



# SCAMPS & JR TEEN

**2024 CAMP DATES** Scamps & Champs: August 4-10 Junior Teen: August 11-17

## This Year's Theme: Guardian Of The Galaxy!

### GREETINGS CAMPERS & PARENTS/GUARDIANS!

We invite young adventurers to embark on a cosmic journey to learn about Jesus: the ultimate **Guardian of the Galaxy** and of us. Campers will delve into the mysteries of the cosmos, discovering the handiwork of God in every star, planet, and galaxy. Through energetic worship, engaging chapel messages, and cabin devotion times, campers will learn about how God watches over us and our whole universe, discover the peace and security that comes from trusting in Jesus as the Ultimate Guardian, and our role in being guardians of our world and those around us.



### PSALM 121:5-8 (THE MESSAGE)

God's your Guardian, right at your side to protect you— Shielding you from sunstroke, sheltering you from moon stroke. God guards you from every evil, He guards your very life. He guards you when you leave and when you return, He guards you now, He guards you always.

### A MESSAGE FROM STEVE & JEANETTE

Get ready for an incredible adventure at Camp Mishewah! We are looking forward to an epic adventure where faith and exploration meet! Our enthusiastic staff can't wait to meet you. We'll spend our days immersed in God's beautiful creation, enjoying activities like games, swimming, and boating while learning about the amazing world God has crafted for us. You're set to make new friends and lasting memories, and have the best week of your summer! We're excited to see you soon at Mishewah.

Please continue reading for all the important details.

## DROP OFF & PICK UP INFORMATION

### ARRIVAL

#### Registrations:

- **2:00 pm** | Sunday, August 4th & 11th
- **No early registration or supervision**
- We are **required** to do a **lice check** at registration
- "Deposit" your tuck money into our "bank"
- Please stay until your child has been cleared

### DEPARTURE

#### Pick Up:

- **10:00 - 11:00 am** | August 10th & 17th
- **Please be considerate & arrive on time**
- Please remember to **sign them out**
- We need to return medications, check them out, and make sure they are safe with you.



# WHAT TO EXPECT AT CAMP

## CANOE TRIP FOR JUNIOR TEEN CAMPERS

Want to join us for a canoe trip? It is an opportunity to learn some new skills, work as a team, and get out into God's beautiful creation. If you would like to participate, no need to sign an extra form. Permission is included on the registration form, already signed when you registered for camp. You can decide on the canoe trip once you are at camp. Be sure to bring a water bottle, sunscreen, hat, and shoes that can get wet or sandals with straps (no flip flops for the canoe trip), if interested in the trip.

## ACTIVITIES AVAILABLE AT MISHEWAH

Archery  
Arts & Crafts  
Baking  
Basketball  
Board Games



Cabin Devotionals  
Camp Wide Games  
Canoeing  
Chapel

Fishing  
Floor Hockey  
Hiking  
Lego



Pickleball  
Jam Making  
Kayaking  
Sailing



Slacklining  
Spikeball  
Swimming  
Volleyball

## CABIN CHOICES

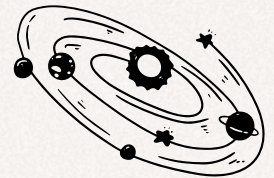
If your child wishes to share a cabin with a friend, we will try our best to accommodate this request, provided they are of similar age. Please note that while we aim to honour requests for one friend, we cannot guarantee placements for larger groups. Additionally, as cabins include other campers, we encourage all attendees to welcome and include everyone, fostering a friendly and inclusive environment.

## TUCK SHOP

At camp, campers love visiting the Tuck Shop daily for treats. We operate on a "debit" system where campers deposit their money into our "bank" at registration. Purchases are deducted from their account, with a daily spending limit of \$4. The Tuck Shop is open Monday through Friday, so the maximum needed is \$20. Please send only the amount they will spend, as we cannot return unspent tuck money due to the time it takes for our staff to manage small returns. Debit for tuck deposits will be taken at drop-off.

## DRESS-UP MEAL

This year's theme is "GUARDIAN OF THE GALAXY". We will have an outer space dress-up meal, so feel free to bring any items that will fit with this. Please remember that if you do not have items, don't worry. We can all enjoy the fun with whatever we have!



## CELL PHONES AND OTHER ELECTRONIC DEVICES



At Scamps & Champs and Jr. Teen camps, we maintain a "screen-free" environment by asking that all electronics be left at home. This policy helps prevent issues such as damage, theft, and social divides and ensures all campers can focus on socializing and enjoying camp without distractions from technology. It also safeguards against exposure to inappropriate material.

