

CAMP LOOKOUT

2023 GUIDE FOR OVERNIGHT CAMPERS

We at Camp Lookout are thrilled and thankful to receive your registration for camp! We are looking forward to your arrival and the exciting week we will have together.

PLEASE READ through this guide. It will answer many of your questions, as well as help you and your camper prepare for a wonderful week at camp.

Please make sure your Registration Confirmation receipt is correct. If you find an error or have any questions about your registration, please call the registrar's office at (423) 929-9037.

Your CAMPER HEALTH FORM, AUTHORIZATION/CONSENT FORM, and CAMPER PROFILE FORM can all now be completed online by going into your camper's registration account. Using the forms that are part of this attachment as templates for completing such forms online may be helpful. The online forms may be completed any time before your camper arrives at camp. It is very helpful to the camp staff to have the completed information prior to the beginning of camp. If you have completed these forms online, you **do not** need to fill out the paper forms.

Those unable to complete the form online **must bring these completed forms** with them to camp check-in.

Other Release forms needed:

- Campers registered for Horseback Camp must also bring the Lookout Horse Release form (part of this attachment), completed and signed, to check-in.

SESSIONS BEGIN AND END

Sessions at Camp Lookout begin on **Monday** with a **9:00-10:00 am** check-in.

Camp sessions end **on Friday** with a **2:00-2:45 pm pick-up**.

Thank you for honoring these times.

EXCEPTIONS:

- **Taste of Camp – ½ week (Monday start)** begins **Monday** with a **9:00-10:00 am** check-in and ends **Wednesday** with a **10:00 am** pick-up
- **Taste of Camp – ½ week (Wednesday start)** begins **Wednesday** with a **2:00-2:30 pm** check-in and ends **Friday** with a **2:00 pm** pick-up.

Please Note: If any special protocols for camp operations are needed, including check-in and pick-up, these will be posted on our website - www.camplookout.com.

WHAT TO BRING

It will be important to label all items to ensure they return home with your camper.

- | | | |
|--|--|-------------------------------------|
| ○ Shorts | ○ Swimsuit (one piece or tankini for girls) | ○ Deodorant |
| ○ T-Shirts | ○ Towels (at least 2) | ○ Other toiletries |
| ○ Long Pants for Caving
(Taste of Camp does not cave) | ○ Sturdy Shoes (closed-toed) | ○ Bag for dirty clothes |
| ○ Underwear | ○ Old Rugged Shoes for Cave | ○ Bible |
| ○ Socks | ○ Water Shoes for river or creek (no open backs) | ○ Sunscreen |
| ○ Sleep Wear (PJ's) | ○ Day Pack/Book Bag | ○ Insect Repellent (lotion or mist) |
| ○ Sweatshirt/Fleece (or Jacket) | ○ Sleeping Bag/Pillow (or twin bedding) | ○ Flashlight |
| ○ Rain Jacket/Poncho (camp continues rain or shine) | ○ Wash Cloth | ○ Water Bottle |
| | ○ Soap and Shampoo | ○ Post Cards/Stamps |
| | ○ Toothbrush/Paste | |

The following are additional supplies needed for **Horseback Camp** sessions:

- Jeans or Riding Pants (Breeches)
- Boots with smooth soles and heels (some boots available at camp).

THINGS YOU WON'T NEED

Camp is a special time away. Some of the things needed at home are not necessary at camp. In fact, there are a few items to make sure to leave at home:

- Money, cell phones, radios or other music players, electronic games, pets, or food, and items of significant value.
- Tobacco, alcohol, illegal drugs, fireworks, firearms, and weapons of any kind are prohibited at camp.
- Camp has a modest approach to our expectation of camp attire. We ask campers not to bring clothing with alcohol, drug, tobacco, or sexually suggestive slogans or logos. Halter tops, tube tops, backless shirts, sheer clothing, mini-shorts or skirts, exposed midriffs, and exposed underwear do not align with camp expectations.

Personal sporting gear brought to camp for specialized camping activities must be inspected by camp recreational personnel prior to use, must be clearly labeled, and is the camper's responsibility.

Camp provides great entertainment, meals, and snacks, and each camper will receive a shirt and a link to all pictures and videos taken during this event.

HEALTH CARE AND YOUR CAMPER

Please complete the Camper Health Form in its entirety online or in printed form. A link to your camper's online health form is included in all confirmations received by email. If you cannot complete the form online, complete and bring a printed form with you to **check-in**.

HEALTH CARE AT CAMP

A Camper Health Assessment is part of the Check-In procedure that includes checking camper temperatures, discussing recent sicknesses or exposures, and going over the camper Health Form. All medications will be received and logged by camp personnel during Check-In.

