

# MANIDOKAN CAMP & RETREAT CENTER

## RETREAT AND CAMPING MINISTRIES

1600 Harpers Ferry Rd

Knoxville, MD 21758

301-834-7244 (Manidokan)

[director@manidokan.org](mailto:director@manidokan.org)

410-867-0991 (Registrar phone & fax)

[admin@bwccampsandretreats.com](mailto:admin@bwccampsandretreats.com)



Dear Camper(s) and Parents,

We are so glad that you are coming to Manidokan this summer! Enclosed is some information intended to help you and your child get ready for your week(s) at camp. **If you have other questions, please look for more information on our website, or contact our registration office at 800-922-6795.**

### PACKING FOR CAMP

Let's begin with what to bring! We suggest involving your campers in packing, so they know what they will find in their bag. For younger campers, you may want to roll daily outfits together. Labelling as many things as possible also helps campers to keep track of their clothes.

#### PLEASE PACK...

- 1 pair of shorts and shirt per day
- 1 extra outfit
- 2 pair long pants
- 1 sweatshirt
- Underwear and socks for each day +2
- Pajamas
- Rain gear
- 1 pair sneakers for daily use
- 1 pair sneakers or watershoes to get wet/dirty
- 1 pair sturdy shoes for hiking
- MODEST swim suit and towel
- Sleeping bag or twin sheets and blanket  
(RUSTIC AND CANOE CAMPERS: SLEEPING BAG)
- Pillow
- Towels/washcloth
- Toiletries and caddy/tote
- Bible
- Notebook, journal, envelopes, pens, stamps
- Sunscreen
- Insect repellent

#### You MAY want to add...

- Disposable camera
- Shower shoes/flip flops
- Hat or visor
- Sunglasses
- Water bottle with your name on it
- Favorite stuffed animal
- Laundry bag or trash-bag for clothes



#### EMAIL YOUR CAMPER!

Send to: [mycamper@manidokan.com](mailto:mycamper@manidokan.com) Type your child's name and camp in the subject! Email is one way. Campers do not have access to computers to respond *Please limit emails to one page with no graphics, pictures, or attachments.*

#### HORSEBACK CAMPERS

You must wear long pants and a pair of shoes or boots with heels. You will wear a helmet while riding. You may bring your own if you have one.

## **Please DO NOT PACK:**

**VALUABLE OR IRREPLACEABLE ITEMS:** for example, jewelry, money, cameras, heirlooms, new luggage.

**WEAPONS OF ANY KIND:** for example, knives, pocket knives, hatchets, axes.

**FLAMMABLES:** for example, matches, lighters, fireworks.

**FOOD:** for example, candy, gum, soda, any snacks that are not provided for diet needs and given to the nurse.



**ELECTRONICS:** for example, CELL PHONES, video games, iPod, Gameboys/DS, or any device that can connect online while at camp.

Our goal is for each camper's week to include making new friendships, enjoying time in the outdoors, eating healthy meals (and a few campfire snacks!), and making new connections to God. Adventure challenges and intentional community building provide opportunities for gaining skills in faith development, communication, problem-solving, decision-making, social interaction, and emerging independence in both small and large group settings.

Having devices that connect campers to communities outside of camp distracts from their community building and the friendships and growth that can happen at camp. In worst case scenarios, cell phones have been used to involve bullying of campers and have been used to try to contact parents with medical needs rather than communicating that need to the skilled health professional on staff who is present with them. These are obstacles that make the week harder for your camper, not easier.

**Should there be a reason you need to reach your child, like a death in the family or a change of camper pick up plans, please communicate through the camp directors and/or camp office: 410-867-0991.**

## **REGISTRATION**

**NEW TIMES: Check-in is held Sunday between 3:30-5:00pm.** Please do not come early and expect to leave your camper unless you have been contacted by the nurse. Camp staff are preparing for your children to arrive and need to be focused on that prior to 3:30pm. For GPS address for driving directions, please use 1600 Harpers Ferry Rd, Knoxville, MD 21758. **There are four things to do to properly check in your camper:**

- 1) **Check in/Registration** - This is to let us know you're here, to pay any final balances, and check over camper pick up forms.
- 2) **Lodge Assignments** – After checking in you will find out which building your camper(s) are staying in. Due to the dynamic nature of camp, we cannot guarantee roommate requests, but will do our best to respect them when possible. If you have roommate requests, we recommend you plan to arrive *together* for the start of registration.
- 3) **Nurse** - All campers must meet with the Nurse/Health Staff to ensure all paperwork is completed. We ask that if you are waiting in line, please give plenty of space to the folks at the table, to provide a modicum of privacy.
- 4) **Camp Store** - You may leave money for your child to buy things from the camp store. The store is open daily as well as during check in and check out. Items at the store include food like soda, gatorade, ice cream, candy and chips as well as gifts like T-shirts, water bottles, hats, sunglasses, and stuffed animals. Campers may choose 2 foods and 1 drink per day. Food generally costs \$1 and gifts range up to \$30 for a sweatshirt.

Campers in who go to Harpers Ferry will be given some of their store money for ice cream. Campers up to 6<sup>th</sup> grade receive \$5 and older campers receive \$10 (if it is in their account). Any unspent money is returned at the end of the week or can be donated towards our Mission Manidokan fundraising goal for the summer.



## MEDICATIONS AND HEALTH FORM

In order to provide the best possible care for our campers, the information on the **ONLINE HEALTH FORM** must be filled out completely and accurately. A doctor **MUST sign a medical confirmation form** in order to give any prescribed or over the counter medication. If you do not have access to the internet, please complete a paper health form and bring it on the first day of camp. Campers with asthma, diabetes, or life-threatening allergies may be asked to share additional information in the form of an emergency plan similar to those at your child's school.

Medications must be current, prescribed or designated for the camper, and in the **ORIGINAL PRESCRIPTION BOTTLE OR UNOPENED OVER THE COUNTER MEDICATION**. Do NOT bring medications to summer events in the "day of the week" containers, or in loose form.

Please consider that summer camp is not a good time for your camper to 'take a break' from their medications. The days are long, and activities often require focus and attention throughout. A sudden change to a camper's medication can impede their enjoyment of camp and make it harder for them to get through the week successfully.



Campers needing an inhaler, epi-pen or other emergency medicine may bring a second one to keep in the health center. The primary emergency medicines will stay with an adult who is with your child so that it is within reach at all times. A nurse is on-site the entire week that your child is at camp.

## CHECK OUT

**FULL WEEK CAMPERS:** Checkout and closing begins on Friday at 6:15pm

**MINI CAMPERS:** Checkout and closing begins on Wednesday at 6:15pm

**WEEK OF JULY 4<sup>th</sup>:** Campers on the 4<sup>th</sup> of July week, excluding mini-campers, have closing on Thursday at 10:30am

**ALL Campers must be signed out with a physical signature from a designated adult after showing the camp staff member a photo ID.**