



Camp Cavell Parent Packet

IMPORTANT NOTE Please pick up your camper on **Friday between 6-7 PM.**

HEALTH HISTORY FORM

A **health history form** must be filled out and signed by the guardian before the camper attends camp. A health exam is not required! If your child has been hospitalized or is under a Doctor's care for an illness or injury within the past year that could affect their camp experience, we suggest you have your doctor evaluate and advise you and the camp of any limitations or situations we should be aware of.

OVER THE COUNTER & PRESCRIPTION MEDICATIONS

It is a state law that all medications (*including over the counter ones*) be kept by the health person. This includes things like Tylenol, medicated creams, medicated throat lozenges, etc. All medications should be labeled with the camper's name, listed in the camper health history, placed in a plastic zip lock bag, and not be expired.

Prescription medications must be current, in original container and prescribed for the camper. If you want a child to have a different dose or take it at a different time than the label indicates, you must sign a note indicating the change. If a child needs someone to give an injection, please notify the camp ahead of time.

Camp may trigger allergies. Even if your child has not had a problem recently, it is important to send any inhalers, breathing treatment machines, etc. they may need. Once checked in with health person, inhalers and injectors can be carried by your child's counselor, if necessary.

We will call you if your child has a health issue that requires a doctor's visit, requires an overnight stay in the Health Center, is injured beyond everyday bumps and bruises, or we need your input to solve a problem.

MAIL, EMAIL, CELL PHONES & CALLS

***NO CELL PHONES are permitted at camp!** Make sure you have your child's phone or other device that connects to the internet. You will be asked to sign a confirmation form that your child does not have a phone in camp. Phones are not conducive to the community we try to create at camp. We also cannot monitor what they and other campers are doing while on their cell phones or online.

Mail is very important to campers; it takes up to three days to get to camp from the city. You can also give your letters to camp staff on opening day.

Phone calls home are not encourage and are only permitted if a camper is having problems or needs to be reassured by a parent. Instead, they are welcome to talk to the director at any time. She will work with the parent to see if a call with the child should be set up. Social calls will be put into letter form (a good skill to practice at camp).

Emails are great! We print them out for campers and deliver them like mail. To email a camper, log into your Camp Account, click the 3 horizontal lines, click "Message Center" and click "E-Mail a Camper". (*Note: Campers cannot respond to emails.*)

TRADING POST (CAMP STORE)

The Trading Post will carry t-shirts, sweatshirts, souvenirs, flashlights, postcards, toothpaste, stamps, and more. We invite everyone to come in and shop.

Trading post money can be deposited online in your registration account or turned in at the bus or at camp in an envelope with campers name and amount on it. It will be put in the camper's Trading Post account and they will receive a credit card in return. There is no need to carry cash at camp and we are not responsible for its loss. The balance of their account will be returned on the last day. \$15-\$35 is recommended.

Camp Office: 1-810-359-2267
Office Email: office@campcavell.org
Website: www.campcavell.org

PARENTS ARE WELCOME to tour camp on opening or closing days. We feel strongly that **parents or friends should not visit during the camp session** to make your child's experience the most beneficial it can be. If there is a need to visit camp, please make arrangements with the camp administration.

LEAVE BEHIND

Camp is a place to enjoy the outdoors and try new things. We ask that **personal music devices** only be used in cabins with headphones. Please **no iPads or other electronic devices, pets, vehicles, or personal sports equipment** (*without camp permission*). Also, **NO CELL PHONES or devices that connect to the Internet** are allowed at camp.

GROUND RULES

NO SMOKING, ALCOHOLIC BEVERAGES, WEAPONS, or ILLEGAL DRUGS or substances are permitted at camp. Campers will be sent home for breaking the rules or for behavior that does not foster a positive, caring, safe spirit in the camp community. If a camper is sent home, parents will be responsible for timely transportation home. Bringing sports equipment that could lead to an injury or vehicles that campers will keep at camp for the week must be approved by camp administration.

SNACKS

Please limit snacks sent to camp. We have plenty of good food and snacks for a healthy experience. If you do send a snack, please note that they will be kept in the counselor's room for counselors feel are appropriate. They must be brought to camp in airtight containers and contain no nut products.

REFUNDS

Deposit is nonrefundable, 50% of other fees refunded if notice is received 24 hours prior to program. All refund requests must be made in writing to the Camp Cavell Office. 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 are responsible for the child's transportation home.

CHECK OUT OUR WEBSITE!

www.campcavell.org

Find maps, family programs, games, history, ways to help camp, news articles, what to bring and lots more!

TRANSPORTATION

You are welcome to drive your child up to camp or you can arrange for a seat in our camp bus for a fee of \$50 round trip.

IF OWN TRANSPORTATION...

DROP OFF at camp is Sunday from 3:30-4:30 pm.

PICK UP at camp between 6-7 pm on Friday.

Watch for the sign out front for summer camp!

Beware the drive has two-way traffic! Park in the parking area behind cabins and watch out for traffic.

IF RIDING THE CAMP BUS...

Please arrive 20 minutes early to complete check in. Condense luggage and packages as much as possible. Secure and label everything! Keep children with you until the bus is ready to load. Watch for traffic in parking lot and escort children to the bus. Campers must wear seat belts and behave in an appropriate manner.

Bus departs...

NATIONAL CONEY ISLAND

27027 Gratiot, Roseville, MI 48066 (*I-696 & Gratiot*)
Sunday at 1:00 pm for Camp Cavell

Bus returns...

