



PARADISE POINT CAMP

The Episcopal Church in Idaho
McCall, ID

LEADER IN TRAINING (LIT) INFORMATION

CONTACT INFORMATION

Camp Office: 208-830-9144

Registrar: Renee Rohman, Registrar@Episcopalidaho.org

Camp Director: Megan Kittridge, CampDirector@Episcopalidaho.org

Assistant Camp Director: Caitlin Martin, AssistantCampDirector@Episcopalidaho.org

LEADER IN TRAINING DATES FOR 2024 SEASON

Session 1: Monday, July 1 (2pm) – Saturday, July 6 (10am)

Session 2: Monday, July 8 (2pm) – Saturday, July 13 (10am)

INCLUSION STATEMENT

Paradise Point values and respects the dignity of all individuals, which includes all races, denominations, gender identification, and sexual orientation. We do this by training and educating our staff, notifying all participants of our programming, and reinforcement of these values when necessary. We use pronoun introductions and are inclusive of trans* and non-binary people (campers, volunteers, and staff).

BALANCE DUES/REFUND/CANCELLATION POLICY

Session balances are due one week before the first day of the registered session. If there is an outstanding balance during the check-in process of that registered session the parent/guardian must either pay in full or set up a payment plan. A \$100 cancellation fee will be charged if a reservation is canceled less than one week before the first day of camp. Due to the challenge of filling spaces, no refunds will be issued on or after the first day of the registered session. In cases of homesickness, dismissal or voluntary withdrawal, no refunds will be issued. All refunds will be processed within 30 days of the last day of the camp session.

CAMPER EXPECTATIONS

All campers at Paradise Point Camp agree to respect camp staff, their fellow campers, wildlife, and the camp property. For their own safety, the safety of others, and for the safekeeping of Paradise Point, campers agree to follow the Paradise Point guidelines as presented on the first day of camp. Campers agree to stay in their cabins after "lights out" unless their counselor gives them permission to leave the cabin. Campers agree to respect other camper's privacy and not to take cameras into the bathhouse. Campers will use the "2 + Me = 3" buddy system at all times, never going off by themselves. Leader In Training campers are leaders at camp and are held to a higher expectation for behavior that aligns with Paradise Point Camp's values of inclusivity, active participation and leadership than youth campers.

MEDICAL CARE

Each Youth Camp session has an On-Site Health Care Provider on camp property for the week. In case of an emergency, arrangements for treatment have been made with the St. Luke's McCall Medical Center, which is about eight miles from Camp. If you plan to be away for any length of time during your child's time at camp please arrange for a relative or friend to be able to pick-up your child should he/she/they become ill and verify that they are listed as an Authorized Pick-up.

In the event the Paradise Point On-Site Health Care Provider determines it is necessary for a camper to visit the doctor's office or emergency room, the camper's insurance is billed. Parents/Guardians will be notified prior to any doctor or emergency room visits.

MEDICATIONS

Following best practices for medication intake, Paradise Point Camp requires all medications sent to camp (*prescription and nonprescription*) to be pre-packaged by a pharmacist, parent/guardian, or camp staff.

To decrease the likelihood of medication errors, Paradise Point Camp will approve only the following pre-packaged forms of medication:

Pharmacy packed blister packs

Many pharmacies (Albertsons, CVS) will prepare a week of medication in blister or bubble packs, often at no cost to you. Call your pharmacy and ask them to prepare a weeklong blister pack for your camper, divided by day and dispensing time. This is the best option, ensuring that your camper gets the correct medication at the right time of day and is simple for the on-site health care provider to confirm all information. Most pharmacies will include non-prescription medications like supplements, vitamins or daily allergy medications while packing prescription blister packs.

Parent/guardian packed blister packs

You can prepare your camper's medications before camp. Medications need to be in tamper-evident packaging (no ziplocks or reusable pill organizers, please) and separated by day and delivery time. [Paradise Point Camp recommends this type of at-home blister packing.](#) You will also need to provide a printed copy of the prescription information (must include camper's name, delivery information and relevant warnings). Your help pre-packaging blister packs ensures accurate medication delivery, speeds up the check-in process and helps keep our on-site health care provider and staff organized. You may also include non-prescription supplements, vitamins, or daily allergy medications in the blister packs- just be sure to include the information in the printed summary.

