

CAMP CAVELL THRIVE – PARENT / STUDENT INFORMATION

3.23.2018

We are excited that you will be participating in the CAMP CAVELL THRIVE program! Here is some important information that you will need to attend:

CAMP INFORMATION

Camp Cavell is accredited by the American Camping Association, licensed by the State of Michigan and has over over 100 years of experience in camping. It is located in Lexington, Michigan and is on 1,800 feet of Lake Huron shoreline.

TIME FRAME

Arrive at Camp Cavell on Friday at 4:00 pm
Depart Camp Cavell on Sunday at 10:30 am

COST: \$210 - Discount = \$35

*Campership Discount Thanks to Generous
Camp Cavell Donors.*

ADULT STAFF AND VOLUNTEERS

There will be an adult in each cabin and an adult will be assigned to program groups as well. Students are under the supervision of an adult at all times. Adults must have had background checks according to state law. There will be a minimum of 1 adult to 10 campers.

CAMPER REGISTRATION

You must complete the registration form online before your camper can attend. During the online registration you will be asked to pay the fee and fill in health information and sign waivers.

PROGRAM NOTES

Male and female campers are housed separately with an adult counselor in each cabin with 8-10 children per cabin. Staff make cabin assignments. There is a bathroom and shower in each cabin. The students will be under the supervision of an adult at all times.

GROUND RULES

When campers arrive, they will receive a safety orientation. No smoking, alcoholic beverages, weapons, or illegal drugs are permitted at camp. Students will be sent home for breaking the rules or for behavior that does not foster a positive, caring, safe spirit in the camp community. It will be the

responsibility of the parent/guardian to come and get the child in a timely manner.

PHONE CALLS

It is important to create community and focus on the Thrive program. Students are asked to commit to only use their cellphones at scheduled times or challenged to put them away for the weekend.

VISITING / PARENT CONTACT

We feel strongly that **parents or friends should not visit** during the camp session. The students are here to be fully immersed in the camp experience. If your child is having problems that need parent intervention or interaction, we will contact you. If there is a need to visit camp, please make arrangements through the camp office.

TRANSPORTATION / LUGGAGE / PERSONAL ITEMS

Condense luggage and packages as much as possible. Don't forget to secure and label everything! Luggage must be carried up to cabins, so rolling luggage helps. Plastic bags tend to tear (*send extra bags if you choose to use them*). Put your campers name in big letters on all bags and luggage or tag them in some noticeable way. Also do not send expensive items to camp!

CAMP STORE

The camp store carries t-shirts, souvenirs, stationery, flashlights, postcards, toothpaste, stamps, and more. It will be open at least once during your stay. We invite everyone to shop!

LEAVE BEHIND

Camp is a place to enjoy the outdoors and relate to people in real time. Electricity is scarce in cabins, so please leave behind items like hair curlers and blow-dryers. In order to completely immerse yourself in the experience, please leave electronics behind too.

SNACKS

Students are asked to bring a snack to be shared at snack times. Snacks are dropped off at the kitchen. Please do not keep food in the cabins.

HEALTH HISTORY FORM

A health history form must be filled out and signed by the parent/guardian before a student can attend camp. This is done during the online registration.

OVER THE COUNTER & PRESCRIPTION MEDICATIONS

It is a state law that all medications, including over the counter ones, not be kept where students have access to them. During this camp, a health person will keep all medications for students and staff and have them available when needed. This includes things like Tylenol, medicated creams, medicated throat lozenges, etc. All medications should be listed online on the health history form, labeled with the student's name, placed in a plastic bag, and turned in.

Prescription medications must be current, in their original containers (*not pill organizers, or loose in baggies etc.*) and prescribed for the person who is taking them. The health person must dispense the

medication as the prescription on the label indicates (*i.e. one pill in morning and one pill in evening*). If you want your child to have a different dose or take it at a different time, you must get a note from the physician indicating the change. If a child needs someone to give an injection, please notify the camp ahead of time.

If a student needs to carry an inhaler, injector for allergies, or other emergency item, please send something for the student to carry them in (*i.e. hip pack*). These items must be checked in by the health person and given back for the student to carry.

If your child has breathing or other problems that only show up periodically, please prepare for it to happen at camp. It is important to send inhalers, breathing machines, etc. **Even if your child has not had a problem** for a while. Camp may trigger allergies.