Friday at 8:30 pm (*same place*)

**Call 810-359-2267
for transportation questions.**

Open Houses (1-4 pm)

In May & June, check website for dates.

Come enjoy an afternoon on the lakeshore! Invite family and friends! Bring along a picnic lunch! Join in on activities including: scavenger hunts, crafts, and beach hikes! Meet our friendly staff! See camp!

COME HELP AT CAMP!

Camp Cavell Volunteer Weekends or Days:

Call for dates or check online! 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 more. Working adults and teens are free, kids are \$40. Invite your family and friends to make it a fun weekend that you'll never forget, while doing good for camp!

Skilled trades-people are always needed:
Electricians, Builders, Plumbers, Painters, etc.

You are important in your child's camp experience!

Our counselors are looking forward to meeting your child and sharing their excitement and love of the camp experience! Here are some hints to help your child get ready for camp...

***Before camp, encourage your child's spirit** of self-reliance and compliment their ability to adjust to different situations. Camp living is an adventure; we live as simply in the out-of-doors as possible and it may take some getting used to.

***First timers or old timers, mail is important** - everyone loves to get mail. You might even start sending letters or emails a few days ahead of time to make sure they arrive the first and second day. Write about cheerful things and about the great things you hope they are taking part in.

***Parents may get a letter that says** their child is homesick, doesn't like the food or camp isn't fun. These are usually written at rest hour the first day, before they have really had a chance to get into their activities. **By the time you read it, they are probably laughing with cabin mates.** It takes time to adjust. Just give us a call and we will give you an update. If the camper is really having a hard time adjusting, I will be in touch, and we can work out a way to insure a positive experience.

***Food at camp is great!** (Campers say so!) We have food like pizza, spaghetti, chicken, salad bars, cereal, bacon & eggs, and more. We will provide plenty of good food to eat. We discourage campers from bring snacks, but if they are sent, they will be kept in the

counselors room and given out only at times deemed appropriate by the counselor.

***Campers have a responsibility to share in the work** of caring for camp. We all do camp chores, feed the farm animals, and keep our own cabins clean. These projects help teach ownership and responsibility for our environment and ourselves.

***The counselors and staff have a big agenda** for your child. While at camp, we hope that they will develop friendships, take on new challenges, and learn new skills. They will also have the opportunity to live and learn about a diverse group of children their own age.

***We hope camp will give your child time to grow** on their own, a stronger sense of self-worth, and a clearer idea of the values that will make them an integral part of the community.

***Campers are not allowed to bring cell phones** to camp. We have had problems having them in the cabins in the past. If they really need to talk to you, they can tell their counselor and the director will get in touch with you.

***Camp is for friends, old and new!** Camp is a happy tear, a hug for a counselor, a hug for a parent, good-byes and hellos.

So, help get your camper ready for a good experience, and we look forward to seeing you soon!

What to Bring!

Keep in mind... these are suggested items and you should substitute or improvise if you like!

- 1 Suitcase, duffel bag, or backpack
- 1 * Sleeping bag or blankets
- 1 Set of sheets, pillow, extra blanket
- 1 * Jacket
- 1 Sweatshirt/Sweater
- 4 Tops & Shirts
- 3 Jeans/Pants
- 3 Shorts
- 1 **One Piece ONLY!** Bathing Suit
- 2 Pajamas
- 5 Underwear
- 5 Pairs of socks
- 3 * Gym Shoes or Walking Shoes
- 1 Boots / Hat
- 1 Toiletries (i.e.-brush, toothbrush, toothpaste, soap, shampoo)
- 3 * Bath/Beach towel & Washcloth
- 1 Laundry Bag
- 1 * Raincoat/Poncho
- 1 * Flashlight & Extra Batteries
- * Essential items

*Important Hints:

- Water shoes or an old pair of shoes that stay on the feet in waves are important! (There are lots of rocks in water.)
- Flashlights are important! There are no yard lights. Bring one for each camper.
- Mud hikes are famous at camp! Your child may decide to go on one when you never thought they would. Bring old clothes and shoes that tie.
- Weather at camp can range from very hot to cold. Be ready for the unexpected!
- Camp life can be very hard on clothes. Bring a very old set for river and mud hikes.
- Label all clothing & equipment! Camp is not responsible for lost articles.
- Kids will get their feet wet; it's inevitable at camp. Bring extra shoes!
- Electrical outlets are extremely limited. Avoid disappointment; please leave electrical items at home.
- No pets, weapons or illegal drugs.
- **Very Important!!! No cell phones or devices connect to the internet are allowed due to possible misuse by campers. These will be kept in the office until departure.

OPTIONAL ITEMS:

fishing pole / musical instruments / inexpensive camera
books / postcards / envelopes / stamps / pens / batteries
lamp for reading / rug for cold floor / exercise mat
old shoes / flip-flops for the shower / sun block /
bandana / something to sit on at the campfire /
alarm clock / lawn chairs

Directions to Camp Cavell:

CAMP OFFICE:

3335 Lakeshore Road, Lexington, MI 48450

Phone: 810-359-2267 Fax: 810-359-2430

Email: office@campcavell.org

LOCATION:

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

DIRECTIONS:

Take I-94 East toward Port Huron. Take the Lexington exit and follow signs to North M-25 (Lakeshore Road). Camp Cavell's entrance is on the right 4.5 miles North of Lexington on M-25. We are just past Aitken Road. Drive in the South entrance just before the stables and park behind the Brookside cabins for girl's camp. Boy's camp is on the main side of camp.

*See more resources on our website:
www.campcavell.org