Paradise Point Camp medicine packing

For an additional fee of \$35, Paradise Point Camp will blister pack medications for your camper at drop-off while you wait. Prescriptions must be brought to camp in their original containers printed with the name of your camper, delivery information and all warnings. Any extra medications will be returned to the parent/guardian at the time the blister pack is filled. Paradise Point Camp will only pack medications for campers *at camp, not at any bus stop locations.*

The important information for the on-site health care provider to confirm prescription information: camper name, prescription information (must confirm medication is prescribed to the camper and include delivery information), and medication warnings (Ex: Do not eat grapefruit with medication).

Exceptions to the blister pack policy include: Epi-pens, inhalers, drops, liquids or creams, as-needed medication (PRNs), any rescue-medication that needs to be accessible to the camper, and birth control.

Paradise Point Camp keeps a health center stocked with over-the-counter medications for the care of your camper. Please do not send any unnecessary medications with your camper.

DIETARY NEEDS

Paradise Point Camp is a peanut-free facility. Please do not send or bring any food or peanut items to camp.

It is our desire that all participants be able to experience Paradise Point without concern or anxiety of dietary restrictions. We can meet a variety of dietary restrictions, including vegetarian, gluten, dairy, egg, and nut allergies. To meet the needs of these participants, it is necessary to obtain as much information as possible **prior to the arrival** at camp. During the registration process list any special dietary needs. Please be as specific as possible regarding the exact nature and severity of any allergy or intolerance.

Please note that we will make every effort to accommodate dietary restrictions. However, due to our open kitchen that handles major allergens (gluten, wheat, dairy, nuts, etc.) we cannot guarantee that items will be completely "free" of any ingredient. While Paradise Point works to provide meals which meet these special needs as much as possible, it is the responsibility of the individual to avoid those foods that they are unable to eat. In certain cases, we allow participants to bring some of their own food items, made available to campers at meal and snack times.

TRANSPORTATION

Paradise Point offers transportation to and from Pocatello, Jerome, Boise, Emmett, and Weiser. All transportation will be supervised by Paradise Point Staff and/or Camp Volunteers. Paradise Point Camp does not allow self or peer transportation to/from camp if camp provided transportation is available from the camper's location.

Costs are as follows:

POCATELLO: \$40 One-way /\$80 Roundtrip
BOISE: \$30 One Way/\$60 Roundtrip

JEROME: \$35 One Way/\$70 Roundtrip
EMMETT AND WEISER: \$20 One Way/\$40 Roundtrip

1 st Day of Camp: CAMPER DROP-OFF	Last Day of Camp: CAMPER PICK-UP
7:30 AM - Depart from Parking lot next to Trinity Episcopal Church and across from Pocatello High School 325 N. Arthur Ave. Pocatello, ID 83204	10:00 AM - Depart Paradise Point
9:30 AM - Depart from Valley Wide Country Store 339 Crossroads Point Blvd Jerome, ID 83338	12:00 PM - Arrive at St. Luke's Episcopal Church 106 E Liberty St Weiser, ID 83672
11:30 PM - Depart from St. Stephen's Episcopal Church 2206 N. Cole Road Boise, ID 83704	1:00 PM - Arrive at St. Mary's Episcopal Church 219 E 1st St. Emmett, ID 83617
12:30 PM - Depart from St. Mary's Episcopal Church 219 E 1st St. Emmett, ID 83617	2:00 PM - Arrive at St. Stephen's Episcopal Church 2206 N. Cole Road Boise, ID 83704
1:30 PM - Depart from St. Luke's Episcopal Church 106 E Liberty St Weiser, ID 83672	4:00 PM - Arrive at Valley Wide Country Store 339 Crossroads Point Blvd Jerome, ID 83338
3:30 PM - Arrive at Paradise Point	6:00 PM - Arrive at the Parking lot next to Trinity Episcopal Church, across from Pocatello High School 325 N. Arthur Ave. Pocatello, ID 83204