Daily dispensing of prescribed medications, basic first aid, and health monitoring are provided while at camp. Families will be notified if your camper vomits, has a persistent condition (i.e. headache, nosebleed, fever, homesickness), or needs to be taken to the doctor or emergency room (Erlanger Children's Hospital, Chattanooga, TN).

As stated in the Health Form, please make sure **all prescription and non-prescription medications are in their original containers and clearly labeled with the camper's name and dosages. Pill organizers and unlabeled bottles are not allowed.** Dosage instructions are strictly adhered to unless alternate written/signed Physician's orders are provided.

Special dietary needs should be noted in the camper Health Form. We can accommodate most all dietary needs and/or allergies. Contact the camp office at (706) 820-1163 or email admin@camplookout.com at least two weeks ahead of your camp session to allow time to address concerns.

PRE-CAMP HEALTH CONCERNS

In order to protect your camper and the greater camp community from illness, it is important that each camper is healthy when they arrive at camp. Use the following guidelines as you assess your camper's health prior to camp. If your child's health keeps them from attending their session, every attempt will be made to reschedule them into another session once their health returns.

Has your camper:

- Had any of the following signs / symptoms today or within the past two weeks?;
 - Cough..... ☐Yes ☐No
 - Temperature over 100°F..... ☐Yes ☐No
 - Congestion or runny nose..... ☐Yes ☐No
 - Fever or chills..... ☐Yes ☐No
 - Difficulty breathing..... ☐Yes ☐No
 - Fatigue..... ☐Yes ☐No
 - Nausea or diarrhea..... ☐Yes ☐No
 - Loss of taste or smell..... ☐Yes ☐No

If you checked "yes" to any of these questions, your camper will not be allowed to attend camp for two weeks (exception – symptom related to diagnosed ongoing medical issue – please document on Health Form). Please contact the Camp Lookout office at (706) 820-1163 to reschedule.

Each of these questions along with temperature check will be a part of the camp check-in process.

LIFE AT CAMP LOOKOUT

Summer camp provides a unique developmental opportunity for young people. Away from their regular routine and removed from the distractions of everyday life, campers are presented with wonderful opportunities to grow in the great outdoors. At camp, campers become part of an intentional, God-centered community. Campers gain new insights into who they are and how they relate to others. Research shows that children who attend camp become more independent, grow in self-confidence, and develop important social skills.

The heart of Camp Lookout's intention during each week of camp is to **"Share the Love of Christ in the Glory of God's creation."**

Our goal is for each camper to have:

- An active and fun week of camp
- A Christian community that inspires campers to grow in their relationship with Jesus Christ
- A wide range of camp opportunities and activities to meet the variety of needs and interest of our diverse campers
- A well-trained and loving staff focused on the needs of campers
- A healthy and safe camp environment

We have one "RULE" at Camp Lookout:

"We are in the Build Them Up Business, Not the Tear Them Down Business."

- *We want to Build up:*
 - *Ourselves*
 - *Our Neighbors*
 - *Our Environment*

Camp Lookout has a variety of housing options for campers, all of which include air-conditioning. Most cabins include bathroom accommodations, while others require using the bathhouse. Campers will stay in appropriate accommodations with the corresponding staff-to-camper ratio staying with them. The Camp Lookout Schedule offers structure and routine in a camper's day, with more fun and excitement around every corner.



CAMP ACTIVITIES

*Camp Lookout campers choose their camp activities for the daily activity time blocks (**NOTE: Taste of Camp has a preset schedule of activities for campers**). Campers are eligible for grade level activities based on their grade entering the fall of 2022, plus all earlier grade level activities. Please note that there are more activities than can possibly be completed in a session of camp. Time, availability, and weather are all factors affecting the actual camp activity experience (activities listed in **Bold** are high adventure activities).*

Grades 1-3

(Taste of Camp)

Crafts
Swimming Pool
Creek Walk
Hiking
Field Games
Dancing
Parachute & Noodle Games
Frisbee Golf
Basketball, 4-Square,
Horseshoe, Corn Hole
Gaga Ball
Cookie Decorating
Group Initiative Games
Bouldering Wall

Zip-Line

Grades 3-4

(Younger Elementary Camps)

Cloudland Canyon S.P. (off site)

Low Ropes

Climbing Wall

Sling Shot

High Ropes (Raider Bridge, exit Zip-Line)

Archery

Caving (off-site)

Chickamauga N.P. (off site)

Grades 5-6

(Older Elementary Camps)

Campout
Lake Paddling/Boating Games
Guitar Class
Fishing
Art/Painting Class
Cooking Classes

Mountain Biking

High Rope (Raider Bridge, Two-Line Bridge, exit Zip-Line)

Vertical Playpen Climbing Apparatus

Climbing Wall (with Zip-Line)

Grades 7-9

Flight Park (off-site)

Nature Hikes (off-site)

Rappelling (off-site)

Whitewater Paddling (Lower Hiwassee River)

Mountain Biking (on, off-site)

High Ropes with V-Swing

Grades 9-12

Rock Climbing (off-site)

Whitewater Paddling (Lower & Upper Hiwassee)
White Water Rafting
Campout (off-site)

More details can be found in the 2022 Camp Lookout brochure or on our website www.camplookout.com.

