

Great Outdoors JR Information

Hello! It's that time of year again, and we are so excited to welcome your camper to Great Outdoors JR this summer! Below you'll find important information to help you prepare for camp.

You can also visit www.camloucon.org/parents-and-guardians for additional details, packing lists, and FAQs.

If you have any questions or concerns, please contact us at:

- Email: info@loucon.org
 - Phone: (270) 242-7160
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Medications & Health Needs

All medications must be turned in at check-in and will be administered by trained camp staff. Please ensure all health and medication forms are completed in UltraCamp prior to arrival.

If your child will need medication during camp:

- Print and complete the attached medication form.
 - Prescription medications must be in their original bottles with the camper's name clearly labeled.
 - Only send the amount needed for the duration of camp.
 - Place medications and the completed form in a gallon-sized plastic bag.
 - Write your child's full name on the outside of the bag using a permanent marker.
-

Permission Forms

Great Outdoors Campers will be going off site on a cave trip and a canoe trip. Permission forms for the cave must be signed by parents.

Cave Permission Form and Cave Packing List Please print and complete the attached form and bring with you to camp drop off.

No one is allowed to go on the trips without permission slips.

Food Allergies & Dietary Needs

If your child has food allergies or dietary restrictions, please make sure this information is completed in UltraCamp before arrival.

You may also contact Danielle directly at Danielle@camploucon.org with any allergy or dietary questions so we can best prepare for your camper's needs.

Campers with food allergies will receive a colored wristband that must be worn throughout camp to help staff ensure their safety.

Camp Store

Be sure to stop by the Camp Store located on the front porch of Turner Lodge! Families and campers can shop for souvenirs during Wednesday and Friday pick-up times.

Drop-Off Information

Sunday Check-In

- **Time:** 4:00 PM (Central Time)
- Staff will be available to direct traffic and assist with unloading.
- Families are welcome to park, help unload belongings, and meet cabin leaders.
- To help campers transition smoothly into camp life, we encourage parents/guardians to say goodbye shortly after check-in.

Restrooms are available near the dining hall and cabin areas during drop-off.

Pick-Up Information

Friday Pick-Up

- **Time:** 10:00 AM (Central Time)

Staff will guide families through the pick-up process. A map is provided below.

For camper safety:

- Only individuals listed as authorized pick-up contacts in UltraCamp may pick up campers.
- A valid photo ID is required.
- If pick-up arrangements change, please contact the camp office before pick-up day.

Restrooms will be available in Turner Lodge during pick-up.

What to Bring

A full packing list is below.

Please remember:

- Closed-toe shoes are required for activities.
- Water shoes are recommended for waterfront activities.
- Bring weather-appropriate clothing (layers are encouraged).
- Pack bedding (sleeping bag or sheets, pillow, blanket).
- Bring toiletries such as toothbrush, toothpaste, soap, and shampoo.

Please leave all electronics at home, including cell phones and other devices.

LOUCON 2026 PACKING LIST

What to Bring

- Water bottle
- Sleeping bag/bedding (twin)
- Pillow
- Toiletries (soap, shampoo, deodorant, toothbrush, toothpaste, etc.)
- Sunscreen
- Medication (see instructions)
- Swimsuit (goggles if wanted)
- 2 towels (swim/bath towel)
- Bug spray
- Shoes (see below)
- Camp-appropriate clothing (see guidelines)
- Extra socks and underwear
- Bible
- Hat, sunglasses, bag (drawstring/backpack) – optional
- Energy/enthusiasm!

Shoes Instructions

Campers should bring 2 pairs of approved shoes for adventure activities. Approved shoes include closed-toed shoes with a back (such as tennis shoes, boots, or sandals with straps). Crocs and flip-flops are not approved for adventure activities. Campers are encouraged to bring a pair of shoes that can get wet.