ARRIVAL DAY

All required forms must be completed prior to arrival day

During Check-In at any location, you are able to:

- Add money and check your Brown Bear store account
- Drop off any medications for your child with instructions. **See Medication section for more information.**
 - At camp you will be able to talk with the on-site health care provider. While at the Health Center, the on-site health care provider will talk individually with campers and parents about their health information and be given a head-to-toe to look for lice or any existing conditions and go over medications or allergies.
 - At bus pick-up locations you will be able to drop off any medications and instructions with the Paradise Point staff member who will relay all information to the camp on-site health care provider. Bus campers will meet with the on-site health care provider as soon as they arrive at camp to talk about their health information and be given a head-to-toe to look for lice, any existing conditions, and go over medications or allergies.

Dropping your camper off at camp: Please plan to arrive at Paradise Point between **2:00-3:00 PM** on the first day of camp. If you are early, you are welcome to wait at the top of the hill as the entrance gate will be closed until 1:45 PM. You will be greeted by a staff member who will direct you to parking and the Check-In table, which is located outside the Foote Recreation Hall. If you drop your camper off at camp, you may have the opportunity to meet their counselor.

Dropping your camper off at any bus location: Check in begins **30 minutes prior** to the departure time. A Paradise Point staff member will be at each bus pick-up location to greet you and check-in your camper.

Other Arrival Day procedures: The bus is scheduled to arrive at camp at 3:30 PM. By 3:45 PM all campers are with their cabin groups participating in a camp tour, visiting the Health Center and Brown Bear (camp store), and unpacking in their cabins.

- While at the Health Center, the on-site health care provider will talk individually with campers about their health information and be given a head-to-toe to look for lice, any existing conditions, and go over medications or allergies.
- At Brown Bear, all campers are reminded of the amount in their store account and will have their pictures taken, which are then uploaded onto their parents' online registration account.
- After Counselors help campers unpack in their cabins, they will discuss and agree to cabin group guidelines which will be hung in their cabin for the week.

Swim test- On the first day of camp campers will have the option to participate in the swim test (4 lengths in between the docks & treading water for 2 minutes). If campers choose to not take it or do not pass, they will only be able to swim in specific swimming areas or required to wear a lifejacket. Campers are encouraged to try again throughout the week.

If a camper has not been checked-in by 5:00 PM, Paradise Point office staff will make phone calls to the Primary and Secondary contacts on the campers’ account. If we have not received communication from the camper’s contacts by 9:00 PM on arrival day, the open spot will be offered to the next camper on the wait-list. No show campers are responsible for paying the balance of the registered camp on their account – no refunds are given.

DEPARTURE DAY

Campers will only be signed-out to those listed on their account. If you are picking up your camper, but are not listed on the account, they will be unable to leave until the primary or secondary contacts have been reached

During Check-Out at any location, you are able to:

- Sign out your camper after showing your photo ID: **PHOTO ID IS REQUIRED TO CHECK OUT ANY CAMPER**
- Pick-up any medications (any medications left will be held until Labor Day and then discarded)

Picking your camper up at camp – Please plan to be at camp between **10:00-11:00 AM** on the last day of camp. If your camper is not picked up before 12:30 PM your account will be charged a \$35 late pick-up fee.

Picking your camper up at any bus location – Please be there according to the time listed under the Transportation section. We do our best to make sure the bus leaves each location on-time.

LOST & FOUND

On a daily basis, lost and found items will be placed on Trust Rock (the rock in the central gathering area) for campers to claim. On departure day, we do a lost and found fashion show during breakfast to return items found to campers. Anything not claimed will be displayed at camp on the Check-Out table during departure day. Lost and found items can be picked up at camp, the Diocesan Office in Boise, or be shipped at an additional charge. All leftover items are donated at the end of the summer. Please label all your camper’s items to help prevent missing items.

