



CAMPER CLUE

Dear Parents,

This This summer we will be looking at what it means to "BE STILL and KNOW GOD". As the business of life has resumed after the pandemic it is becoming harder for us and for children to stop, to be still. The theme verse, Psalm 46:10 says, "**Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!**" When we take time to be still, to focus on God we will know Him more. Knowing Him we will want to exalt and praise Him. We are excited that your child will be joining us as we learn how to "BE STILL and KNOW GOD" and how we can do this in a world that is never still.

CHECK-IN TIME
SUNDAY 2:00 to 3:00 pm

CHECK-OUT TIME
SATURDAY
9:30 to 10:00 am

ARRIVAL AND DEPARTURE

We request that you honor the arrival and departure times as posted since camp activities are carefully scheduled around these times. Registration will be a drive-through registration where parents will remain in their cars. There will be 4 stops: registrar (to verify forms, payment, and turn in Tuck Shop money), head check for lice, nurse, and director. Parents will then drive to the cabin. Parents are to unload and say goodbye outside the cabin. If you would like to see more of the camp, please let Executive Director, Quito know during the registration process and she will make arrangements for you to see the rest of camp. PLEASE ARRIVE NO EARLIER THAN THE TIME SPECIFIED FOR CHECK-IN.

Goodbye on Saturday will also be a drive-through. As you drive in you will be greeted by a member of the staff who will radio the cabin to let your child's counselor know you are there. The next stop as you enter will be the nurse to pick up any medications that were brought to camp and to give her the opportunity to talk with you. The counselor and camper will come out to your car when you reach the cabin.

We ask that you work with us to make both check-in and check-out as smooth as possible. We are implementing these procedures to make camp as safe as possible for campers and staff.

If for some reason you need to update any of the forms, you can do that at any time [online](#). This is especially true for the Release Form and Parent Questionnaire. Remember the person picking up your camper must be listed on the Release Form.

HEALTH NOTES

A doctor's examination is optional. You would not want your child's enjoyment of camp lessened because of his/her poor physical health, nor would you want your child to become ill at camp because another camper was sick.

Your child is in good hands. We have a nurse on duty twenty-four hours a day, and a licensed physician is always on call. You will be contacted if your child should require a physician's attention.

Our insurance covers medical costs for bodily injuries for which we are legally liable. **All other medical expenses are the responsibility of the camper's parent or legal guardian.**

PLEASE DO NOT SEND ANY MEDICATION WITH YOUR CHILD

unless it is to be taken on a regular basis. All medications **must** be turned over to the nurse during registration at camp. She will administer them as prescribed. The infirmary is well equipped with medications and first-aid items. **NO** medication of any kind will be permitted in the cabins. Ear-drops will be furnished by the camp and administered to each child daily.



During registration, we will be checking for head lice. Since the warm, humid climate of the South encourages lice infestation, we are taking this precaution to help every camper have a more enjoyable time at camp.

If your camper comes down with suspected COVID, parents **MUST come pick them up within 8 hours after being contacted by the nurse.**

DIETARY NEEDS

We want to do our best in accommodating dietary needs and restrictions and we need your help in order to do that. Please fill out the form below with detailed information – especially about food allergies. Our Food Service Manager (nutritionist) may contact you with any questions she might have.

<https://forestglen.org/food-allergies-and-special-diets/>



DISCIPLINE

Campers are expected to abide by safety, health, and courtesy rules. **"LIGHTS OUT" IS ENFORCED** so all will get adequate rest. Pranks are inconsistent with our philosophy and are not considered acceptable. Please refer to the Code of Conduct you signed during the online registration if you have any further questions.

In the event that we must send a camper home because his/her behavior endangers self or others, no portion of the camper fee will be refunded.

REFUND POLICY

CAMP CEDARBROOK TEXAS knows that even the best-laid plans may change. We will make every effort to work with you when your plans must change. However, cancellations result in a loss to CCT due to expenses we have paid on behalf of your camper such as room and board and supplies. Also, cancellations often deprive other children the opportunity of coming to camp.

