



# **2010 Guide for Day Camp Campers & Families**

**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 are already 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 complete 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.

### **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. Day camp participants should pack all their belongings into a backpack or bag that can be transported from home to camp and back each day. Items will not be left at camp over night!

<ul style="list-style-type: none"> <li>✓ Bible</li> <li>✓ Extra set of cloths (shorts and t-shirts)</li> <li>✓ Rugged shoes (closed toe and good for walking)</li> <li>✓ Water shoe (no open backs)</li> <li>✓ Swim Suit (females must wear one piece or tankkini style suit)</li> <li>✓ Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>✓ Raincoat / Poncho</li> <li>✓ Sleeping Bag or Twin bedding (for rest time)</li> <li>✓ Pillow</li> <li>✓ Towel</li> <li>✓ Day pack / Book bag</li> <li>✓ Water bottle</li> <li>✓ Insect Repellant (lotion or mist - no aerosol)</li> </ul>
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## Special Concerns

- Please leave the following items at home as you will not need them at camp.
  - Cell Phones
  - Electronic Games
  - Radio, CD & MP3 Player
  - Pets
  - Money
  - Pagers
  - 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.

### **Day Camp Activities**

- Crafts
- Swimming
- visiting the horses at the Camp
- Indoor & Outdoor Games
- Bouldering Wall
- Lookout Barn
- Bible Study
- Nature Hikes
- Special Cooking Fun
- Singing

## Arrival and Pick Up Times

	<u>Arrival</u>	<u>Pick up</u>
At Camp Lookout	9:00 a.m.	4:00 p.m.
St. Elmo UMC	8:30 a.m.	4:30 p.m.
Fintstone UMC	8:45 a.m.	4:15 p.m.
<b>Special Friday Pick-up Time for all Campers</b>	<b>At Camp Lookout</b>	<b>2:00 p.m.</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.



# 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

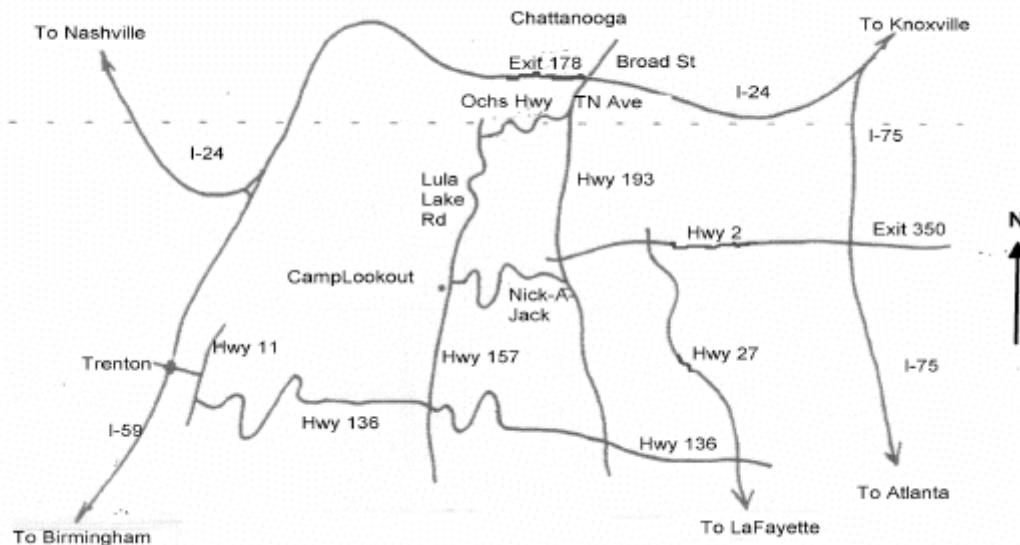
Take I-75 to Georgia exit 350 (Ft. Oglethorpe / Battlefield Pkwy, Hwy 2) Take Hwy 2 West toward Ft. Oglethorpe for 13 miles. Turn left onto Hwy 193 for 3 miles. Turn right onto Nick-A-Jack Rd. Take Nick-A-Jack 4 miles to the top. Turn left at stop sign. Camp Lookout is ¼ mile on the right.

## 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.

**Camp Lookout  
3130 Hwy 157  
Rising Fawn GA 30738  
(706) 820-1163  
Director - Don Washburn**