Dress Code

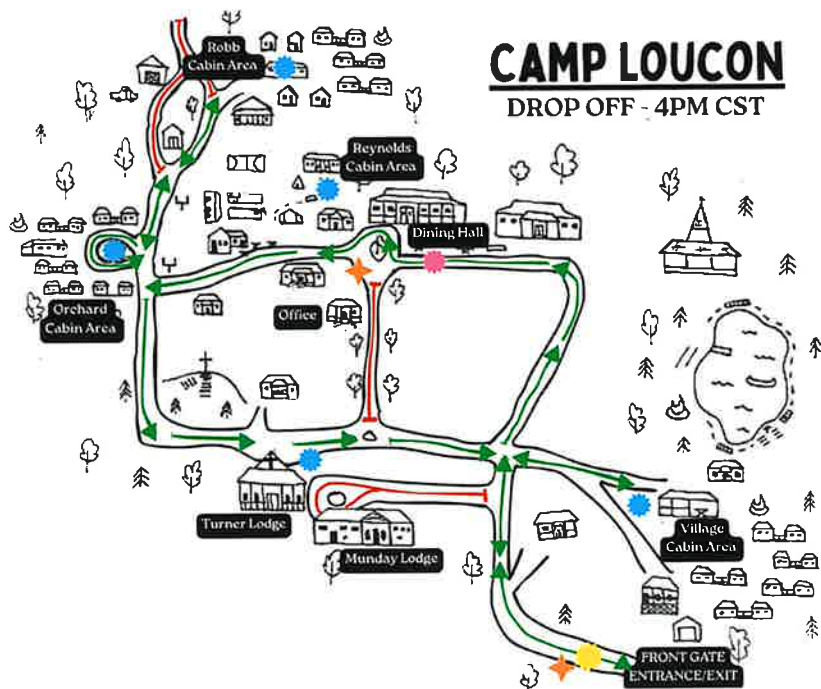
- Please wear socks with shoes or outdoor appropriate sandals.
- Shorts should extend past the fingertips with arms by their side.
- Sleeveless shirts may be worn as long as the strap is wider than 3 of the individual's fingers and does not have large arm holes.
- Midriffs must be covered, except when swimming.
- Underware should always be covered.
- Swimsuits must be both age and camp appropriate. We recommend trunks with drawstrings, tankinis, full-strap two-pieces, etc., in bright colors. String bikinis, underwear, speedos, and thongs are not permitted.
- Swimsuits should be well-fitting and nontransparent, with strings tied to ensure they stay place. For the safety of our campers, all boating adventures require one-piece suits.
- Clothing with slogans promoting alcohol, sex, tobacco, drugs, profanity, or death themes is not permitted.

What to Leave at Home

- Portable electronics (ear buds, tablets, computers, etc.)
- Candy and gum (absolutely no snacks unless medically needed)
- Fans
- Offensive material (see clothing guidelines)
- Firearms, fireworks, lighters, knives, or other dangerous items
- Energy drinks or caffeinated sodas
- Peanut and tree-nut products
- Negative attitude/bullying

Loucon is a NUT-FREE facility!

Great Outdoors Campers: Please see your camper letter for additional items needed.