The CAMP CEDARBROOK TEXAS refund policy is as follows:

1. The registration fee of \$100 is NOT refundable, nor can it be transferred.
2. Cancellations after June 1 and prior to the first day of a camp week are NOT refundable, except for:
 - a. Medical reasons -- **must** be accompanied by a doctor's statement,
3. No refund can be made for cancellations on the first day of a camp week or in the event of a camper leaving any time during the camp week.

MAIL

Cheerful letters are especially important while away from home. Omit any sad news such as the death of a pet or that you miss your son/daughter because these types of remarks could cause homesickness. Encourage participation in the games and activities. Please do not send any candy or goodies. If you didn't sign up for emails, write soon and often. It takes an average of 3-4 days for us to receive mail so you might want to mail a letter before your child even leaves for camp.

CAMP ADDRESS IS:

Your Child's Name
CAMP CEDARBROOK
c/o Forest Glen
34 Forest Glen Rd
Huntsville, TX 77340



Emails will be distributed the next day.

WHAT YOU NEED DURING REGISTRATION:

1. Medication camper needs to take
2. Tuck shop money if you did not add it during the online registration

Please do not pack these items in your suitcase!!

PERSONAL PROPERTY POLICY

Alcohol, tobacco products, vapes, and illegal drugs are not permitted. If found, they will be confiscated and parents will be notified. If deemed necessary, legal action may be taken and the camper sent home.

Personal sports equipment is not needed at camp due to our type of programming so please **DO NOT** bring them. If you choose to bring fishing gear, bow for archery, or tack for horsemanship, etc. it will be stored with the camp's equipment and will be monitored by activity leader as to use.

No animal from home will be allowed at camp.

No weapon may be brought to camp (this includes pocket knives). Voluntary disclosure will be requested at registration and the item will be returned on Saturday upon leaving camp. If found during camp, the item will be confiscated and returned to the responsible adult on Saturday.

Vehicles are only necessary to provide transportation to and from camp. No use of a vehicle will be allowed during the week. Campers driving themselves to camp will be asked to turn in their keys to the Director.

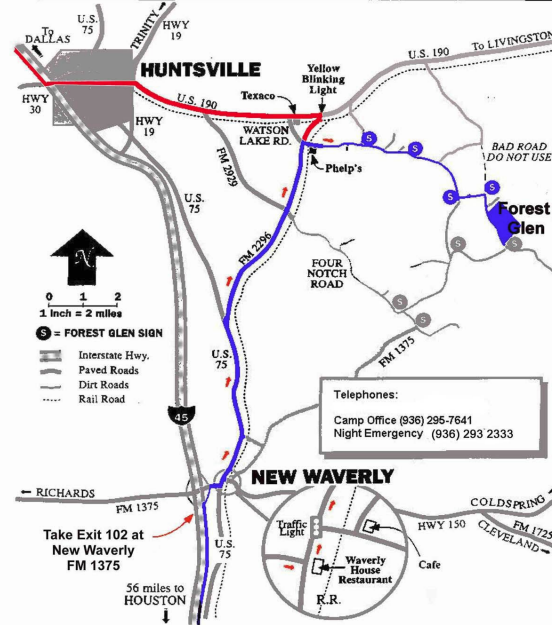
No electronics are allowed. This includes but is not limited to cell phones, smart watches, ipads, electronic games, laptops, TV, radio, or electronic readers. Cell phones can not be used as your camera so please bring an alternative.

LAUNDRY

We do **NOT** have laundry facilities on our campsite. Please send extra bedding (not sleeping bags) if your child has bladder problems. Also consider bringing pull-ups for your child to sleep in.

CILTS staying for two weeks will be taken into town to wash clothes on Saturday morning. The cost of laundry is covered in the weekend fee.

How To Get To Forest Glen



Google camp's address 34 Forest Glen Rd. Huntsville, TX for details of the area.

We will be on LAKESIDE.



TELEPHONE

254-231-7925



PLEASE **DO NOT** CALL YOUR DAUGHTER OR SON DURING THE WEEK. IN CASE OF AN EMERGENCY, PLEASE CALL THE NUMBER ABOVE TO TALK TO QUITO, OUR EXECUTIVE DIRECTOR, SINCE PHONES ARE NOT AVAILABLE TO CAMPERS.

