

# Cascade Camp Cedarbrook **CLUE**

All you need to know about attending camp this summer!

## **This summer's camp theme: Connected...Olympics**

### **Registration Day**

Registration is from 2:00pm to 3:30pm on Sunday. Campers may not register before 2:00pm unless you have made special arrangements with the Registrar. If you anticipate arriving later than 4:00pm, please call the Registrar at 206-390-7468 and leave a message stating your approximate arrival time.

During registration you will check in at the Dining Lodge. Please be sure to bring your camper's medications and Tuck (camp store) money with you at this time. *Be sure to leave any electronics (e.g., cell phones, MP3 players, iPods, etc.) in your car.* You will first meet with the Registrar where you will pick up your name tag and receive your cabin/division assignment. You will also deposit your spending money that you are bringing to camp into your Tuck account. All expenditures are tracked daily and any remaining amount will be refunded Saturday morning prior to the camper leaving.

In addition to picking up your name tag, you will also receive your camp t-shirt (sizes were ordered on the registration form). You will also check in with the waterfront director, the head wrangler (if taking Horsemanship), and then over to the camp nurse with whom you will deposit any medications.

After you have checked in with everyone, you can then take your belongings to your cabin, meet your counselor, and settle into a bunk.

### **Departure Day**

Departure for campers is as follows:

Voyagers depart at 6:00 pm on Tuesday.

All other campers depart at 10:00 am on Saturday.

If, for some reason, you need to pick your camper up at a time other than the designated departure time, please make this arrangement with the Registrar when you check your camper in on Registration Day.

Campers **must be checked out** with the Registrar, or other designated Camp Staff member, prior to leaving the camp. You will meet the Registrar outside of the Dining Lodge. Once you sign for your camper you will receive a ticket that will be turned into your child's counselor. This will help us to ensure that all campers are going home with their designated adult.

Please be prompt as your camper is anxious to share about his/her week's activities with you. If you foresee that you will be late by more than 30 minutes to pick up your camper, please contact the Registrar by phone at 206-390-7468.

### **Health and Safety**

Please send in the completed health form and camper release form to the Registrar by June 15, 2016. This helps us to plan for your child's health and safety while at camp. Please be sure to list immunization dates on the form (or include a copy of the camper's immunization record). A copy of the camper's medical insurance card (front and back) is also required as this is an ACA standard.

All medications (prescription and non-prescription) are given to the nurse during check in. The medications will be dispensed by the nurse during the week as prescribed. An exception may be made for inhalers or topical creams. When sending pills, please send only the number your child will use in the week, in the original labeled container. If the dosage differs from the pharmacy labeling, please bring a copy of your health provider's prescription for the correct dosage.

Our infirmary is well stocked with several varieties of pain relievers, decongestants, and antacids, so you need not send those. Please be sure you have signed the health form allowing us to give medications as your child's condition deems necessary. The nurse's primary responsibility is to care for the chronic medical conditions of campers and staff, treat acute illness and injury, and to ensure safety for all campers and staff. Therefore, we discourage parents from sending medications that are not for a specific, diagnosed medical condition.

If your child is exposed to chicken pox or another communicable disease within three (3) weeks of his or her scheduled arrival at camp, please call the Registrar before you leave home. If your child is sick when he or she is due at camp, please call the Registrar to make further arrangements. A parent or guardian will be notified if off-site medical care has been administered in case of illness or injury. A parent or guardian will also be notified if your child is sick enough to be in the infirmary more than 24 hours.

## Horsemanship



Campers sign up to take the Horsemanship activity on their registration form. This activity is for campers attending the Classic Camp week. Trail rides are offered to any camper during free time (ages Pathfinder and older) for a fee of \$12 (no horse experience is necessary to go on a trail ride). The cost of the trail ride is deducted from the camper's Tuck account. Campers are guaranteed one (1) trail ride and possibly a second during the week, depending on the number of campers interested. Campers taking Horsemanship or a Trail Ride are required to have the Horsemanship waiver signed by a parent/guardian, wear long pants and have shoes with a defined 1/2" heel. The wranglers do have some boots in various sizes that campers may use as well.

## Foot Care



Closed-toe and closed-heel shoes such as tennis shoes are required for camp. Socks are highly recommended. Aqua socks or flip flops may only be worn in the cabin or at the waterfront area. Shoes with a 1/2" heel are required for those campers taking Horsemanship.

## Tuck Shop



The camp store, also known as the Tuck Shop is open to campers each day during free time. Campers may purchase two candy items and one soda item daily from *Wet Tuck* and any items from *Dry Tuck* that they wish, providing there is money in their account. We offer fruit and nuts in *Wet Tuck*, as well. *Dry Tuck* items include: stationery, stamps, toys, hygiene items, journals, backpacks, water bottles, totes, and stuffed animals. Most campers bring \$20–\$25 to spend in the camp store. Remember to add an additional \$12 if your camper is interested in taking a Trail Ride.

