



# **2011 Guide for Campers & Families**

## **Attending Celebration Camp or T.W.E.Y. Holston Conference Camp & Retreat Ministry The United Methodist Church**

Welcome to the Camp Lookout camping guide!

**Please read each page carefully for important information.**

This packet will help prepare you (and your family) for your summer camping experience at Camp Lookout.

We have already started praying that God will richly bless you during your time at camp.

Together we will discover God's great love for us!

### **Along with this guide, you will find these additional items of importance:**

- **Confirmation / Receipt:** This information confirms the session in which you are registered, as well as beginning and ending times. Please look this over carefully! Please double check your Confirmation / Receipt to see that all information is correct with the **account balance, camp site and session date**. If you have any questions or concerns about your camp registration, please contact Camp Lookout at 706-820-1163 or [info@camplookout.com](mailto:info@camplookout.com).
- **Health Form:** A completed health form is your ticket to camp. Your parent / guardian must fill it out completely and sign all pages. Bring your health form when you come to camp. Please, do not mail to Camp Lookout, bring form when you check into camp.
- **Release form:** Those campers registered for Celebration Camp must bring a completed and signed horse release form to check-in.

#### **Questions about Camp Lookout**

If you have any questions, concerns, or comments, please contact Camp Lookout. You are invited to contact Don Washburn, Director, 706-820-1163 - [don@camplookout.com](mailto:don@camplookout.com), or Jackie Washburn, Assitant Director, 706-820-1163 - [jackie@camplookout.com](mailto:jackie@camplookout.com).

# Camper Health Information

**CAMPER HEALTH IS OUR PRIORITY:** Parents will be notified if your camper vomits, has a persistent condition (i.e. headache, nosebleed, fever), needs to be taken to the doctor or emergency room, or if there are persistent behavioral concerns.

**SPECIAL INFO ON MEDICATION POLICIES:** All medications brought to camp will be received and controlled by the camp health care supervisor. Both prescription and non-prescription medications must be in the original containers and clearly labeled with camper's name. All prescription medications will be dispensed according to physician's instructions printed on bottle (if different, please bring documentation).

## Health Assessment

Part of a great experience at summer camp is to make sure that each camper is healthy when they arrive. Below are some guidelines to follow before your camper arrives at camp this summer. These guidelines will help to not only ensure that your child is healthy before he or she arrives at camp, it will also help to protect the larger camp community at each of our Holston Conference Camps. If your child is sick prior to attending camp please contact the camp he or she is attending and discuss program participation options. Every attempt will be made to schedule your child in another session when their health has returned.

### Assessing the Health Status of Your Camper

Does your child have?

- 1. Fever (100°F or greater)? .....  Yes  No
- 2. Sore throat? .....  Yes  No
- 3. Cough? .....  Yes  No

If you checked "yes" for fever AND one or two of the other symptoms, keep your child at home because of an influenza-like illness. Call our office to discuss program participation options. Current recommendation is that children remain home for seven days after symptoms start, even if the child is no longer ill. If your child is still sick after seven days, keep your child at home until well for 24 hours. If you have questions about your child's health or symptoms, call your child's healthcare provider.

If your child has been diagnosed by a healthcare provider with a different disease – such as strep – follow your healthcare provider's recommendation. Call our office to discuss program participation options.

### During Check-in at Camp

During the check-in procedures at Camp Lookout, each camper will go through an additional assessment process which includes taking your campers temperature as well as several questions concerning recent sickness and allergies.

### Special Dietary Needs for Campers

At Camp Lookout, we are attentive to the special needs of all campers. If you have special dietary needs, please contact Jackie Washburn at Camp Lookout - 706-820-1163 or email her at [jackie@camplookout.com](mailto:jackie@camplookout.com).

## What to Bring List

Please use this list as you pack for camp. In preparing for camp, we suggest that you mark all the items you are packing with your name. It is also important that you read the special concerns area. This is relevant to items that should not be brought to Camp Lookout.