Counsellors are expected to adhere to the same standards. If campers need to bring a phone or device for travel, it must be handed in for safekeeping upon arrival and will be returned at the end of camp. In emergencies, please contact the Mishewah office directly. For photography, disposable or digital cameras are encouraged over phones. Thank you for supporting our screen-free policy!



# IMPORTANT INFORMATION

## LOST & FOUND

Camp Mishewah is not responsible for lost items or belongings left behind at the end of camp sessions. We strongly encourage parents and campers to label all clothing and belongings. Please check your child's cabin, clothesline, and the lost & found at the camp office before departing on the last day. If you forget something, you will need to arrange for pickup or cover the cost of returning any items left behind. Items will be held for a few weeks after each session ends, then donated to local charities.



## PERMISSIONS



If you or other family members are on the campgrounds while your child is attending camp, please do not interfere with their experience. Children are not allowed to leave the camp program to visit anyone without the camp director's permission. This policy helps simplify supervision for our counsellors and ensures the safety and best interest of all campers and staff.

## HOMESICKNESS

Homesickness is common among campers and can involve missing home, family, friends, or pets. Discussing these feelings openly before camp can help. Our staff is trained to support your child through any ups and downs.



Please avoid promising to pick up your child if they feel homesick or dislike camp, as this can undermine their commitment to staying. Most homesick campers overcome their initial discomfort and end up enjoying their week when given the chance.

## FOOD ALLERGIES & SENSITIVITIES

Please inform our nurse and kitchen team about any food allergies or sensitivities your child has upon arrival and provide any necessary substitutions. We cannot supply gluten or dairy-free products, but we will accommodate your child's needs with the items you provide. Encourage your child to communicate their dietary requirements clearly to our kitchen staff.



# MEDICAL & SAFETY INFO

## MEDICAL HEALTH INFORMATION

The Medical Health Form is part of the Registration process. This was completed and sent in with the registration form. If there are any changes to the camper's health or medications between the date it was filled in and the time of camp, please be sure to document these changes and give them to the camp nurse at the time of your arrival at camp.

- Medications, vitamins, etc. must be given to the nurse to be kept and administered at the appropriate times.
- All medications, vitamins, creams, etc. must be in the original container.
- Prescriptions must be in the original pharmacy container with the doctor's current/correct prescription on it.
- Campers may not keep medications with them, with the exception of puffers, diabetes monitoring equipment, and EpiPens.
- Please do not change medications for camp. It's best to keep them on their usual schedule. This is best for your child and our staff.
- If the camper carries an EpiPen for life-threatening allergies, please provide 2; one to be kept with the nurse and one with the camper.

## SCREEN ME SUN SAFETY AWARENESS

At Camp Mishewah we acknowledge the importance of sun protection and want all our staff and campers to enjoy the outdoors safely. We are committed to working with our staff and campers to achieve this.

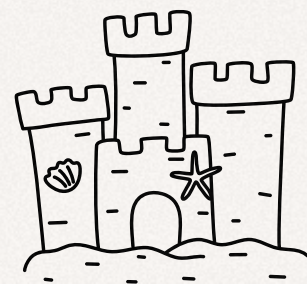
We know that a sun-safe environment can enable sun safety at camp and make the outdoors a great experience. We commit to ensuring our camp environment has sun-safe options available during planned camp activities and during leisure time.

We know that children require excellent role models along with routines and reminders to encourage them to be sun safe at camp. We commit to putting routines in place to enable this.

Specifically, we will:

- Conduct daily reminders and enforce sun safety behaviours with all campers.
- Remind campers to apply sunscreen at the start of their day, after swimming, and at least once at midday.
- Remind campers to cover up with clothing and UV-protective sunglasses.

Parents, you can do your part by sending sun protective gear, such as: sunscreen with SPF 30 or higher, a broad-brimmed hat, long-sleeved lightweight shirts, and UV protective sunglasses. Please remind your children to make use of these items. We are members of the Screen Me Sun Aware Camp Program. For more information go to their website; [sunaware.ca](http://sunaware.ca)





# HOW TO PREPARE YOUR KIDS FOR CAMP

## FIRST TIME AT CAMP?

If this is your child's first experience at Camp, here are a few things that may help to prepare them:



## TEACH YOUR CHILD HOW TO CARE FOR HIMSELF/HERSELF

Prepare your child by teaching them to select weather-appropriate clothing, zip up a sleeping bag, organize and store clothes, and hang wet items on a line. Encourage them to help pack their luggage so they know what they have and can easily pack up when camp ends.