A TYPICAL DAILY SCHEDULE

7:30	Wakeup Bell	5:00	Leader In Training (LIT) – Training
8:00	Breakfast	6:00	Dinner
9:00	Morning Reflection (Chapel)	7:00	Evening Reflection (Chapel)
9:30	Cabin Cleanup	7:30	All Camp Game (Assist with Leading)
10:00	Leader In Training (LIT) – Training	8:30	Campfire
12:30	Lunch	9:15	LIT Social Time
1:30	Meeting with Leadership Development Coordinator	10:00	LIT Cabin Reflections
2:30	Waterfront & Brown Bear	10:30	Lights Out
4:30	Camper Clean-up		

MORNING CELEBRATIONS & EVENING REFLECTIONS

As an Episcopal camp, Paradise Point promotes Christian values throughout the camp activities, such as love, compassion, prayer, and forgiveness. Paradise Point Camp staff offer daily Morning Celebration and Evening Reflections and a one-hour Spiritual Connection time during the week for every camper. Each summer, the curriculum for the spiritual program changes: however, the twice daily structure remains the same.

At the end of each week, a priest from within the Episcopal Church in Idaho will volunteer their time at camp to provide support for campers and staff and allow campers to experience an instructional Eucharist (ceremonial consecration and consumption of bread and wine). Although all campers will be present during the instructional Eucharist, it is not mandatory for all campers to participate. This is an opportunity for all to learn what Eucharist is about and why it is sacred. Staff and campers have the option to take communion, receive a prayer, or just observe. The Episcopal Church uses red wine in Communion celebration. Paradise Point welcomes campers and staff of all beliefs and denominations, and camp staff are trained in the philosophy of “all may, some should, and none must.”

OFF-CAMP TRIPS

Anytime campers leave Paradise Point property, the following rules are in place:

- There are always, at a minimum, two staff members responsible for the group of campers. The same camper-to-staff ratios apply off-camp as on-camp, so the more campers going on a trip, the more staff are sent.
- Staff that drive campers on these off-camp trips have special training in order to drive the vehicles that are rented specific for these off-camp trips. They must have valid driver’s licenses and are covered under the Paradise Point insurance policy.

- All staff are trained in CPR & First Aid and the Lead Staff of each off-camp trip will carry a cell phone or two-way radio in case of emergencies.

LICE: NO NIT POLICY

Paradise Point is committed to taking precautions (not sharing hairbrushes, hats, etc.) to minimize the risk of lice infestation among our campers and staff. Please read the following information carefully as no refunds will be issued if lice or nits are found and the camper is unable to be treated and return to camp in the registered session.

Children with any evidence of lice, including nits (egg casings), will not be able to participate in the camp session. The camper will need to seek treatment for the lice and/or nits at home. If your child has had head lice or has been exposed to them within four weeks prior to their arrival at camp, please notify us.

The following policies and procedures have been implemented to reduce the likelihood of a lice outbreak at camp:

1. It is recommended that you check your child for lice and nits before camp begins. This is especially important if your child has had lice or been exposed to lice in the months leading up to camp.
2. During check-in of arrival day for each session, the On-Site Health Care Provider will do an initial screening of every camper.
3. If lice or nits are found in your camper's hair, they will be sent home with instructions for you to treat them and their belongings. If your child came to camp via bus, the Camp Director or On-Site Health Care Provider will contact you to pick up your child.
4. Any camper found to have lice will be re-screened upon their re-admission to the session. Your camper is welcome to return 24 hours after treatment. They will be re-checked by our On-Site Health Care Provider upon arrival and must be nit-free to return to camp.
5. If lice or nits are discovered during camp after arrival day the other children in that camper's cabin will be re-screened and those families will be advised by email correspondence.

Additional information on head lice & its treatment can be found at <https://www.headlice.org/downloads/nonitpolicy.htm>

THINGS TO BRING TO CAMP

Please label all items and help your camper pack his/her/their own bag for camp. Items are more often lost when a camper does not know what their parents packed for them. Campers staying for more than one week will need to pack accordingly. Please check the weather report for McCall, Idaho for your camper's upcoming session. Most activities are outside. Paradise Point Camp's guiding principal is: there is no bad weather, only bad gear! **Laundry will only be done for emergency purposes or for multi-week campers.**

**Do NOT pack medications (prescriptions or over-the-counter) OR money for the Camp Store in your luggage.
Please bring them to Check-In on arrival day.**