<ul style="list-style-type: none"> <li>✓ Bible</li> <li>✓ Camp Clothes (shorts and t-shirts)</li> <li>✓ Rugged shoes (closed toe and at least one old pair for caving)</li> <li>✓ Water shoe (no open backs)</li> <li>✓ Jacket / Sweatshirt</li> <li>✓ Swim Suit -(females must wear: one piece or tankkini style swimsuit)</li> <li>✓ Long Pants</li> </ul>	<ul style="list-style-type: none"> <li>✓ Washcloth</li> <li>✓ Sleep Wear</li> <li>✓ Raincoat / Poncho</li> <li>✓ Sleeping Bag or Twin bedding</li> <li>✓ Pillow</li> <li>✓ Towels (at least 2)</li> <li>✓ Soap / Shampoo</li> <li>✓ Toothbrush / paste</li> <li>✓ Water Bottle</li> <li>✓ Day pack / Book bag</li> </ul>	<ul style="list-style-type: none"> <li>✓ Flashlight</li> <li>✓ Bag for Dirty Clothes (please make sure name is on bag)</li> <li>✓ Insect Repellant (lotion or mist - no aerosol)</li> <li>✓ Sunscreen</li> <li>✓ Water Bottle</li> </ul> <p style="text-align: center;"><b>Please mark all clothing and items with campers name.</b></p>
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## Special Concerns

- Please leave the following items at home as you will not need them at camp.
  - Electronic Games
  - Pets
  - Food
- All music, news, entertainment, games, meals, snacks, crafts, camp picture, and camp T-shirt are provided at camp.
- Alcohol, illegal drugs, tobacco, fireworks, firearms, and weapons of any type are prohibited!
- Any personal sports equipment will be inspected by staff member responsible for that camp activity before use by a camper.
- Any personal vehicle brought to camp must be registered with the director.

## Arrival and Pick Up Times

	<u>Arrival</u>	<u>Pick up</u>
<b>Celebration Camp</b>	<b>Monday 1:30</b>	<b>Friday 10:00</b>
<b>T.W.E.Y.</b>	<b>Friday 5:30</b>	<b>Saturday 4:30</b>



**Capture Your Camp Memories on CD and DVD**

Each week we take hundreds of pictures and video footage of campers and their time at camp. These pictures and videos are developed into a show which tells the story of our week. This show, along with the hundreds of video clips are put onto a DVD. All the pictures are put onto a CD-R which can be viewed on a computer or developed at any digital center. The cost for the CD-R and DVD combo is \$10.00. This combo will be available at the end of the closing program on Friday.



## Activity list for campers

Designed into the Camp Lookout summer ministry program is the opportunity for campers to participate in various special activities.. In addition to the general camp life activities such as singing, swimming, devotions, worship, Bible study, and special night parties, each camper will participate in each of the following. These activities are lead by experienced leaders and all safety guidelines are followed to ensure the safety of each camper and staff member.

### **T.W.E.Y. (One night Camp)**

- Low Ropes Course
- Bouldering Wall
- Lake Paddling
- Worship, Bible Study, Group Time, Singing
- Crafts
- Archery
- Swimming
- Campfire Program (with S'mores)

### **Camper Qualifications**

- Ambulatory
- Independent with self care needs (toileting, showering, dressing, and eating)
- Able to maintain appropriate behavior in a 1 to 3 ratio
- Enjoys outdoor settings and trying new activities

### **Celebration Camp**

- Low Ropes Course
- Archery
- Lake Paddling
- Art and Guitar Class
- Swimming
- High Ropes Course (optional)
- Crafts
- Horseback rides with instructor leading horses in arena (some may choose to pet horses rather than ride)
- Off-site Field Trip (to be decided)

### **Camper Qualifications**

- Ambulatory
- Independent with self care needs (toileting, showering, dressing, and eating)
- Enjoys outdoor settings and trying new activities

## Tips for preventing "Child Sick" Parents and "Homesick" Children

- 1) Remember that it is O.K. to miss your child.
- 2) As you go through your day, remember that your child is having FUN at camp.
- 3) Rest in the understanding that if there is a problem, someone from camp will call you!
- 4) Send mail a couple days before your camper goes to camp so he/she receives it on the first or second day.
- 5) We strongly discourage parents from trying to contact their child by telephone. This can induce homesickness and disrupts small group continuity.

