



# 2010 Guide for Parents & Campers

Welcome to the Wesley Woods Camping GUIDE for summer campers and parents. This information will prepare you for your summer camping experience at Camp Wesley Woods. Camp Wesley Woods is a Holston Conference United Methodist Camp accredited by the American Camp Association. This guide is the beginning of your camp experience. We are already praying that God will richly bless you during your time at camp. Together we will discover God's great love for us.

Along with this guide, you will find several additional items. (These should be attached to the confirmation email or mailed to you if no email address was given. A health form can be found at [www.campwesleywoods.com](http://www.campwesleywoods.com))

1. **CONFIRMATION:** This information confirms the session in which you are registered, beginning and ending times, and a list of applicable **release forms** to be **completed, signed,** and **brought** to camp.
2. **HEALTH FORM:** A completed health form (3 pages) is your ticket to camp. Your parent/guardian must fill it out completely and **sign ALL 3 pages.** Bring your health form when you come to camp (Please **DO NOT MAIL** it to the campsite. **BRING IT!** Thanks)



Camper health is our priority. Parents will be notified if your child vomits, has a persistent condition (i.e. headache, nosebleed, fever), needs to be taken to the doctor or emergency room, or if there are persistent behavioral concerns.

**All medications** brought to camp must be checked in upon arrival. Both prescription and non-prescription medications must be in the original containers and clearly labeled with the camper's name. All medications will be given according to the dispensing orders on the original container's label unless your physician signs alternative instructions on the health form.

Part of a great experience at summer camp is to make sure that each camper is healthy when they arrive. On the next page are some guidelines to follow before your camper arrives at camp this summer. These guidelines will help to not only insure that your child is healthy before he or she arrives at camp, it will also help to protect the larger camp community at Camp Wesley Woods. If your child is sick prior to attending camp please contact the camp and discuss program participation options. Every attempt will be made to schedule your child in another session when their health has returned.

## Assessing the Health Status of Your Camper

Does your child have?

1. Fever (101°F or greater)? . . . . .  Yes  No
2. Sore throat? . . . . .  Yes  No
3. Cough? . . . . .  Yes  No



If you checked "yes" for fever AND one or two of the other symptoms, keep your child at home because of an influenza-like illness. Call our office to discuss program participation options.

😊 Every camper needs to get their stuff together for their week. (If you have your items marked with your name, it will be easier to locate them when packing for home).

You can use this as a checklist as you pack.

- |              |                        |                       |
|--------------|------------------------|-----------------------|
| Bible        | Day Pack/Book Bag      | Sleeping Bag/Pillow   |
| Soap/Shampoo | Toothbrush/Paste       | Raincoat or Poncho    |
| Camp Clothes | Swimming Suit (modest) | Postcards/Stamps      |
| Towels       | Jacket/Sweatshirt      | Bag for Dirty Clothes |
| Pajamas      | Flashlight             | Sun Screen            |

Rugged Shoes should be closed toed (couple of pairs)

Water Shoes (maybe an old pair of tennis shoes or "crocks", **but no flip-flops**)

Water Bottle (a clean 12-oz. plastic soda bottle with top will work)

Insect Repellant (lotion or mist, no aerosols)

😊 **Additional Supplies:** The following is a list of additional supplies needed for specific activities we do at camp. Please check the activity list located in this packet to see if any of these apply to your session.

**Caving:** Long Pants, Sweatshirt and shoes (guaranteed to get dirty)

**Climbing Wall:** Closed Toed Shoe



**Rock-Climbing & Rappelling Camp:** Long Pants, Closed Toed Shoes

**Kayak, Canoe and Water Fun Camps:** Additional Swim Suits, Water Shoes, Polyester Fleece that will insulate even when damp

**Mountain Bike Camp:** Mountain Bike, Helmet

**Horseback Camps:** Long Pants, Boots with a heel

☺ Any personal sports equipment will be inspected by a staff member responsible for that camp activity before use by a camper.

☺ Please leave the following items at home. You will not need them at camp.

Cell Phones	Pagers
Electronic Games	Radio
CD/Tape/MP3 Player	Food/ Gum
Money	Pets

☺ Please do not bring pets to registration or closing at camp. We want to be courteous to other peoples allergies

☺ Alcohol, illegal drugs, tobacco, firearms, fireworks and weapons of any kind are prohibited.

☺ All music, news, entertainment, games, meals, snacks, crafts, camp picture and a T-shirt are provided at camp.

☺ Any personal vehicle brought to camp must be registered with the director.

