S**ummer Camp Parent Guide**

***Camp Information:***

P: 218-829-6631

E: [nsc@mnsda.com](mailto:nsc@mnsda.com)

W: northstarcamp.org

***Office Hours for Summer Camp (June-July)***

M-F – 9:00am-12:00p and 2:00-5:00pm

Saturday – Closed

Sunday—9:00am-12:00pm and 3:00 – 6:00pm

Su

Sunday – 1:00-3:00p

We look forward to having you join us at North Star Camp this summer! This Parent Guide contains information to help you prepare your child for summer camp. Feel free to contact us in the camp office during our regular office hours if you have any questions.

**HOW WILL CHECK-IN WORK?  
Sunday 3:00 – 5:00 PM Check-in**

When you arrive at NSC, follow the signs for parking in the “lower” parking lot. Parents may help their camper bring their camp gear to their cabin, where they, (and you) will meet their counselor! Upon arriving, the counselor will do a brief health screening and lice check. After a clear lice check, campers get settled into the cabin and parents can then say their goodbyes. Before leaving, please stop by the Health Center, (located in the Welcome Center), if the camper has any medications, (prescription or over-the-counter) to drop off, or any specific medical concerns to discuss with the Nurse.

**You need stop by at the Welcome Center ONLY if you need:**

* Make a final payment for camp
* Add money to your camper’s store account
* To drop off mail or packages for your camper
* To turn in all your medications to the nurse

**HOW WILL CHECK-OUT WORK - 9:00 AM Camper Pick Up**

**Campers are picked up and checked out from their cabins.** Because your camper’s safety is important to us, campers will ONLY be released to persons listed on their accounts as an approved person to pick up the camper. This includes parents. EVERYONE who is approved to pick up a Camper must be listed on the form. Please be sure to bring a driver’s license or state approved photo ID when picking up your camper. Park in the “lower” parking lot prior to picking up your camper.

**Camper breakfast and open house.** Sunday morning at 8:00am parents are encouraged to join their campers in the lodge for breakfast and worship. This will give you the opportunity to see a bit of what the campers have been doing throughout the week. However, campers cannot be checked out till 9:00am as they will need to be checked from their cabins.

**LATE ARRIVAL AT CHECK-IN -** If unavoidable situations are going to keep your camper from arriving at NSC before 5:00 PM on Sunday, (registration day), please notify the camp office.

**LATE PICK-UP -** Please make every effort to pick up your camper promptly by 9:00 am as the staff need to to prepare NSC for our next group of campers! If, however, you have special circumstances that will not allow you to pick up your camper at 9:00am, please notify the office by noon on Friday, so that staff duties can be rearranged accordingly.

**EARLY DEPARTURE -** We ask that you do not pick your camper up early on Sunday. Campers have a regular schedule, with time for breakfast and packing on Sunday morning. If there are unavoidable circumstances, please notify the Camp Office by noon on Friday. Thank you for your help and understanding.

**HOW DOES THE CAMP STORE WORK? -** Your camper will have an opportunity to visit the Camp Store during their week at NSC. While they are at the Camp Store, they will use the store money that has been deposited into their account during the registration process. The store has something for everyone - from hats, toys, stickers, water bottles, t-shirts, sweatshirts, bottled water and more. We encourage campers to leave cash at home to prevent possibly misplacing or losing money while at camp.

**CABIN ASSIGNMENTS -** Each camper may request two Cabin Mates at the time of online registration. Every effort will be made to accommodate these requests. We appreciate your understanding if all requests are not able to be fulfilled. If you have last-minute changes in Cabin Mate requests, please notify the Camp office by the Wednesday prior to camp. We will not be accommodating any new Cabin Mate requests at Sunday’s Check-in.

**WATERFRONT -** Our waterfront has a dock system that divides the shallow part of the swim area from the deeper part. All Campers will be allowed in the shallow area. Those who wish to swim in the deep area will need to pass a swim test. Certified lifeguards supervise all swimmers. All campers involved with watersports such as tubing, wakeboarding, or canoeing are required to wear certified PFD’s provided at NSC, while on a boat and participating in the listed activities, provided at NSC.

**HOW DO YOU HANDLE MY CHILD'S HEALTH NEEDS? -** Your camper’s health and safety is extremely important to us. The camp nurse is available to provide medical assistance should there be any need. If, in the unlikely event your child requires off-camp care, every attempt will be made to contact you prior to the off-campus visit.

 Clinics and emergency room care are located within 12 miles of camp and all our staff are CPR & First Aid Certified.

 A well-equipped Health Center is located on site and staffed by medical personnel. We have “over the counter” meds in stock.

 North Star Camp carries secondary medical coverage on campers. Medical bills resulting from injury while at camp must first be submitted to the camper's personal medical insurer.

 If you have specific concerns or care instructions, please send those to us in writing, and be sure to stop by the Health Center to complete your Check-In process.