## Mail and Email information

### **Mail**

- 1) For campers wanting to send mail home, please pack postcards and stamps.
- 2) Pre-addressing envelopes is helpful for the younger campers.
- 3) Address: Camp Lookout  
"Camper's Name"  
3130 Hwy 157  
Rising Fawn GA 30738

### **Email**

- 1) We will check email at 4:00 p.m. Monday - Thursday. Email will be printed and delivered to campers at mail call.
- 2) Please include your campers first and last name in the subject area of the email.
- 3) Campers will not have the opportunity to return a message via email.
- 4) Send email to [camper@camplookout.com](mailto:camper@camplookout.com)

### **Emergency Phone Number**

Camp Lookout office phone number: (706) 820-1163 - Director: Don Washburn

# Directions to Camp Lookout

3130 Hwy 157  
Rising Fawn GA 30738

We are located on top of Lookout Mountain just a few miles south of Lookout Mountain GA. Please use the following directions for the most direct route to Camp Lookout (note: many of the online map and direction sites will take you several miles out of the way).

## From I-75

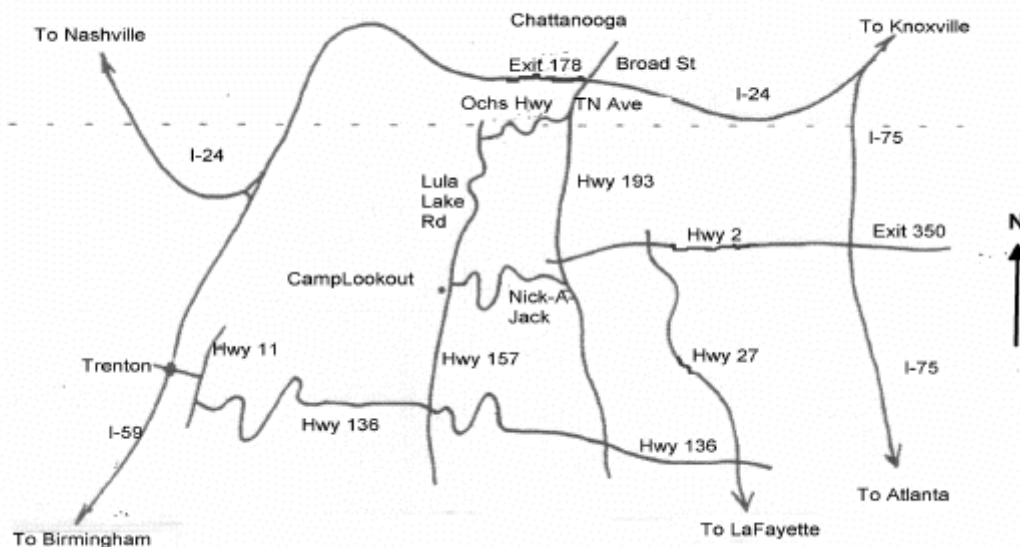
Take I-75 to Georgia exit 350 (Ft. Oglethorpe / Battlefield Pkwy, Hwy 2) Take Hwy 2 West toward Ft. Oglethorpe for 13 miles. Turn left onto Hwy 193 for 3 miles. Turn right onto Nick-A-Jack Rd. Take Nick-A-Jack 4 miles to the top. Turn left at stop sign. Camp Lookout is ¼ mile on the right.

## From I-24 and Downtown Chattanooga Area

I-24 to Lookout Mountain Exit 178 (Broad Street South) then left on Broad Street. Go to Tennessee Avenue and turn left (this becomes St. Elmo Ave, then GA 193). Go approximately 9 miles. Turn right onto Nick-A-Jack Rd. Take Nick-A-Jack 4 miles to the top. Turn left at stop sign. Camp Lookout is ¼ mile on the right.

## From I-59 and Trenton GA area

Take I-59 to Trenton Exit. Take Hwy 136 east towards Trenton. At light turn right onto Hwy 136 / 11. Then turn left at next light continuing on Hwy 136 for approximately 10 miles. Turn left onto Hwy 157 North. Go 8 miles, Camp Lookout is on the left.



**Thank you for sending your camper to camp.  
Please pray for us as we prepare for our summer!**

O God, please be with the camp staff as they prepare for their week. Help them to seek guidance from you as they lead their campers. Help them to be loving, caring and compassionate. Show them your great works and your love through those around them. Thank you for their gifts. Amen.

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