### Arrival and Pick Up Times

	<u>Arrival</u>	<u>Pick up</u>
➔ Sunday through Friday camps:	Sunday @ 4pm-4:30pm	Friday @ 2pm-2:30pm Closing Worship
➔ Sunday through Tuesday camps:	Sunday @ 4pm-4:30pm	Tuesday @ 5pm
➔ Wednesday through Friday camps:	Wednesday @ 2pm-2:30pm	Friday@2pm- 2:30pm Closing Worship

**Mail At Camp:** If you would like to send your child mail, please send it three days before their last day at camp. (If your child leaves on Friday then send the mail by Tuesday)Please be aware of proper postage for your package or letter so that it arrives to camp.

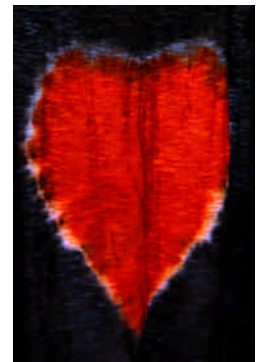
**Address** Camp Wesley Woods  
Attention: "Camper's name"  
329 Wesley Woods Rd  
Townsend TN 37882

**Camper email address:** This address will be checked by staff everyday until 5pm (12pm on Friday) the letter will be printed off in black and white and delivered to the camper. Please don't send forwards or pictures and keep the length to one page and under. Put the camper's full name as the subject title and send it to

[campermail@campwesleywoods.com](mailto:campermail@campwesleywoods.com).

### ☺ Tips For "Child Sick Parents"

1. Remember that it is O.K. to miss your child
2. Do not stare at their picture while you are at home
3. As you go through your day, remember that they are having FUN at camp.
4. We discourage parents from trying to contact their camper by telephone or dropping by to visit. Rest assured that if there is a problem, someone from camp will call you. An alternative maybe for you to send your child a letter. Campers love mail.



## ☺ Camp Wesley Woods Optional Activities List

Designed into the Camp Wesley Woods summer ministry program is the opportunity for campers in full week camp sessions to participate in activity selection. In addition to the general camp activities and the specific activities listed in the camp brochure, each camper group will select optional activities from the activities list. Each grade level is eligible for the activities listed for all lower grade levels. These activities have been determined to be appropriate for the designated age level.

**Note: Bold print** activities represent high adventure programs. Off-site activities are so designated.

### General Camp Activities

Canoe on Lagoon  
Creek Walk  
Swim at Pool  
Hike to Falls  
Pavilion Bouldering Wall  
Picnic and/or Cookout  
Crafts  
Camp out

### Activities for 4<sup>th</sup> graders & older

River Swimming at Wesley Landing  
Short Nature Hikes  
Night Hike  
Stream Ecology  
Archery  
The Mudslide  
Orienteering  
Frisbee Golf  
Tire Swing

### Activities for 5<sup>th</sup> graders & older

Hike – Old Chestnut & Blueberry Trail  
Challenge Course  
Kayak on Lagoon  
**Climbing Wall**

☺ Individual session descriptions are found in the Camp Wesley Woods brochure or on-line. Adventure Camps and Specialty Camps may contain activities not listed in the section above.

### ☺ Camp "Stuff"

Camp Wesley Woods offers an opportunity for you to purchase a variety of Camp souvenirs. Our CD of camp songs is a great chance for parents to share the experience of camp with their children. A copy of our closing slide show is available or a picture cd containing a variety of the pictures of the week. T-shirts, sweatshirts, water bottles, and bandannas are also available. We will offer an opportunity for you to purchase souvenirs at registration when your child arrives or on Friday when you pick up your child.

