



MANIDOKAN CAMP and RETREAT CENTER

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OFFICE of RETREAT AND CAMPING MINISTRIES

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Dear Camper(s) and Parents/Guardians,

We are so excited to have you at Manidokan this year! We have received your Summer Camp registration, and this letter confirms that you are registered for Summer Camp 2024 at Manidokan! Below is information intended to help you and your child get ready for camp!

Mail

Mail can be sent to campers in care of Manidokan at: 1600 Harpers Ferry Road Knoxville MD 21758. We encourage parents, relatives and friends to send letters that convey interest in hearing about the camper's experience. These letters should be mailed early in the week to ensure delivery to campers. You may also leave letters with Meredith for distribution to your camper throughout the week. Please label your letters with your camper's full name. Please do not mail campers money or food items. Alternatively, parents may wish to send their campers one way e-mails using: manidokan.camper@gmail.com In the subject, please type your camper's name, event name, and lodging location. Campers do not have access to computers to respond. *Please limit emails to one page with no graphics, pictures, or attachments.* E-mails will be printed once a day at 10 AM for daily distribution to campers.

Camper Check-in

Drive thru check-in will begin at 4 PM on the Sunday of your scheduled session. Staff will be positioned around camp to direct you through the flow of stations. Please do not arrive early as we will not begin check-in before 4 PM. **Mini Camp 2024:** Campers attending this program will arrive Wednesday June 26th at 10 AM. Check-in will also be drive thru style.

Medications & Health Form

To provide the best possible care for our campers, the information on the ONLINE HEALTH FORM must be filled out completely and accurately. If you do not have access to the internet, please contact our registration office to plan for camp to receive medical information prior to camp. Campers with asthma, diabetes, or life-threatening allergies **will** be asked to share additional information in the form of an emergency plan like those at your child's school.

A doctor **MUST** sign a medical authorization form in order to give any prescribed or over-the-counter medication. Medications must be current, prescribed and designated for the camper and **all medications need to be brought to camp in original containers/packaging. The Health Coordinator cannot accept any medications in plastic bags or non-original packaging. This includes over-the-counter medications. Please only bring the number of pills needed for your camper's time at camp.** Please consider that summer camp is not a good time for your camper to 'take a break' from medications. The days are long, and activities often require focus and attention. A change to a camper's medication can impede their enjoyment and well-being at camp. 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

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always within reach. Any camper with prescribed emergency medicines **MUST** have that medicine at camp. A nurse/health aide is on-site the entire week that your child is at camp.

New This Year: Camp Store Snacks Included

This year at Manidokan, all campers will receive 1 afternoon snack and 1 drink each day (Monday to Friday) included with the cost of camp. We have made this change in order to be a more equitable and inclusive camp community. For this reason, parents/guardians will not have the ability to load money on their camper's Campwise account for Summer Camp this year.

Camper Check-out & Camp Store

Camper check-out will occur at the Dining Hall at **4 PM the Friday of your scheduled session**. A short closing program will help campers celebrate their week of camp and then formal check-out will occur. Campers must be signed out with a physical signature from a designated adult after showing a camp staff member a photo ID. The camp store will be open for merchandise sales only (no food) during camper check-out. You may pay with cash, check, or credit card. Parents/guardians will not have the ability to load money on their camper's Campwise account for Summer Camp this year. Please note that campers will not be fed Friday dinner this year due to the earlier check-out time.

Packing List

Please review the attached packing list and reach out with any questions that you may have. We suggest involving your campers in packing, so they know what they will find in their bag. Labeling as many things as possible also helps campers to keep track of their items. Please limit what you pack to things your camper will need.

Summer Camp Packing List:

- ☐ sleeping bag and pillow
- ☐ a twin size fitted sheet
- ☐ poncho or rain jacket
- ☐ 3-4 pairs of closed toe shoes, one wet, at least two dry – sandals and flip flops for shower use only
- ☐ 5-6 changes of clothes including shorts, swimsuits, t-shirts, long sleeved warm shirt, long pants, underwear, 6-7 changes of socks
- ☐ a flashlight/headlamp and extra batteries
- ☐ a hat, sunscreen, and sunglasses (all campers go on a day long river trip)
- ☐ bug spray
- ☐ personal articles: toothbrush, toothpaste, deodorant, shower items, 2-3 towels
- ☐ camera (optional, one time use best type; camera phones **not** permitted)
- ☐ reusable water bottle **with camper's name clearly marked on it**
- ☐ backpack
- ☐ sharpie for signing shirts (optional)
- ☐ a book for reading (optional)
- ☐ balance of your registration fee, if any is due

*River Adventure Campers should pack suitable clothing for spending 5 days on the river. We suggest quick drying shorts, long sleeve sun shirts, and several bathing suits along with lots of sunscreen, a hat, and sunglasses. Closed toe shoes must be worn at all times.

Please DO NOT bring:

- ☐ radios, iPods, Apple watches, **cell phones**, or any other electronic device.
- ☐ alcohol, tobacco products, drugs, knives or weapons, fireworks
- ☐ money, valuables of any kind, jewelry, etc.
- ☐ food, candy or snacks

Please reach out with any questions that you have-- we are here to help. See you at camp!

Meredith Petty, Director, Manidokan Camp & Retreat Center