**Medications -** When packing, have all medications in a zipper locking bag clearly marked with the camper's name. **Medications need to be in original containers**. All medication (prescriptions, vitamins, over the counter medications, etc.) must be turned in to the nurse during check in and will be administered as scheduled. Medications are to be picked up at the Health Center, located in the Welcome Center, at the time of Sunday Check-Out. Campers with inhalers should bring two, one to keep in their cabin and one to leave with the Camp Nurse. ***If you have severe allergies, please bring your anaphylactic kit.***

**Special Dietary Needs** - Our Food Service Providers work hard to accommodate campers with special dietary needs as much as possible. Parents of campers with serious food allergies or dietary concerns are asked to email or call camp to discuss the menu with the Food Service Director one week prior to their child's camp date. Special dietary items needed by your camper will be kept in the camp kitchen.

**Poison Ivy & Ticks**- Poison Ivy and Ticks are abundant in our area. Help your camper learn to identify and avoid poison ivy and walk your camper through how to do a tick check. If campers come into possible contact with poison ivy they should wash the area well with soap and water or apply an alcohol-based hand sanitizer which will neutralize the oils on the skin. Ticks carry extremely low health risks, if removed within 24 hours of attachment. Campers are encouraged to do a quick tick check often after outdoor activities and they need to do full body self-checks at least once a day to remove any attached ticks. At camp we encourage campers to stay on well-traveled paths. Our counselors, staff and camp nurse are trained to help educate and respond to poison ivy exposure and tick bites.

**HOW DO I CONTACT MY CAMPER DURING THE WEEK?  
Camper Emails -** Email is an awesome way to let your camper know you are thinking about them! To send an email to your camper, ***please send it through your UltraCamp account.*** Emails will be printed off each day at 4:00pm and delivered to campers. Campers are not able to email you back but know that your notes from home are a positive encouragement and can help your camper stay connected to family while at camp.

**Mail/Packages –** Campers love to receive letters and packages while at camp! We know you love to receive mail from your campers as well so we encourage campers to write home. Don’t forget to send stamps with your camper! Be sure to allow at least 3-4 days for mail or packages to arrive. You may drop off letters or packages at the Welcome Center on registration day and we will distribute them for you. Please have your campers name and date you would like to have them delivered.

Format for mailing letters and packages:

Camper’s Name/Cabin Name

c/o North Star Camp  
11287 Eagleview Dr. NE  
Brainerd, MN 56401

**Phones -** To help campers engaged most actively with the staff, cabin-mates, programing, and adventures of the week, North Star Camp is a phone free zone for campers. ***Campers need to leave cell phones at home.*** If there is an emergency, the Camp will contact you directly. If you have an emergency and need to contact your camper, call the camp office and we will put you in touch with your camper. If you call after office hours, there will be an emergency number provided to get you in contact with a North Star Camp staff member.

**VISITORS -** We are not open to visitors during the camp week, but we welcome parents to come to open house and breakfast on Sunday morning at 8:00am.

**WHAT WILL MY CAMPER BE DOING? -** Campers will have the opportunity to grow and learn in the class activities they are signed up for and through afternoon cabin rotations they will experience a broad range of activities such as: tubing, canoeing, low-ropes, rock climbing, crafts, canoeing, mountain biking, wakeboarding, wake-surfing, skiing, knee boarding, archery, and horseback riding. Add to that, making new friends, playing group games, engaging morning worships, and amazing evening plays and you have a taste of the adventure that lies ahead for your camper/s.

**WHAT HAPPENS IF MY CHILD GETS HOMESICK?** - Homesickness is an affliction that can affect a child's camping experience and preventing homesickness starts at home, with you! Here are some suggestions that can make things easier for your child.

 Send your child with a good friend. Good supportive friends are a great prevention.

 Discuss what camp will be like. Talk about the fun activities, and the adventure of it all.

 Plan an overnight for your child before camp. This will help you evaluate if your child is ready for camp.

 Write/email them often while they are at camp. Keep your letters cheerful!

 If your child is significantly struggling with homesickness a staff member will call you to discuss the situation.

**STAFF -** All staff are chosen based on their personal commitment to Jesus Christ, maturity, character and love for kids. Staff attend a minimum of a week-long training session including first aid, safety procedures, emergency drills, and certifications. Beyond physical safety, staff also receive training in bully prevention, classroom management, and conflict resolution. Classes and activities are regularly evaluated. Interviews, references and background checks are part of our hiring process. We are ACA accredited and adhere to the standards given by that association.

**FOOD DONATIONS -** North Star Camp is excited to be partnering with food banks in the area this year. We’re inviting each camper to bring 2 – 4 canned goods or other non-perishable items with them to camp to help those who are less fortunate in our local area.

**WE WANT YOUR FEEDBACK -** We are always looking to improve and love hearing from parents and campers! If you have any questions, concerns, or ideas, please email us or call our office.

**Thank you for entrusting us with your campers!**

**We are looking forward to spending a week with them and helping your camper/s get to know Jesus in a more personal way during their week at**

**North Star Camp.**

Logo

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