Campers are expected to maintain personal hygiene, showering daily or every other day. Teach them how to use taps, apply shampoo, brush their teeth twice a day, wear clean clothes and undergarments daily, and manage soiled items. While counsellors will provide reminders, it's beneficial for campers to know these expectations and manage their personal care independently.

## PRACTICE PROBLEM SOLVING WITH YOUR CHILD

Prepare your child for camp by discussing different "what if" scenarios:



**What if I lose something?** Teach them how to check lost and found areas and inform a counsellor.

**What if I don't get along with someone?** Encourage them to seek help from a counsellor to resolve conflicts.

**What if I don't understand something?** Remind them it's okay to ask questions and seek clarification from staff.

**What if I feel sick?** Make sure they know how to notify a counsellor or head to the camp nurse immediately.

Equipping your child with responses to these situations will help them feel confident and prepared for their camp experience.

## FAMILIARIZE YOUR CHILD WITH THE OUTDOORS AT NIGHT

Take a walk with a flashlight and listen to the sounds of the night.



## FEEL FREE TO WRITE YOUR CHILD A LETTER



We recommend mailing any letters to your camper at least a week before camp starts to ensure timely delivery at Mishewah. Alternatively, you can leave a letter with us at registration, and we'll deliver it on your chosen day. If you're sending a care package, please consider the feelings of other campers in the cabin and limit the amount of candy.

## LET YOUR CHILD KNOW THAT THEY WILL BE GIVEN JOBS TO DO AT CAMP

At camp, everyone works together like one big happy family! Campers share responsibilities such as cleaning the cabin, sweeping, emptying garbage and recycling bins, cleaning tables after meals, and generally keeping the area tidy by picking up after themselves.





# CAMPER PACKING LIST

## NOTE

This packing list is a guideline for you. Please do not feel you must purchase items that you do not already have. These are suggestions to make the camper's stay comfortable. Pack belongings in a well-labelled duffel bag or suitcase. When packing for younger campers, please be sure that the camper helps so that they know where everything is and can recognize their belongings, as well as do the task on their own when packing to head home. Items should be clearly labelled.

**We partner with Lovable Labels ([www.evergreen.lovablelabels.ca](http://www.evergreen.lovablelabels.ca)), who offer custom labels, with 20% of sales going to our camp.**

## WHAT TO PACK

- T-shirts, at least 6 (lighter colours do not attract bugs as strongly)
- Long sleeve shirts, 2-3 (for evening protection against bugs)
- Shorts, 4-5
- Sweaters/Hoodies, 2-3
- Pants, 2-3
- Underwear, at least 7
- Pairs of socks, at least 7
- Pyjamas (include both light pants & shorts as night temperatures may vary)
- Modest bathing suit
- Beach towel
- Jacket (for cool evenings or mornings)
- Closed toe running shoes
- Sandals
- Rain gear for rainy days: raincoat, splash pants, rubber boots
- Hat & Sunglasses are essential for sun protection
- Sunscreen (choose one that is waterproof and SPF 30 or higher)
- Insect repellent
- Refillable water bottle
- Sleeping bag, twin-size fitted sheet, blanket & pillow
- Flashlight
- Personal hygiene items: toiletry bag or organizer, toothbrush with cover, toothpaste, hair care products, soap, washcloth, towel, deodorant, ChapStick, (girls: feminine hygiene products)
- Laundry bag or plastic bag for dirty items
- Journal, notebook, pen/pencil, books (for rest hour)
- Bible (if you have one)
- Medication that camper takes on a regular basis (medication will be left with nurse at camp; must be in original packaging with pharmacy label for medications)





## PROHIBITED ITEMS

**These items are not allowed at Camp Mishewah and will be confiscated if brought to camp:**

- Cigarettes, matches, lighters
- Knives or weapons
- Drugs or alcohol
- Inappropriate reading material
- Chewing gum
- Clothing with inappropriate words or symbols
- Perfumes or aerosol deodorants (irritants to those with allergies)

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# THANK YOU!


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We are looking forward to seeing you at Mishewah. Please feel free to contact us if you have any questions.

**Steve & Jeanette Balzer**

Camp Mishewah, Children's Camp Directors

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