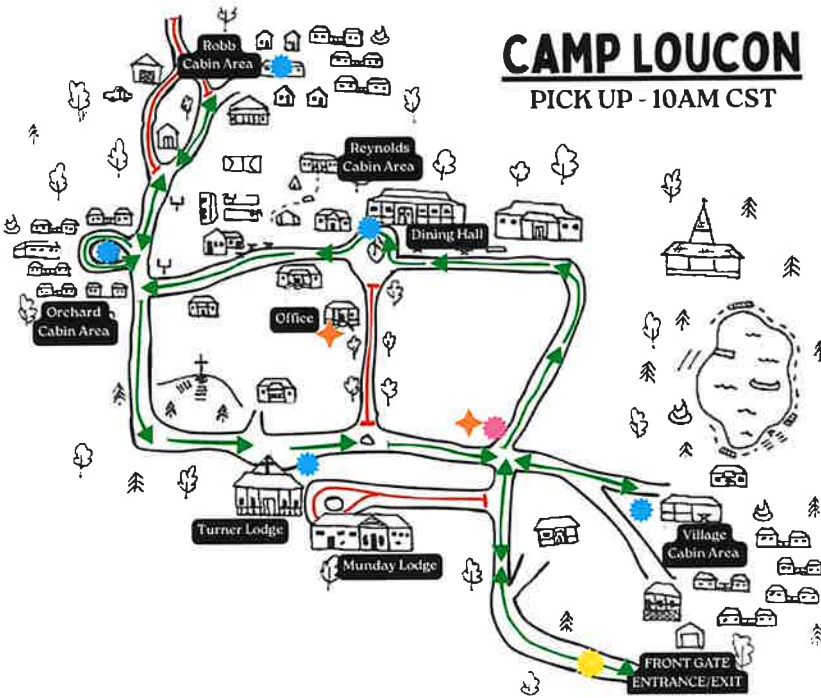
CAMP LOUCON

DROP OFF - 4PM CST

MAP KEY

- ◆ Available Program Staff
- DO NOT DRIVE DOWN
- ➔ FOLLOW THE ARROWS
- ★ Registration, Medicine, & Mail Drop Off
- ★ Camper Drop Off Area
- ★ Arrival & Departure Location

RESTROOMS AVAILABLE DURING DROP OFF AT THE DINING HALL + AREAS



CAMP LOUCON

PICK UP - 10AM CST

MAP KEY

- ◆ Available Program Staff
- DO NOT DRIVE DOWN
- ➔ FOLLOW THE ARROWS
- ★ Medicine Pick-Up
- ★ Camper Pick Up Area
- ★ Arrival & Departure Location

CAMP MERCH STORE + RESTROOMS AVAILABLE DURING PICK UP AT TURNER LODGE

Loucon Medication Registration and Administration Form

Camper Name: _____ Arrival Date: _____

Circle one: *Explorer* *Discovery* *Adventure* *Middle* *High School*: _____

Morning medications (to be administered at BREAKFAST)

Medication Name	Dosage	Day Provided (filled out by staff ONLY)
		S M Tu W Th F
		S M Tu W Th F
		S M Tu W Th F

Afternoon medications (to be administered at LUNCH)

Medication Name	Dosage	Day Provided (filled out by staff ONLY)
		S M Tu W Th F
		S M Tu W Th F

Evening medications (to be administered at DINNER)

Medication Name	Dosage	Day Provided (filled out by staff ONLY)
		S M Tu W Th F
		S M Tu W Th F
		S M Tu W Th F

Nighttime medications (to be administered at BEDTIME)

Medication Name	Dosage	Day Provided (filled out by staff ONLY)
		S M Tu W Th F
		S M Tu W Th F
		S M Tu W Th F

As Needed Medications

Medication Name	Dosage	Day Provided (filled out by staff ONLY)
		S M Tu W Th F
		S M Tu W Th F

American Cave Conservation Association Inc.
D.B.A. American Cave Museum and Hidden River Cave
Participant Agreement, Release and acknowledgment of Risk Form
Please read and be certain you understand the implication of signing
Express Assumption of Risk Associated with the Adventure Caving Tour Activities

I, _____ do hereby affirm and acknowledge that I have been fully informed of the inherent hazards and risks associated with the recreational activity generally described as The Caving Adventure Tour, including the rental and use of equipment and transportation associated therewith of which I am about to engage in. Inherent hazards and risks include but are not limited to:

1. Risk of injury from the activity and equipment utilized is significant including the potential for permanent disability and death.
2. Possible equipment failure and/or malfunction of my own or others' equipment.
3. This activity takes place outdoors and therefore include risks associated with exposure to elements, excessive heat, hypothermia, flooding and encountering objects either natural or man-made causing injury and/or death.
4. My own negligence and/or the negligence of others, including but not limited to operator error and guide decision making including misjudging terrain, weather, trails or route location.
5. Attack by or encounter with insects, reptiles, and/or animals.
6. Accidents or illness occurring in remote places where there are no available medical facilities.
7. Fatigue, chill, and/or dizziness, which may diminish my/our reaction time and increase the risk of accident.

*I understand the description of these risks is not complete and that unknown or unanticipated risks may result in injury, illness, or death.