### Activities for 6<sup>th</sup> grade Elementary camps & older

Advanced Orienteering  
**Climbing Tower (Climb and Rappel)**

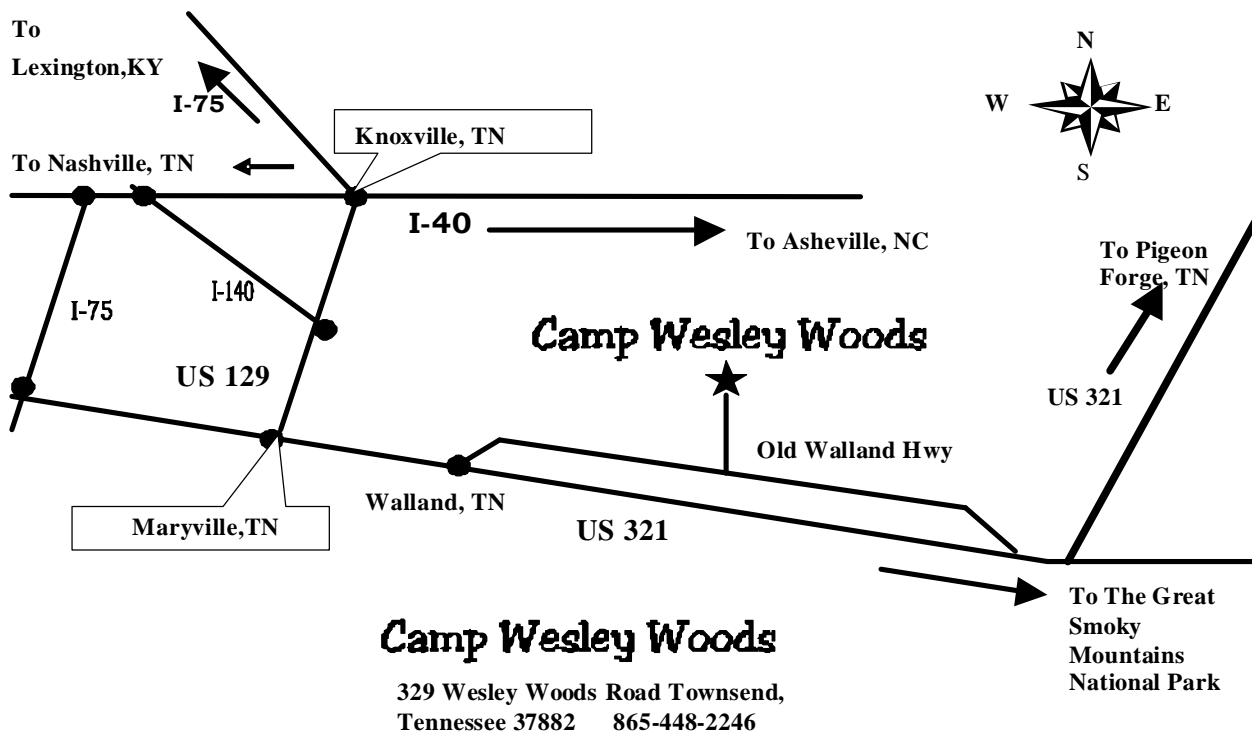
### Activities for 6<sup>th</sup> & 7<sup>th</sup> grade specialized activity camps & older

Tubing on the River (off-site)  
**Rocks I** (Basic Rock Climbing and Rappelling)  
**Ropes Course II**  
Campout at the Platforms  
**Giants Ladder (climbing element)**  
Biking on Townsend Bike Trail (off site)

### Activities for 8<sup>th</sup> – 12th graders

**Canoe/Kayak on Little River** (off-site)  
**Caving** (off-site)  
**Ropes Course III**  
**Rock-Climbing and Rappelling** (off-site)  
**Waterfall Rappel**  
**Day Hike in the Smokies** (off-site)





### Directions To Camp

**From Knoxville, TN**, there are a number of ways to get here.

Interstate 75 to U.S. 321: Take Exit #81 onto U.S. 321, through Maryville towards Townsend (The Smokies). At Walland, turn left across bridge (at the BP Station), and then stay right. Wesley Woods is approximately 4.5 miles on the left.

Interstate 40 to U.S. 129: Exit I-40 at Exit #386 onto U.S. 129 (Alcoa/Airport exit) to U.S. 321, through Maryville toward Townsend (The Smokies). At Walland, turn left across bridge (at the BP Station), and then stay right. Wesley Woods is approximately 4.5 miles on the left.

Interstate 40 to Interstate 140, to U.S. 129: Take Exit #376B onto I-140 (Pellissippi Parkway), to U.S. 129, to U.S. 321, through Maryville toward Townsend (The Smokies). At Walland, turn left across bridge (at the BP Station), and then stay right. Wesley Woods is approximately 4.5 miles on the left.

(Sometimes internet direction sites and GPS devices give false directions to camp)

**Phone Numbers:** 865-448-2246      865-448-6556      Fax 865-448-3904

For more information about camp: [www.campwesleywoods.com](http://www.campwesleywoods.com)

**Thank you for sending your camper to camp.  
Please remember to pray for us as we prepare for our summer.**

Prayer For Camp:

*O God. Please be with the camp staff as they prepare for their week. Help them to seek guidance from you as they lead their campers. Help them to be loving, caring and compassionate. Show them your great works and your love through those around them. Thank you for their gifts. Amen*



A ministry of the Holston Conference of the United Methodist Church.  
Accredited by the American Camp Association

