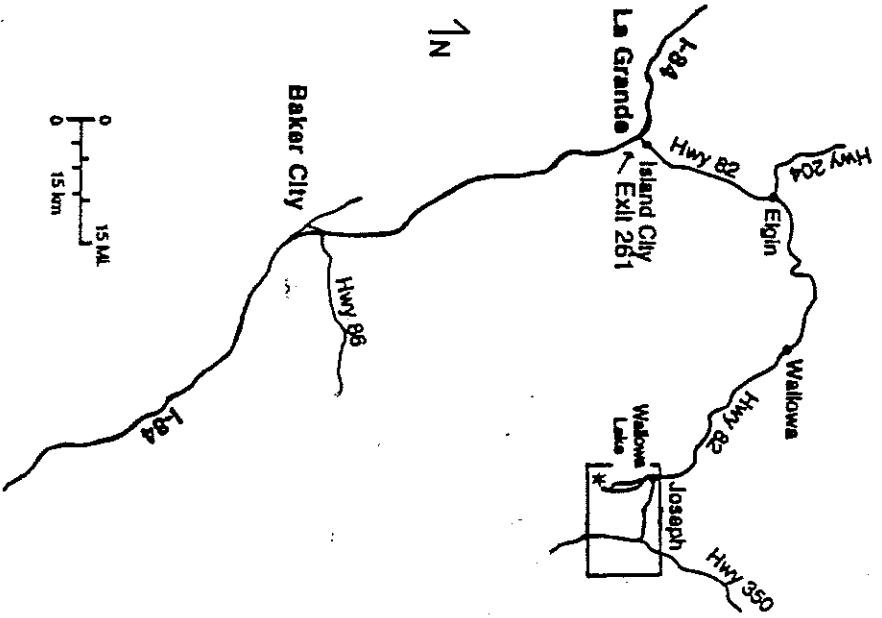
PERMISSION TO PROVIDE NECESSARY TREATMENT OR EMERGENCY CARE:

In signing this form I hereby certify that this information is correct. In case of medical emergency I understand that every effort will be made to contact the emergency contact listed above. In the event they cannot be reached I hereby give permission to the medical personnel selected by the camp director to secure and administer treatment including hospitalization and to provide or arrange necessary related transportation for me. I agree to the release of any records necessary for insurance purposes.

Signature of Adult camper/staff _____ Date _____

FINDING WALLOWA LAKE UNITED METHODIST CAMP

84522 Church Ln., Joseph, OR 97846
(541) 432-1271



From I-84 East and West:
Travel east or west to La Grande. Take exit 261 to Island City. From Island city travel east on highway 82 through Elgin, Wallowa and Joseph. From Joseph continue south on highway 82 toward Wallowa Lake State Park. The road will then fork at the park grocery store. Stay to the left and continue south. Go past the tramway station and take your first right into Wallowa Lake United Methodist Camp.

Source: ODOT State Highway Map 1993, USGS Enterprise, 1:100,000, 1986, USFS Wallowa National Forest 1990.

Ed Doherty, 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 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.