Suggested Packing list

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| o Jeans/long pants | o Flip-flops | o Chapstick |
| o Shorts | o Hat/cap for hot/cold weather | o Paper/envelopes & stamps |
| o T-shirts | o Gloves for cool weather | o Journal or small notebook |
| o Sweatshirts/Jackets | o Dirty clothes bag | o Daypack |
| o Pajamas | o Sleeping bag & pillow | o Water bottle |
| o Underwear & socks for 6 days | o 2 Towels: beach/shower | o Flashlight or Headlamp |
| o 2 Swimsuits (modest, please) | o Soap/shampoo | o Sunscreen (30 SPF minimum) |
| o Tennis shoes/ hiking shoes | o Toothpaste/toothbrush | o Bug Spray |

Paradise Point is not responsible for lost items. Please label everything!

DRESS CODE

Paradise Point strives for a standard of dress that is in accordance with our values of inclusivity and active participation. Please help your camper pack accordingly. Do not bring clothes that reference drugs or alcohol or have inappropriate innuendos. Make sure shorts, dresses, and skirts are an appropriate length for being highly active and swimsuits do not slip/move/become immodest while being active in the water or on the beach. Leader In Training Campers are role models for younger campers and should consider their position as a role model while packing for camp.

THINGS TO LEAVE AT HOME

Please leave any medication (except prescription which is administered by the on-site health care provider), drugs, alcohol, cigarettes, lighters or matches, fireworks, weapons, ammunition, or **KNIVES** at home. (Exceptions are made only for Mountain Adventure campers that bring a camping knife or multi-tool for their backpacking trip.) Campers must also not bring any electronics to Camp, including radios, Personal Gaming Devices, iPods, **CELL PHONES**, or **TABLETS**. There will be no time throughout the week for campers to use their cell phones or tablets. If a camper brings prohibited items to Camp, it may result in the camper being sent home. Campers may bring a digital camera if they abide by appropriate use.

Any prohibited items that are brought to Camp and found after the Parents/Guardians leave will be stored in the Camp Office. Paradise Point is not responsible for these stored items if they are lost or damaged.

STAYOVER CAMPERS

Campers that are attending consecutive weeks of camp have the option to "stayover" at Paradise Point Camp between camp sessions for an additional fee. Campers enjoy a more laid-back camp weekend, do their laundry, rest and prepare for another awesome week at camp. Paradise Point Camp Staff supervise campers at all times. Some of the camp programs available during stayovers include: target sports, ceramics, waterfront time, boat rides (depending on numbers), exploring downtown McCall, and Sunday Service at St. Andrew's Episcopal Church in McCall. If your camper is staying-over between sessions and you would like to arrange a visit or take your camper off-camp, please contact the Camp Director to arrange timing. Checking campers out during stayover weekends follows the same procedure as departure days, camp staff must see ID of the person picking up the camper, and that person must be on the approved pick-up list for the camper.

BROWN BEAR STORE POLICY

Brown Bear is the camp store where campers can purchase snacks and drinks. Campers are allowed to purchase one snack and one drink item each afternoon and will typically spend \$3/day. In addition to snacks, Paradise Point merchandise is available in Brown Bear and range in price from \$5-\$35 (sweatshirts, water bottles, stuffed animals, etc.).

Balances of less than \$15 at the end of each camp session will be donated to the Camper Scholarship Fund. Balances can be transferred to siblings or family members attending future camp sessions. Parents/guardians have the option to donate balances over \$15 to the Camper Scholarship Fund or have balances refunded via check. All Brown Bear Refunds & Donations will be processed within 30 days of the last day of the last camp session if it is not transferred.

CAMP PICTURES

Each day, Paradise Point staff are able to take pictures of activities on camp and we do our best to get a picture of each camper every day. All photos are uploaded to your online account and available for you to view. The ability to upload photos is dependent on our internet connection and staff availability. It may take more time to get all pictures uploaded. Camps that take place partially off-camp (Mountain Adventure) will have off-camp pictures uploaded within a week of departure day of that camp. To view your camper's pictures, log into your account and click on photo gallery, located under the menu on the left-hand side. If your camper is signed up for more than one camp, there will be a drop down menu to select which camp photos you would like to view.

