



# **2015 Guide for Day Camp Campers & Families**

## **Holston Conference Camp & Retreat Ministry The United Methodist Church**

Welcome to the Camp Lookout camping guide!

**Please read each page carefully for important information.**

This packet will help prepare you (and your family) for your summer camping experience at Camp Lookout.

We are already praying that God will richly bless you during your time at camp.

Together, we will discover God's great love for us!

**Along with this guide, you will need these additional  
items of importance.**

**If you do not have these forms, please visit [www.camplookout.com](http://www.camplookout.com) and download the  
needed forms.**

- **Confirmation / Receipt:** Please double check your Confirmation / Receipt to see that all information is correct with the **account balance, camp site and session date**. If you have any questions or concerns about your camp registration, please contact Leanne Chesney at Camp Lookout - 706-820-1163 or [leanne@camplookout.com](mailto:leanne@camplookout.com).
- **Health Form:** **A completed health form is your ticket into camp.** Your parent / guardian must fill it out completely and sign all pages. **Health Forms should be brought to Camp Lookout** with your camper when you drop them off at the start of their camping week (this information is located on the 2015 Health Form).

### **Questions about Camp Lookout**

If you have any questions, concerns, or comments, please contact us. Don Washburn, Director, 706-820-1163 - [don@camplookout.com](mailto:don@camplookout.com), Lucy Maynard, Program & Summer Camp Director, 706-820-1163, [lucy@camplookout.com](mailto:lucy@camplookout.com), or Leanne Chesney, Assistant Director, 706-820-1163, [leanne@camplookout.com](mailto:leanne@camplookout.com)

## Camper Health Information

**CAMPER HEALTH IS OUR PRIORITY:** Parents will be notified if your camper vomits, has a persistent condition (i.e. headache, nosebleed, fever), needs to be taken to the doctor or emergency room, or if there are persistent behavioral concerns.

**SPECIAL INFO ON MEDICATION POLICIES:** All medications brought to camp will be received and controlled by the camp health care supervisor. Both prescription and non-prescription **medications must be in the original containers and clearly labeled with camper's name.** All prescription medications will be dispensed according to physician's instructions printed on bottle (if different, please bring documentation).

### Health Assessment

Part of a great experience at summer camp is making sure that each camper is healthy when they arrive. Below are some guidelines to follow before your camper arrives at camp this summer. These guidelines will help to not only ensure that your child is healthy before he or she arrives at camp, it will also help to protect the larger camp community. If your child is sick prior to attending, camp please contact us at Camp Lookout (706-820-1163) to discuss program participation options. Every attempt will be made to schedule your child into another session if their health prevents them from attending camp.

#### Assessing the Health Status of Your Camper

Does your child have?

1. Fever (100°F or greater)? .....  Yes  No
2. Sore throat? .....  Yes  No
3. Cough? .....  Yes  No

If you checked "yes" for fever AND one or two of the other symptoms, keep your child at home because of an influenza-like illness. Call our office to discuss program participation options. Our current recommendation is that children remain home for seven days after symptoms start, even if the child is no longer ill. If your child is still sick after seven days, keep your child at home until they are well for 24 hours. If you have questions about your child's health or symptoms, call your child's healthcare provider.

If your child has been diagnosed by a healthcare provider with a specific disease – such as strep throat – follow your healthcare provider's recommendation. Call our office to discuss program participation options.

#### During Check-in at Camp

During the check-in procedures at Camp Lookout, each camper will go through an additional assessment process which includes taking your camper's temperature, as well as several questions concerning recent sickness and allergies.

#### Special Dietary Needs for Campers

At Camp Lookout, we are attentive to the special needs of all campers. If you have special dietary needs, please contact Leanne Chesney at Camp Lookout - 706-820-1163 or email her at [leanne@camplookout.com](mailto:leanne@camplookout.com).

## What to Bring List

Please use this list as you pack for camp. In preparing for camp, we suggest that you label all the items you are bringing with your name. It is also important that you read the special concerns area. This is relevant to items that should not be brought to Camp Lookout. Day Camp participants should pack all their belongings into a backpack or bag that can be easily transported to and from camp each day. Some items will be left at camp each night.

<ul style="list-style-type: none"> <li>✓ Bible</li> <li>✓ Extra set of clothes (shorts and t-shirts)</li> <li>✓ Rugged shoes (closed toe and good for walking)</li> <li>✓ Water shoes (no open backs)</li> <li>✓ Swim Suit (females must wear one piece or tankkini style suit)</li> <li>✓ Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>✓ <b>Raincoat / Poncho (important)</b></li> <li>✓ Sleeping Bag or Twin bedding (for rest time)</li> <li>✓ Pillow</li> <li>✓ Towel</li> <li>✓ Day pack / Book bag</li> <li>✓ <b>Water bottle (important)</b></li> <li>✓ Insect Repellent (lotion or mist - no aerosol)</li> </ul>
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## Special Concerns

- Please leave the following items at home because you will not need them at camp.
  - Cell Phones
  - Radios or MP3 Player
  - Money
  - Food
  - Electronic Games
  - Pets
  - Pagers
- All music, news, entertainment, games, meals, snacks, crafts, a camp picture, and a camp T-shirt are provided at camp.
- Alcohol, illegal drugs, tobacco, fireworks, firearms, and weapons of any type are prohibited
- Any personal sports equipment will be inspected by staff members responsible for that camp activity before use by a camper.

## Day Camp Activities

- Crafts
- Indoor & Outdoor Games
- Bible Study
- Special Cooking Fun
- Swimming
- Singing
- Nature Hikes
- Creek Walk
- Visiting the horses at the Camp Lookout Barn
- Pool Games
- The Zip Line (New for 2015!)