Release of Liability, Waiver of Claims and indemnify Agreement

*In consideration for being permitted to participate in the activity described above and related activities, I hereby agree, acknowledge and appreciate that:

1. I HEREBY RELEASE AND HOLD HARMLESS WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH or loss or damage to person or property, WHETHER CAUSED BY NEGLIGENCE OR OTHERWISE, THE FOLLOWING NAMED PERSONS OR ENTITIES, herein referred to as RELEASEES.

American Cave Conservation Association DBA American Cave Museum and Hidden River Cave and the City of Horse Cave KY

2. To release the releasees, their officers, directors, employees, representatives, agents, and volunteers, and vessels from liability and responsibility whatsoever and for any claims or causes that I, my estate, heirs, survivors, executors, or assigns may have for personal injury, property damage, or wrongful death arising from the above activities whether caused by active or passive negligence of the releasees or otherwise. By executing this document, I agree to hold the releasees harmless and indemnify them in conjunction with any injury, disability, death or loss or damage to person or property that may occur as a result of engaging in the above activities.

3. I am aware that the releasees require strict adherence to its standards of safety and conduct. I agree to fully abide by these standards or to accept dismissal for refusing to agree to them. I hereby grant the releasees to take and use photographs, video, film and other images of me participating in or observing the activities. I waive my right of privacy, publicity, compensation, copyright or other rights to those images and I consent to the releasees using those images for any purposes.

4. This release shall be binding to the fullest extent permitted by law. If any provision of this release is found to be unenforceable, the remaining terms shall be enforceable.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, AND I FULLY UNDERSTAND ITS TERMS, AND UNDERSTAND THAT I HAVE GIVEN UP LEGAL RIGHTS BY SIGNING IT, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Date: ____ / ____ / ____

Signature of Adult Participant _____ Name of Adult Participant (please print) _____

FOR PARTICIPANTS OF MINORITY AGE: This is to certify that I, as Parent, Guardian, Temporary Guardian with legal responsibility for this participant, do consent and agree not only to his/her release of all Releasees, but also to release and indemnify the Releasees from any and all liabilities incident to his/her involvement in these activities and programs for myself, my heirs, assigns, and next of kin.

Date ____ / ____ / ____ **Parent/Guardian Signature** _____

Signature of parent or legal guardian if participant is a _____ Name or Parent or Legal Guardian) _____

Minor, and by their signature, they on my behalf release

All claims both they and I have

_____ Name of Minor (please print) _____

Address _____ Phone# _____

Emergency contact _____ Phone# _____

How to dress Immersion Tour Off-trail

The tour:

The Immersion off-trail tour provides students with an opportunity to get down and dirty with the cave. On this tour the students go where the sidewalk ends to explore the unlit, unaltered cave passageways where they will crawl, climb, and balance their way along the wet and rocky surfaces. Going at a slow and careful pace, the kids have an adventuresome trip that also exhibits the unique wildlife and geologic wonders of the underground. Prepare to get as muddy as a salamander on this fun wild-caving trip!

Please be prepared with:

- **Sturdy boots or shoes** with good traction. These WILL get wet and muddy so don't wear your best shoes. Crocs will not work!

- **Well-fitted warm clothing** is required. It can be layered so that top layers can be removed.

- Well fitting **gloves** are required; we do not have any on-site

- **Knee pads are HIGHLY** recommended but not required; We do not have any on-site. People not wearing knee pads may have bruised and sore knees, possibly with small abrasions. Hard paneled knee pads are not allowed as they can damage the cave.

- A **complete change of clothes** for after the tour-this includes underwear, socks, and clean, dry shoes. We can provide a garbage bag to transport your dirty clothes home.

- You are also welcome to bring a small bag with water or snacks if you want. Bathrooms are not available during the tour.

****Also note that this tour is strenuous. Please bring any medications you may need such as inhalers.**

We will provide:

- Headlamp

- Helmet

- Group changing area

- The guide packs extra lights, batteries, a first aid kit, and other necessities for a safe trip.