SPENDING MONEY

Monday through Thursday during free time, our Tuck Shop is open to sell items such as stationery, stamps, T-shirts, stuffed animals, novelties, candy, snacks, and pop. (The last three items are limited.) As a guideline, we suggest sending \$30 to \$50 per week. **If you did not deposit it in the store when registering online you can go in at any time to add money into the store.** Do not bring your own snacks or ants will be a problem.

You can see all purchases online. Money that remains in the Store account at the end of the week will returned as a credit to your account. Change will **NOT** be given back to the campers like it has been done in the past.



LIST OF THINGS TO BRING!

Put your name on everything

BASIC ITEMS:

- _____ Bible, notebook, pencils or pen
- _____ Sheets, light blanket, and pillow (better than a sleeping bag)
- _____ Towels (lots of them) and washcloths
- _____ Soap and shampoo
- _____ Toothbrush and paste
- _____ Comb and/or brush
- _____ Deodorant

CLOTHING ITEMS:

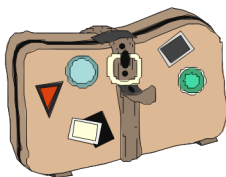
- _____ Jeans or slacks
- _____ Shorts
- _____ Shirts
- _____ Nice clothes for CILT Graduation (optional)
- _____ Ankle high Socks (lots and lots)
- _____ Underwear
- _____ Pajamas
- _____ Swimsuit (see dress code)

SHOES:

- _____ Tennis shoes (closed heel and toe)
- _____ Hard-heeled boots if you are taking horsemanship (required)
- _____ Aqua shoes for boating

MISCELLANEOUS ITEMS:

- _____ Hoodie or light jacket
- _____ Raincoat
- _____ Plastic water bottle-this is a MUST
- _____ Flashlight and extra batteries
- _____ Sunscreen
- _____ Insect repellent
- _____ Facial tissues
- _____ Laundry bag
- _____ Something to carry bathroom items in
- _____ Camera (optional)



★★ DRESS CODE ★★

1. Clothing shall be of sufficient length or fullness to modestly cover your body when the camper is sitting, standing, stooping, or bending.
2. Items of clothing which expose bare midriffs, undergarments, or that are transparent (see-through) are prohibited. Tank tops with straps wider than one inch are permitted. Please be advised that spaghetti straps, shirts which expose a bare back, halter tops, and tube tops are prohibited.
3. Boys must wear shirts unless they are at the waterfront.
4. Articles of clothing which display profanity, products, or slogans which promote tobacco, alcohol, drugs, sex or are in any other way distracting, are prohibited.
5. Swimming (For all water recreation):
 - Swimsuits for boys: swim trunks only (No shorts, cut-off pants, or Speedos).
 - Swimsuits for girls: One-piece suits recommended, however, two-piece suits are allowed as long as they cover your midriff. No string, thong or crochet.
 - Swimsuits are only to be worn during water activities.
6. If there is a concern, the appropriate DD will make the decision. The DD may ask you to change and you must comply.

Please leave all electronics at home, including cell phones.

PACKING SUGGESTIONS

Common sense is the best guide to choosing clothes for camp. Remember that the nights can be cool, while the days are hot. A sun hat or cap is recommended; legs need protection on hikes and on horses, so don't forget jeans. We do manage to get dirty, so bring extra of each type of clothing.

Another good suggestion is to pack your clothes in a container that is no higher than 18 inches so it will fit under the bunk. Pack all your bedding in your dirty clothes bag. At the end of the week all your clothes are in the dirty clothes bag, and you can now put all your bedding in the suitcase to go home. Don't pack too heavy. You may have to carry things a short distance to the cabin.

DO'S AND DON'TS

DO label your belongings with name tags or indelible ink.

DO use "Deep Woods Off or Skintastic" - we find it more effective in this area.

DO bring plenty of towels for showers, swimming, water games, & boating activities.

DO bring skit ideas and props.

DON'T bring sandals, as we do not want your feet injured.

DON'T bring food, candy, or gum because these attract unwanted "visitors" into your cabin.

DON'T bring a TV, cell phone, radio, electronic games, iPods, etc. so you can concentrate on camp.