## Drop Off and Pick Up Times

For Campers Being Dropped off at Camp Lookout, please arrive by 9:00 and be picked up by 4:00 p.m

	<u>Drop Off</u>	<u>Pick up</u>
June 8-12	8:20 a.m. At the Northern Tool and Equipment Store on Bonny Oaks at exit 7 off of I-75	4:40 p.m. At same location
June 15-19	8:30 a.m. At Trenton UMC	4:30 p.m. At Trenton UMC
July 6-10	8:30 a.m. At St. Elmo UMC	4:30 p.m. At St. Elmo UMC
July 20-24	8:30 a.m. In the Signal Mountain Wal-Mart Parking Lot	4:30 p.m. At the same location
<b>Special Friday Pick-up Time for all Campers every week at Camp Lookout</b>		<b>2:00 p.m.</b>



### Capture Your Camp Memories on DVD

Each week we take hundreds of pictures and videos of campers and their time at camp. These pictures and videos are developed into a slide show which tells the story of our week. This show, along with video clips, are put onto a DVD. All the pictures are put onto a disk which can be viewed on a computer or developed at any digital center. The cost for this disk combo is \$10.00, and it will be available at the end of the closing program on Friday.



## Directions to Camp Lookout

3130 Hwy 157  
Rising Fawn GA 30738

We are located on top of Lookout Mountain just a few miles south of Lookout Mountain, GA. Please use the following directions for the most direct route to Camp Lookout (note: many of the online maps and direction sites will take you several miles out of the way).

### From I-75

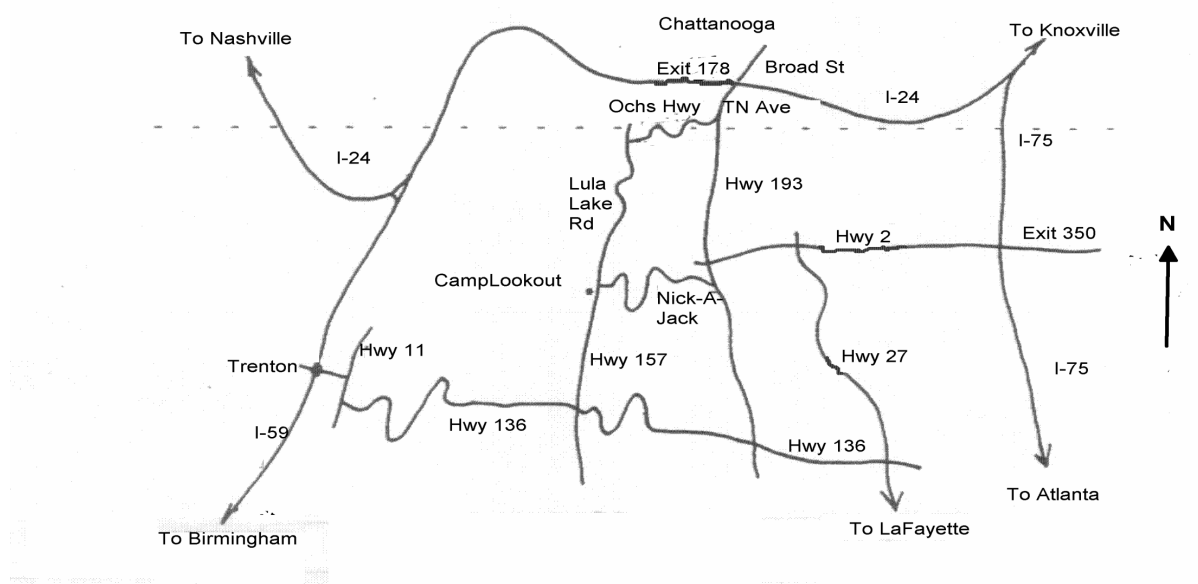
Take I-75 to Georgia exit 350 (Ft. Oglethorpe / Battlefield Pkwy, Hwy 2) Take Hwy 2 West toward Ft. Oglethorpe for 13 miles. Turn left onto Hwy 193 for 3 miles. Turn right onto Nick-A-Jack Rd. Take Nick-A-Jack 4 miles to the top. Turn left at stop sign. Camp Lookout is  $\frac{1}{4}$  mile on the right.

### From I-24 and Downtown Chattanooga Area

I-24 to Lookout Mountain Exit 178 (Broad Street South) then left on Broad Street. Go to Tennessee Avenue and turn left (this becomes St. Elmo Ave, then GA 193). Go approximately 9 miles. Turn right onto Nick-A-Jack Rd. Take Nick-A-Jack 4 miles to the top. Turn left at stop sign. Camp Lookout is  $\frac{1}{4}$  mile on the right.

### From I-59 and Trenton GA area

Take I-59 to Trenton Exit. Take Hwy 136 east towards Trenton. At light turn right onto Hwy 136 / 11. Then turn left at next light continuing on Hwy 136 for approximately 10 miles. Turn left onto Hwy 157 North. Go 8 miles, Camp Lookout is on the left.



**Thank you for sending your camper to camp.  
Please pray for us as we prepare for our summer!**

O God, please be with the camp staff as they prepare for their week. Help them to seek guidance from you as they lead their campers. Help them to be loving, caring and compassionate. Show them your great works and your love through those around them. Thank you for their gifts. Amen.

**Camp Lookout  
3130 Hwy 157  
Rising Fawn GA 30738  
(706) 820-1163  
Director - Don Washburn**