

# **CAMP LOOKOUT**

## **2018 GUIDE FOR CHRISTMAS CAMPERS**

The staff of Camp Lookout is thankful and excited about receiving your registration for camp.

**Please make sure your Registration Confirmation receipt is correct.** If you find an error or have any questions about your registration, please call the camp office at (706) 820-1163.

**Your HEALTH FORM should be completed on-line in your account.** Complete it in full.

### **SESSIONS BEGIN AND END**

Christmas Camp at Camp Lookout begins on **Saturday, December 15th at 2:00 p.m.**

Christmas Camp ends at **2:00 pm on Sunday, December 16th.** Thank you for honoring these times.

### **WHAT TO BRING**

It will be important to label all items to insure they return home with your camper.

- |  |  |                         |
|--|--|-------------------------|
| ○ Camp clothes appropriate for cold weather – we will be outside as well as inside | ○ Sleep Wear (PJ's)                            | ○ Soap and Shampoo      |
| ○ Lots of Layers!!   | ○ Rain Jacket/Poncho (camp goes rain or shine) | ○ Toothbrush/Paste      |
| ○ Warm Jacket  | ○ Towels (at least 2)                          | ○ Other toiletries      |
| ○ Warm Hat   | ○ Sturdy Shoes (closed-toed)                   | ○ Bag for dirty clothes |
| ○ Gloves   | ○ Day Pack/Book Bag                            | ○ Bible                 |
| ○ Underwear  | ○ Sleeping Bag/Pillow (or twin bedding)        | ○ Flashlight            |
| ○ Socks  | ○ Wash Cloth                                   | ○ Water Bottle          |

### **THINGS YOU WON'T NEED**

Camp is a special time away. Some of the things needed at home are not necessary at camp. Here are a few items to leave at home. Campers will not need money, cell phones, radios or other music players, electronic games, pets, or food. Items of significant value should stay at home.

Tobacco, alcohol, illegal drugs, fireworks, firearms, and weapons of any kind are prohibited at camp.

Camp has a modest approach to our expectation of camp attire. We ask campers not to bring clothing with alcohol, drug, tobacco, or sexually suggestive slogans or logos. Halter tops, tube tops, backless shirts, sheer clothing, mini-shorts or skirts, exposed midriffs, and exposed underwear don't align with camp expectations

## **HEALTHCARE AND YOUR CAMPER**

Please complete the Camper Health Form in its entirety. **This will be done in your on-line account.**

### **PRE-CAMP HEALTH CONCERNS**

In order to protect your camper and the greater camp community, it is important that each camper is healthy when they arrive at camp. Use the following guidelines as you assess your camper's health prior to camp.

Does your child have?

- Fever (100°F or greater)? ..... ☐ Yes      ☐ No
- Sore Throat? ..... ☐ Yes      ☐ No
- 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. Current recommendation is that children remain home for seven days after symptoms start, even if the child is no longer ill. If your child is still sick after seven days, keep your child at home until well for 24 hours. If you have questions about your child's health or symptoms, call your child's healthcare provider. If your child has been diagnosed by a healthcare provider with a different disease – such as strep – follow your healthcare provider's recommendation.

As stated in the Health Form, please make sure all prescription and non-prescription medications are in their original containers and clearly labeled with the camper's name and dosages. Dosage instructions are strictly adhered to unless alternate written/signed Physicians orders are provided.

### **HEALTH CARE AT CAMP**

A Camper Health Assessment is part of the Check-In procedure that includes checking camper temperatures, discussing recent sicknesses or exposures, and going over the camper Health Form. All medications will be received and logged by camp personnel during Check-In.

Daily dispensing of prescribed medications, basic first aid, and health monitoring are provided while at camp. Families will be notified if your camper vomits, has a persistent condition (i.e. headache, nosebleed, fever, homesickness), or needs to be taken to the doctor or emergency room (Erlanger Children's Hospital, Chattanooga, TN).

Special dietary needs are also noted on the health form. Contact the camp office ahead of the camp session in order to allow time as necessary to address the concerns at (706) 820-1163 or [admin@camplookout.com](mailto:admin@camplookout.com)

### **A FINAL WORD**

We are looking forward to having your child at camp. We expect great blessings all around. Should you have questions that remain, please give us a call at (706) 820-1163. Please save this guide for your reference.

### **DIRECTIONS TO CAMP LOOKOUT**

3130 Highway 157  
Rising Fawn, GA 30738

(If you have any problems finding us, please call (706) 820-1163.)

Camp Lookout is located on top of Lookout Mountain just a few miles south of Lookout Mountain, GA. Please use the following directions for the most direct route to camp. Note: many online and direction sites will guide you several miles out of the way.

#### **From I-75**

Take I-75 to GA Exit 350 (Ft. Oglethorpe/Battlefield Pkwy) onto Hwy 2. Go west on Hwy 2 toward Ft. Oglethorpe for 13 miles. Turn right heading south on Hwy 193 for 3 miles. Turn right onto Nick-A-Jack Road for 4 miles. At stop, turn left onto Hwy 157. Camp Lookout is  $\frac{1}{4}$  mile on the right.

#### **From I-24 and Downtown Chattanooga Area**

Take Lookout Mountain Exit 178 off of I-24 to Broad Street South toward Lookout Mountain. Veer to left onto Tennessee Avenue. This becomes St. Elmo Avenue and then GA Hwy 193. Go approximately 9 miles and turn right onto Nick-A-Jack Road for 4 miles. At stop, turn left onto Hwy 157. Camp Lookout is  $\frac{1}{4}$  mile on the right.

#### **From I-59 and Trenton, GA area**

Take I-59 to Trenton Exit, east on Hwy 136 toward Trenton. At light, turn right onto Hwy 136/Hwy 11 and then left at next light to continue on Hwy 136 for approximately 10 miles. Turn left onto Hwy 157, north for 8 miles. Camp Lookout is on the left.