## Homesickness and Telephone



A little homesickness is to be expected of most campers. However, most campers get so busy within minutes of their family's departure that their homesickness dissipates as they become fully engaged in the camp experiences. The counselors and staff are trained to help campers at times when they are particularly missing home. We have found it best for campers not to receive or make phone calls during their week at camp. Be assured we will not hesitate to call you if it is necessary. If you would like an update during the week, please inform the Registrar before the week begins or at the time of registration. You may also email the Registrar during the week to receive an update.

Our Registrar also sends out daily prayer and praise requests to parents and provides a little insight as to what's happening with camp. Be sure that the Registrar has your email address so that you can read what is going on at camp and become a prayer partner. Daily postings with pictures will also occur on the Cascade Camp Cedarbrook Facebook page. Sign up to *Like* CCC and get daily updates this way as well.

You can also help to minimize the homesickness that your camper feels by assuring the camper that they are going to have a wonderful time at camp and that you'll be praying for them to have a great week. In addition, we suggest sending a letter via US mail or a bunk note via Bunk 1 (see the camp website for details). These messages help to assure campers that they are doing well at camp. Bunk 1 messages are downloaded and distributed once daily.

## Emergency Information

Should an emergency require you to contact your child while at camp please use one of the following numbers:

Jayne Blackburn, Registrar: 206-390-7468  
Camp Emergency Phone: 509-674-5767

## Mail at Camp

It's always fun to get mail at camp. At least three days before your camper leaves home, mail a letter so they will receive it early in the week. Fill it with cheerful, positive news. Do not send food or candy. Please note: If sending parcels via Federal Express, waive the signature requirement of the recipient. The camp address is:

Cedarbrook @ Camp Koinonia  
850 Camp Koinonia Lane  
Cle Elum, WA 98922

Please be sure to put your camper's name somewhere on the front of the envelope.

## What will a day at camp look like?

Mornings begin with flag raising, breakfast and personal devotion time with God. This is followed by activity time and Bible Exploration. Lunch is next followed by Kickback. Two more activity times occur in the afternoon as well as free time and a chance to go to the Tuck Shop. The evening starts with dinner and is followed by divisional evening programs, snacks, and campfire talks. The day ends with cabin devotions.

## Driving Directions

### From Western Washington

Take I-90 eastbound. 25 miles east of Snoqualmie Pass, take Exit 78 (Golf Course Road). Turn right (south) and cross the railroad tracks. Continue up the hill and take the first right. The entrance road to Koinonia, on the left, starts at the first bend in the road. Watch for Cedarbrook/Koinonia signs.

Driving time is approximately 1.5–2 hours from Seattle.

### From Eastern Washington

Take I-90 westbound. Approximately 10 miles west of Cle Elum take Exit 78 (Golf Course Road). Turn left (south) and cross the railroad tracks. Continue up the hill and take the first right. The entrance road to Koinonia, on the left,

starts at the first bend in the road. Watch for Cedarbrook/Koinonia signs.

Driving time is approximately 3 hours from Spokane.



## Packing List

Please label everything with your camper's name or initials.

- Sleeping bag, pillow, and pillowcase
- Sleepwear
- Undergarments and socks – 8 each
- Modest shorts and shirts – 4-8 each
- Jeans or pants – 2 pair (more if taking Horsemanship)
- Light jacket or sweatshirt
- 2 pair sneakers or closed-toe/closed-heel shoes
- Swim attire that is appropriate in the spirit of modesty (string bikinis and thongs will not be allowed)
- Comb, brush, shampoo
- Toothbrush, toothpaste
- Plastic cup or tumbler
- Soap, washcloth, and 2 towels
- Plastic bag to take home wet clothes
- Bible, pen, pencil, paper
- Addressed postcard or stationery to write home
- Spending money for the Tuck Shop
- Book or puzzles to do quietly during Kickback
- Insect repellent – non aerosol
- Sunscreen
- Flashlight and fresh batteries
- Any forms not previously mailed, including a copy of the camper's medical insurance card
- Shoes with a defined 1/2" heel (if taking horsemanship)
- Watch
- Camera and film/memory card
- An extra plastic bag for your camper to pack their many camp treasures in at the end of the week.

## **Do NOT Bring:**

- Radios, iPods, MP3 players, walkmans, CD/DVD players, iPads, Kindles
- Cell phones or electronic games
- Chewing gum
- Cigarettes, tobacco, alcohol or drugs
- Guns or fireworks
- Clothing with inappropriate slogans or pictures
- Unwholesome books or magazines
- Pocket knives, Leatherman all-in-one tools
- Aerosol cans or fragrances
- Other items that could be construed as a weapon
- Pets

We discourage campers from driving themselves to camp. If they do so, **car keys must be turned in** to the registrar at check in and campers will not have access to their vehicle until the end of the session.

**Personal sports equipment** is brought at your own risk. It is the owner's responsibility to care for and keep track of it. Personal equipment will be subject to the regulations that apply to similar equipment owned by the camp and may not be used until the appropriate activity specialist has inspected them for adherence to applicable safety standards. Regulations may require that they be kept under camp lock and key. (For example: personal bows and arrows.)

We look forward to seeing you and your child on registration day. Please do not hesitate to contact the Registrar if you have any questions.

[www.cascadecampcedarbrook.com](http://www.cascadecampcedarbrook.com)