PARENT/GUARDIAN COMMUNICATION WITH CAMPERS AT CAMP

One of the greatest things camp fosters is the opportunity to gain independence and self-confidence through navigating challenging situations on their own and with the help of peers and staff. Calling home, either while homesick or just to check-in, doesn't allow for this opportunity. Often, when a homesick child speaks to someone from home, their homesickness is only made worse. Instead, we encourage letter-writing both to and from the family.

The general camp practice is to contact parents when there is concern about a camper's health and well-being. All other camper phone contact with parents/guardians is allowed only when approved by the Camp Director. All contact, successful and unsuccessful, is documented.

Camper Check-In: This provides apprehensive parents the opportunity to receive a phone call from a staff member reporting on the well-being of their camper. All Camper Check-In requests received by 12:00 PM will be returned the same day. Parents/Guardians may ask for one Camper Check-in per session by calling or emailing the Camp Registrar at registrar@episcopalidaho.org or 208-830-9144.

SENDING MAIL TO YOUR CAMPER

Please do not include food in care packages.

Campers love to receive mail and care packages when they are away from home. Please make sure to send packages early in the week to make sure your camper receives them while they are at camp. You may also leave a care package at drop-off labeled with your camper's name and date to be delivered. Packages or letters that arrive after your camper has departed will be returned to sender. Thank you for grace if letters or packages are slow to be delivered as the McCall Post Office and Paradise Point Camp manage large volumes of packages and mail in a rural, remote location.

It has been a fun Paradise Point tradition that if a camper receives three letters or a package they will get to be thrown in the lake! They also have the option to sing with other campers or have their Counselor thrown in the lake instead!

Ideas for care packages:

- Anything glow-in-the-dark is a huge hit; bracelets, necklaces, glasses, toys, etc. (no glow-in-the-dark ceiling stickers, please)
- Stationary/Pens to write home
- Something to autograph – campers love to get everyone to sign something before they leave.
- Crossword puzzles or any activity books that can be used during Toes Up
- Card games
- Water toys – inflatable toys, water guns, diving toys, etc. (no water balloons, please)

Direct mail correspondence to:

Camper's Name
C/O Paradise Point Camp
P.O. Box 764
McCall, ID 83638

SENDING EMAIL TO CAMP

If you would like to email your camper throughout their week at camp, you can purchase a block of 15 one-way emails for \$5 during registration. You can also invite family and friends to send emails. Each day before lunch we print all emails received in the previous 24 hours to hand out during lunch with the rest of the mail. Any emails sent after 12:00 PM on Friday will not be received by your camper.

RECEIVING MAIL FROM CAMP

Camper letters are taken into the Post Office in McCall in the mornings, Monday through Friday. Each day during Toes Up (rest hour) campers are encouraged to write letters home to their families. Frequently, the camper knows the address, but does not know how to properly address an envelope. Staff will do their best to catch the mistakes before the envelopes get in the mail, however the best way to ensure that you receive a letter from your camper is to send them to camp prepared with paper and pre-addressed/stamped envelopes.

It may be that mail from your camper is not so cheerful. Remember that campers sometimes write home during homesick moments, or that the act of writing triggers homesickness. In most instances, by the time you receive the letter, your camper is well-adjusted to camp and having a wonderful time. If you are concerned about a letter you receive from your camper while they are at camp, please call the Camp Director.

CONTACT AFTER CAMP (Campers with Staff and Campers with Campers)

Camper safety is Paradise Point's primary goal and safety after camp is still a priority. The friendships that form at Camp between staff members and campers are important and have tremendous value.

If contact with staff members is desired after camp, it is suggested that all communication take place through official Paradise Point social media sites (this includes, but is not limited to, Facebook, Instagram, Snapchat, and Twitter) or by mail/email through the Camp Office. Paradise Point advises staff on appropriate communication and healthy boundaries with campers, which includes all emails and letters being addressed to the camper's parents or guardians, or phone calls with the parent or guardian present. Online communication on personal accounts between staff members and campers is not monitored or managed by Paradise Point and Paradise Point is not responsible for the content on the staff member's accounts. The expectation is that all parties (parents, campers, and staff) use respect and common sense in social media communication or contact outside of Camp.

