

BEAR CREEK

Escape the Ordinary

Welcome to Camp Bear Creek!

Thank you for registering for one of the most memorable experiences of your life—summer camp! We are pleased that you will be joining us this summer to learn valuable tools about leadership, connect with nature, live in the moment, build authentic relationships, and grow in your faith. Our goal is that you are equipped to share the love of Christ with others.

Arrive anytime for check-in between 3:00 - 3:30 p.m. on Sunday for your stay at camp. This packet contains pertinent information regarding your camp session.

Please fill out your online paperwork and pay any outstanding camp fees no later than two (2) weeks prior to your camp's start date.

Should you have any questions, comments, or concerns leading up to your stay with us, please do not hesitate to give us a call at (563) 488-3893.

In Christ,

The Camp Bear Creek Staff



9106 42nd Ave., Wyoming, IA 52362 | (563) 488-3893
office@bearcreek.camp | www.bearcreek.camp

BEAR CREEK

What to Expect from a Week at Camp

We're thrilled you've chosen Camp Bear Creek and we're excited to welcome you to Counselors-in-Training (CIT) Camp. Please be sure to read this packet thoroughly, and of course, please let us know if you have any questions!

Prior to Arrival at Camp

Please fill out the CIT Questionnaire, Expectations and Permissions Form, Health Form, and Assumption of Risk and Waiver of Liability & Release at least two weeks before your camp's start date. Payment of any remaining camp fees is also due two weeks before camp. You can manage your paperwork and payment from your online account. Please know that completed paperwork and payment are required for camp attendance.

Check-In Day

Come to Deer Center (the dining hall) for check-in. **Arrive anytime for check-in between 3:00 - 3:30 p.m. on Sunday for your stay at camp.** During check-in, you may leave all of your belongings and bags in the car, however, you will want to bring with you any medications (including all over-the-counter medications) to be checked-in with the camp nurse. **All medication needs to be in the original prescribed container.**

Check-in will involve the following:

1. Cabin assignments for your camper(s).
2. Health screening and head check. *If head lice are found, we are prepared to administer topical treatment on site which will enable you to stay at camp while being treated.*
3. Drop off any medications to the nurse. **If you have indicated on your health form that you have an epi-pen or asthma meds (inhaler, nebulizer, etc.), you must bring it with you to camp.**
4. Receive a free t-shirt and purchase any Camp Bear Creek keepsake items or clothing from our Camp Store.
5. Move into your cabin.

Check-Out Day

Our closing ceremony begins at 3:00 p.m. on Friday. Check-out will occur directly after the ceremony. If the person who will be picking you up will be arriving late or if other complications arise, please have them notify the camp office as soon as the conflict becomes known.

Check-out will involve the following:

1. Signing out your camper.
2. Receiving your camper's Memory Book with their group photo included.
3. Picking up your camper's medication.
4. Loading your camper's personal belongings.
5. Chatting with your camper's counselors about the week.

Updates During Camp

We post photos on our Facebook Page and website media gallery every evening Monday-Thursday. We encourage you to like our page so you can see any and all updates.

Health Concerns

All counselors are certified in First Aid/CPR and are with campers at all times, 24 hours a day. The camp nurse conducts sick calls and dispenses all medication as prescribed and as needed. Parents will be notified if a camper has an illness or injury that requires more than first aid care. **Each family is responsible for covering costs of medical expenses incurred while at camp.** The camp insurance policy provides supplementary coverage for accident expenses which exceed the family's resources. It does not cover the costs for illness.

Please make sure to monitor illness before you come and do not come to camp if you are sick. If you become ill while at camp, your parents will be notified and asked to pick you up immediately.

Telephone and Mail

Please expect that the use of a phone by a camper is not permitted except under the expressed permission of the Director in the event of an emergency or special circumstances. CIT Campers are encouraged to write home throughout their stay, and they most certainly enjoy hearing from their family. Please have your friends and family address all mail as follows:

Camper's Name, CIT Camp, Camp Bear Creek, 9106 42nd Ave, Wyoming, IA 52362

You may decide to pre-write mail for your camper's stay. If you do this, make sure to indicate on each letter your camper's name, camp program, and which day of the week you'd like it delivered. Give any pre-written mail to the greeters when you arrive for check-in. It is also helpful for parents of young children to send pre-addressed and stamped envelopes for them to write letters home.

Technology at Camp

We ask campers not to bring cell phones, smart watches, tablets, video games, or other electronic devices. One of the best parts of camp is embracing the natural world around us and building face-to-face relationships. These devices can often distract us from the present moment and the people with us. It is totally understandable that for many kids, summer camp may be their first time away from home for an extended period of time. While having a cell phone to call home may seem logical, it actually can make it harder for kids to adjust or reach out to their counselor for help and guidance. Please do not send these devices with your child or tell them that they can call home if they are homesick. Our camp staff are trained to deal with homesickness and all of the emotions that come along with it. Having a technology-free week is so beneficial for the emotional and relational growth of your camper and will help in building confidence and independence. If a camper does come with any of these distractions, they will be collected by the camp staff and returned to them at the end of the week. Camp Bear Creek is not responsible for any lost or damaged items.

Driving to Camp

We discourage campers from driving their own vehicle to camp. Any camper who does drive their own vehicle must turn in their keys to the Program Director upon arrival. The keys will be returned at the end of the week.

Packing for Camp

It is strongly recommended that all clothing and equipment be marked with your name prior to arrival. Lost and found articles with names attached are much easier to return to owners. Lost and found articles left at camp will remain for two weeks to be claimed by their owners. Campers should bring enough clothing with them to last for their entire stay (washer/dryer is unavailable to campers except under special conditions or circumstances). When packing, keep in mind that campers need to be comfortable and able to get sweaty, wet, and every degree of dirty in existence—this is part of the fun of being at camp! *Please bring the following:*

- Sleeping Bag or Bed Linens
- Fitted sheet for mattress: twin size (optional)
- Pillow
- Bath towels & washcloths (2)
- Shampoo & soap
- Comb or brush
- Toothbrush & paste
- Sandals for pool & for use in the shower
- One-piece swimming suit/tankini or trunks (it is suggested that you bring 2)
- Pool towel
- Paper/Pencil
- Stamped & addressed envelopes
- Shorts
- Jeans or sweatpants
- Shirts
- Pajamas
- Closed-toed shoes
- Socks & undergarments
- Sweatshirt or Jacket
- Raincoat or Poncho
- Caving outfit: long-sleeve shirt, pants, & closed-toed shoes (2nd pair) that can get muddy
- Hat
- Insect repellent
- Sunscreen
- Bible
- Flashlight & extra batteries
- Water bottle
- School backpack
- Plastic bags to put wet or muddy clothes
- Laundry Bag
- A white shirt for paint wars

Please note: CIT Campers will go on an overnight trip and sleep in a tent for one night during their stay. For this reason, a sleeping bag is highly recommended instead of bed linens, as it is easier to pack and use while tent camping.

What Not to Bring

We ask that you do not bring personal sport equipment or musical instruments. Please do not bring cell phones, smart watches, tablets, video games, money, and food or candy (they attract critters). Pets are not allowed at camp. If a CIT camper comes with any of these distractions, the items will be collected and returned to them at check-out. Camp Bear Creek is not responsible for any lost or damaged items.