REFUNDS

The weekend fee is not refundable. Should your child be required to leave a session or trip for medical or behavioral reasons, there will be no refund of fees and parents/guardians are responsible for student's transportation home.

WHAT TO BRING...

Keep in mind, these are suggested items depending on your length of stay. You should substitute or improvise if you cannot find them all.

- 1 Suitcase, duffel bag (Rolling luggage is best to get your gear up to your cabin)
- 1 Blankets and/or Sleeping bag
- 1 Set of sheets, a pillow & extra blanket
- 1 Warm jacket and sweater (Add mittens, hat and long underwear. It can get very cold at camp, even in spring and fall.)
- 1 Sweatshirt
- 2 Tops & Shirts
- 2 Jeans / Pants
- 1 Pajamas
- 2 Underwear
- 3 Pairs of socks
- 1 Gym shoes or walking shoes
- 1 Boots & Hat
- 1 Toiletries (i.e. brush, toothbrush, toothpaste, soap, deodorant, shampoo)
- 1 Bath towel & washcloth
- 1 Laundry bag

VERY IMPORTANT:

- 1 * Raincoat / Poncho (not just a nylon coat)
- 1 * Flashlight & Extra batteries (it is very dark there are no street lights)

OPTIONAL ITEMS

- Pen & Notebook
- Camera
- Spending money (Sweatshirts, t-shirts, and other apparel are available in our Trading Post)

LEAVE AT HOME

- Fireworks
- Knives or weapons of any kind
- Drugs, alcohol & tobacco products
- Offensive images (on shirts, bags, etc.)

IMPORTANT HINTS:

- Flashlights** are important. There are no yard lights. Bring at least one for each person and extra batteries.
- Weather** at camp can range from very hot to cold. Be ready for the unexpected.
- Camp life** can be hard on clothes and shoes.
- Label** all clothing & equipment. Camp is not responsible for lost articles.
- Feet tend to get wet at camp**; it's inevitable with a lake and rain.
- Electrical outlets** are extremely limited. To avoid disappointment, please leave electrical items at home.
- Sorry**, no pets.
- Personal sports equipment** that would be regulated by state laws or camp policies (i.e. archery equipment, watercraft, etc.) must be pre-approved by camp personal.

Camp Cavell Information

CAMP OFFICE:

Camp Cavell
3335 Lakeshore Road, Lexington, MI 48450
810-359-2267 / office@campcavell.org

LOCATION:

Twenty-five miles north of Port Huron, Michigan on Lake Huron, just past the town of Lexington.

DIRECTIONS: Take I-94 east toward Port Huron. Take Lexington exit and follow signs to North M-25 (Lakeshore Road). Camp Cavell entrance is on the right 4.5 miles north of downtown Lexington on M-25. Drive in gate, down the tree lined road and check in at the camp office in the Lodge.

IMPORTANT: Some map programs put us in the wrong location! GOOGLE is correct. Make sure they place us about 4.5 miles north of Lexington on M-25 (Lakeshore Road).

CHECK OUT OUR WEBSITE!

www.campcavell.org

Find maps, family programs, games, history, ways to help camp, news articles, and lots more! You can even bring your whole family back for weekends at camp! Lose your list of what to bring? It's online as well! You can find pictures of Camp Cavell in the winter, campers having fun, our wonderful volunteers, and more!

COME HELP AT CAMP!

Camp Cavell Volunteer Weekends or Days

Join us as we get camp ready for a new season! We provide the food, snacks, and housing! You bring the help! We work on cabins, grounds, kitchen, trail clearing, and tons more. Working adults and teens are free. Kids \$40. Great for community service hours too! Invite friends; make it a fun weekend while doing good for camp! Call to inquire about dates and needs! Must have a adult present responsible for minors.

ALSO NEED: Electricians, Builders, Plumbers, Painters, Etc. anytime!

DON'T FORGET OUR OPEN HOUSES!

First Sunday in May & First Sunday in June

1:00 pm. to 4:00 pm.

Come enjoy an afternoon on the lake shore! Bring along a picnic lunch. Don't forget to invite your family and friends! Join in on activities including: scavenger hunts, crafts and beach hikes. The Camp Director and several staff members will be available to answer questions. Come check us out!