



2010 Guide for 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 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.
- **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 any **horseback 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, or Jackie Washburn, Assitant Director, 706-820-1163 - 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.

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"> ✓ Bible ✓ Camp Clothes (shorts and t-shirts) ✓ Rugged shoes (closed toe and at least one old pair for caving) ✓ Water shoe (no open backs) ✓ Jacket / Sweatshirt ✓ Swim Suit -(females must wear: one piece or tankkini style swimsuit) ✓ Long Pants (for caving) 	<ul style="list-style-type: none"> ✓ Washcloth ✓ Sleep Wear ✓ Raincoat / Poncho ✓ Sleeping Bag or Twin bedding ✓ Pillow ✓ Towels (at least 2) ✓ Soap / Shampoo ✓ Toothbrush / paste ✓ Water Bottle ✓ Day pack / Book bag 	<ul style="list-style-type: none"> ✓ Flashlight ✓ Bag for Dirty Clothes (please make sure name is on bag) ✓ Insect Repellant (lotion or mist - no aerosol) ✓ Sunscreen ✓ Water Bottle <p>Note: Horseback campers will need jeans and boots with smooth sole and heel (some boots are available at camp).</p>
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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.

Arrival and Pick Up Times

	<u>Arrival</u>	<u>Pick up</u>
Most Camps	Monday @ 9:00 - 10:00 a.m.	Friday @ 2:00 p.m.

Special Exceptions

Junior High Service Week	Monday @ 10:00 a.m.	Friday @ 10:00 a.m.
Taste of Camp	Monday @ 9:00 - 10:00 a.m. Wednesday @ 2:00 - 2:30 p.m.	Wednesday @ 10:00 a.m. Friday @ 2:00 p.m.



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.



Camp Lookout Optional Activities List

Designed into the Camp Lookout summer ministry program is the opportunity for the campers to participate in activity selection. In addition to the general camp life activities and the specific activities listed in the camp session descriptions, each camper group will select optional activities from the list below (exception - Taste of Camp campers and some specialized camps). These activities have been determined to be appropriate for the designated age level. Campers can choose any of the options in their camp list or activities in lists of younger campers (**please note: all activities are not available each week**). **Bold print** activities indicate high adventure programs. Activities off-site are so designated. *Campers in elementary residential camps will be limited in the number of off-site and/or adventure activities in which they can participate.*

<u>Taste of Camp (2nd&3rd graders)</u>	<u>3rd & 4th Grade Camps</u>	<u>5th and 6th Grade Camps</u>														
Lake Paddling	Archery	Frisbee Golf														
Swimming	Boating Games	Snorkeling at the pool														
Crafts	Low Ropes	Camp Outs														
Bouldering Wall	Group Initiatives	Fishing														
Creek Walk	High Ropes Course (3 line bridge)	Guitar Class														
Indoor & Outdoor Games	Caving (off-site)	Art / Painting Class														
Nature Hike	Chickamauga Battlefield (off-site)	9 Iron Golf														
Cookie Making	Cloudland Canyon (off-site)	Mountain Biking														
Visiting horses at Camp Lookout Barn	Water Slide	High Ropes Course (exit at zip line)														
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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

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

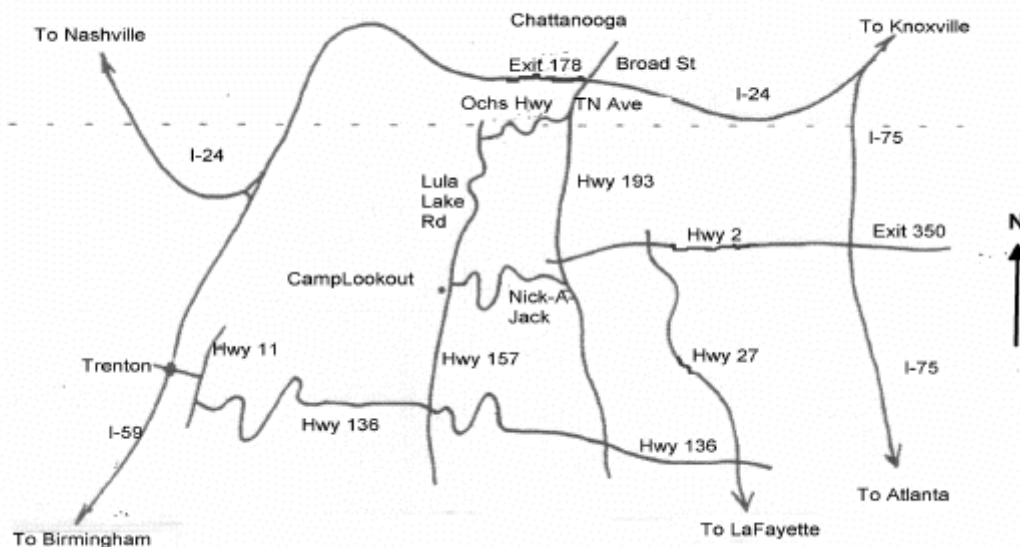
Take I-75 to Georgia exit 350 (Ft. Oglethorpe / Battlefield Pkwy, Hwy 2) Take Hwy 2 West toward Ft. Oglethorpe for 13 miles. Turn left onto Hwy 193 for 3 miles. Turn right onto Nick-A-Jack Rd. Take Nick-A-Jack 4 miles to the top. Turn left at stop sign. Camp Lookout is ¼ mile on the right.

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.

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