Paradise Point Social Media

Website: paradisepointcamp.org

Facebook: facebook.com/paradisepointcamp

Instagram: [@paradisepointcamp](https://instagram.com/@paradisepointcamp)

YouTube: youtube.com/channel/ParadisePointSummerCamp

Campers who would like to keep in touch with other campers are encouraged to exchange contact information while at Camp. During the registration process parents and guardians can select to share their contact information (address, phone number, and email) if requested by another camper. Parents or Guardians can contact the Camp Office to receive approved contact information. Paradise Point will never share any information with an outside party.

HOMESICKNESS

Going away to camp for a week or more can be a challenging experience for many children. Short-term separation from parents and learning independence are both important parts of growing up even though it may not always be easy. Some children find it difficult to cope with the changes that come with spending a week away from home. This anxiety is perfectly normal and happens on occasion.

We spend a lot of time training camp staff on how to deal with homesickness, but parents can help prevent homesickness by doing some simple things prior to their camper's stay at camp.

- Avoid statements such as, "If you don't like camp, you can come home." Children who are experiencing difficulties will close their minds to adapting to camp and focus immediately on going home. Instead, highlight your camper's ability to be resilient, to self-manage challenging emotions or to speak with a staff member if they feel homesick.
- Process any recent stressful events: Recent deaths of people close to campers or parents who are divorcing can cause extreme stress on a child at camp. Talk to your camper about ways they can process challenging situations and notify the camp to make the staff aware.
- Keep letters short and positive: Parents should avoid statements about missing your camper terribly or disclosure of recent hardships.
- Talk about homesickness: Homesickness is natural and certain feelings of missing home, parents, pets, or friends are normal. Once this is understood, your child may accept homesick feelings with less anxiety.

Developing realistic expectations about camp is very important. Parents can sometimes over-glamorize the camp experience. Go ahead and talk about the fun they'll have, but also discuss rainy days; about liking some people more than others; about making choices at camp. By doing this you help your camper understand their feelings, so they are better able to recognize and cope with them.

Many campers fare better at Camp if they are able to see where they will be staying ahead of time. Consider taking a trip to visit Paradise Point, prior to our Youth Camps, so your camper will have an opportunity to see the cabins and other facilities. Please call 208-345-4440 if you would like to set-up a tour. Paradise Point Camp offers a virtual New Family Orientation in the early spring and an Open House in May for families, perfect for asking questions and learning about the camp experience.

DIRECTIONS TO PARADISE POINT FROM BOISE

- Head west on State Street (Highway 44)
- Turn right onto Highway 55 North and continue 98 miles
- Heading north into McCall on Highway 55 (North 3rd Street in McCall)
- Turn right onto Deinhard Ln at the traffic light
- Turn left at S Samson Trail (stop sign)
- Continue onto Spring Mountain Ranch Blvd
- Turn right at Lick Creek Road (stop sign) and continue ~2 miles
- Slight left onto Eastside Drive at the fork (look for Paradise Point's sign to point the way)
- Continue 3.5 miles to Camp (pass Camp Morrison, Camp Ida-Haven and Tamarack Condominiums)
- Entrance to Paradise Point is on the left 1 mile after pavement ends

DIRECTIONS TO PARADISE POINT FROM NEW MEADOWS

- Head east on Highway 55 and continue 12 miles
- Heading east into McCall on Highway 55 (Lake Street in McCall)
- Turn right onto North 3rd Street in McCall
- Turn left onto Park Street (My Father's Place and May Hardware are on the corner)
- Continue onto Thompson Avenue
- Turn left at Davis Avenue
- Turn right at Lick Creek Road (stop sign) and continue 2 miles
- Slight left onto Eastside Drive at the fork (look for Paradise Point's sign to point the way)
- Continue 3.5 miles to Camp (pass Camp Morrison, Camp Ida-Haven and Tamarack Condominiums)
- Entrance to Paradise Point is on the left 1 mile after pavement ends