Photos and Videos of each Camp Session

Each week, hundreds of pictures and videos are taken of campers participating in activities and programs at camp. These pictures and videos are compiled, and from these pictures a video slideshow is created. This slideshow, along with all the compiled photos and videos, will be available for download at no charge. A link will be shared at the end of each week to view photos and videos from the week.

Please visit our website and social media for daily updates and pictures – www.camplookout.com



CampLookoutGA



@camplookoutga



@camplookoutga

WHILE YOUR CAMPER IS AT CAMP

While camp is an uplifting experience in many ways, it can also be a difficult time for campers and parents, particularly in a first-time camp experience. The following points can help both camper and parent.

- In your conversations with your child prior to camp, be positive, displaying confidence and enthusiasm about the trip to camp.
- Please help your child know that camp is not a phone friendly world and that calls are generally made only when there are problems.
- Please be in prayer every day for your camper and the camp staff during the camp session.
- It is quite normal to miss your child.
- The camp activities are FUN and active. Your camper's day is filled with activity.
- You will be called if there is a problem at camp.
- Camp Lookout staff takes homesickness very seriously and is experienced in helping children deal with their uneasy feelings. Calls from home are often counterproductive, but staff will have conversations with parents if these feelings persist.

Living in close community with one another, all campers are expected to be kind and caring towards each other. Language and actions which are abusive towards others will not be tolerated. Parents, please prepare your child for these expectations. Parents will be notified if there are persistent behavioral concerns. Remember, **"WE ARE IN THE BUILD THEM UP BUSINESS, NOT THE TEAR THEM DOWN BUSINESS."** It is a great guide to live by every day.

MAIL AND EMAIL

Receiving mail from home can be a real joy for your camper. Remember to send mail early. Mail can be sent to:

Camper's Name
Camp Lookout
3130 Highway 157
Rising Fawn, GA 30738

Prepare some self-addressed, stamped post cards for your camper to send home. Writing home can be fun and help campers stay connected with home while at camp.

Emails can be sent to campers at camper@camplookout.com.

- Limit one per day per sender
- Include camper first and last name in subject area of email
- Emails are checked Tuesday – Thursday at 11:30 am, printed and delivered to campers
- Campers will not have the opportunity to send reply emails

Please visit our website for daily updates and pictures – www.camplookout.com

A FINAL WORD

We are looking forward to having your child at camp. We expect great blessings all around. Should you have questions, please give us a call at (706) 820-1163 or email admin@camplookout.com.

Please save this guide for your reference.

DIRECTIONS TO CAMP LOOKOUT

3130 Highway 157

Rising Fawn, GA 30738

(If you have any problems finding us, please call (706) 820-1163.)

Camp Lookout is on top of Lookout Mountain just South of Lookout Mountain, GA. Please use these directions and map. Note: many online directions and GPS services will guide you several miles out of the way.

From I-75

Take I-75 to GA Exit 350 (Ft. Oglethorpe/Battlefield Pkwy) onto Hwy 2. Go West on Hwy 2 toward Ft. Oglethorpe for 13 miles. Turn left heading South on Hwy 193 for 3 miles. Turn right onto Nick-A-Jack Road for 4 miles. At stop, turn left onto Hwy 157. Camp Lookout is ¼ mile on the right.

From I-24 and Downtown Chattanooga Area

Take Lookout Mountain Exit 178 off of I-24 to Broad Street South toward Lookout Mountain. Veer left on Tennessee Ave. This becomes St. Elmo Ave and then GA Hwy 193. Go approx. 9 miles and turn right onto Nick-A-Jack Road for 4 miles. At stop, turn left onto Hwy 157. Camp Lookout is ¼ mile on the right.

From I-59 and Trenton, GA area

Take I-59 to Trenton Exit, East on Hwy 136 toward Trenton. At light, turn right onto Hwy 136/Hwy 11 and then left onto Hwy 136 at next light. Continue on Hwy 136 for approx. 10 miles. Turn left onto Hwy 157, North for 8 miles. Camp Lookout is on the left.

