

# THIS CHANGES EVERYTHING

SUMMER 2018 PARENT PACK



Dear Parent and Camper,

Welcome to Lazy F for Summer 2018! We're thrilled that you've decided to join us for an amazing summer filled with joy, growth, and relationship-building with God and each other! Our summer camp program mission is to provide opportunities for our campers to grow in faith through acceptance of self and others, challenge, and service. The teaching theme for each summer provides a lens through which to teach these important concepts. This year our theme is "This Changes Everything," which teaches campers how God's gift of grace, given to us through our faith, changes how we look at the world and what our role is in it.

I hope you're ready for a week of truly wonderful fellowship in God's natural world! Each camp features its own mix of outrageously fun activities! For more information about your camp's specific activities, contact our office. We look forward to seeing you and your camper this summer!

**Cora Beeman**  
Summer Camp Coordinator  
Lazy F Camp and Retreat Center

16170 Manastash Rd  
Ellensburg, WA 98926  
509-962-2780  
509-962-6414 fax  
[summercampcoordinator@lazyfcamp.org](mailto:summercampcoordinator@lazyfcamp.org)

# IMPORTANT INFORMATION

## Check-in/ Arrival

Check-in for every camp will be held between 3:00 – 4:00 pm. Please be prompt, but do not arrive early. Check-in will take place across from our office at Trading Post. Please park in the main parking lot. Check-in consists of the following:

- Confirming registration with guardian and camper, confirming pick up person and taking care of any remaining balances.
- Setting up store account (if interested)
- Checking in with the Health Care Provider. NOTE: Every camper must check in with the health care provider whether or not they have medications to check-in.

\* Please call our office if you will be late to check-in!

## Check out/ Departure

Check-out will begin for every camp at 10:15 am, except for High School Camp which will begin at 11:00 am. You may arrive early to attend our closing chapel service at 9:30, but please arrive no earlier than 9:00 am and no later than 10:30am. After our closing service, check out will occur on the lower field, near Tack Shack.

Check-out consists of the following:

- Gathering all belongings!
- Every camper must check out with their designated small group counselor with their pick up person. The counselor will ask for ID and will have this person sign their check out sheet.
- Collecting any leftover store money.
- Collecting any medications
- Checking lost and found
- Checking out at the exit in your vehicle. Our staff will record License plate number and ask for ID again.

## Payment and Forms

All camp balances are due 2 weeks prior to the start of your camper's week of camp. Please pay balances online or submit a check directly to Lazy F Camp at the following address:

Lazy F Camp and Retreat Center  
16170 Manastash Rd  
Ellensburg, WA 98926

Make sure you mail or bring all necessary forms to check-in for your camper's camp week. Check with the camp office if you have questions about which forms (challenge waiver, rafting waiver, etc.) your camper needs. Those who registered online, will have filled out forms during the registration process.

## Store

The Camp Store will be open for campers throughout the week and includes the following items: snacks and drinks (\$1 each), apparel (shirts, hats, sweatshirts ranging \$12 – \$35), water bottles, stuffed animals, etc. You can set up a store account during check-in. This allows the money to stay out of the cabins, where it can get misplaced.

# MEDICAL INFORMATION

## Emergencies and Illnesses

In the event of a family emergency, please call our office and we will make sure your camper receives any emergency communication. In the event of lost or missing persons, evacuation, fire, or other natural disaster, parents will be notified. For a medical emergency, serious incident, or illness at camp, we will make every effort to call you. Please make sure our numbers for you and any emergency contacts are correct and up-to-date. In the event that out-of-camp health care is utilized, the camp will provide you with a written summary, including information such as:

- Nature of illness or health concern
- Name, address and telephone number of provider
- Diagnosis and prognosis of the provider
- Description of health care given by the camp staff
- Recommendations for follow-up care at home.

Normally, we will not contact you for routine health care problems, (i.e., skinned knees, insect bites, upset stomach, etc.) that are not severe or do not require the additional attention of an out-of-camp health care provider. In these instances, the Standing Orders of the camp physician will be followed. Please contact us if you require a practice different from what is described above. We will notify you if a camper has been running a fever for more than 24 hours, has an illness that where it would likely remain for the duration of camp, if a trip to the hospital is required for proper treatment, or if inappropriate behavior is a detriment to the other campers

## Medications

We take the administration of medications very seriously at camp. Here are some things to make sure you have when you come to check-in:

- All prescription medications in original containers with written directions for dispersal from prescribing physician (We cannot vary from doctor's orders).
- Only the amount needed for camp plus a few extras
- All other non-prescription medications, ointments, and vitamins in original containers with signed instructions for dispersal from the camper's parents or guardians.
- ALL MEDICATION must be turned into our health care provider at check-in!

**A NOTE ON ILLNESSES:** Please call us if your child is contagious and cannot come to camp on check-in day. We will gladly accept them at camp a day late once they can no longer transfer their illness.

# CAMP LIFE

## Dress Code

Our dress code is very similar to that of public schools. All campers should dress in camp-appropriate attire that does not depict the following: violence, gangs, tobacco, drugs, alcohol, or pictured or written sexual references. All bathing suits for water activities should adequately cover and campers should be able to run, jump, and play without them coming off.

Please **do not bring** the following:

- Tank top undershirts
- Spaghetti-strap tank tops
- Sheer fabrics that show undergarments
- Pants that sag below the hip bone
- Short shorts (shorts must have at least 3" inseam)
- Shirts that show the midriff

## Packing List

Here's a list of things every camper will want to bring for their week at camp:

- Long pants (at least 2 pair)
- Shorts (at least 2 pair)
- Warm jacket
- Sweatshirts (2)
- T-shirts (1 per day)
- Socks and underwear (1 per day)
- Swimsuit (see dress code)
- 2 pairs tennis shoes (1 sturdy for hiking)
- Sandals with heel strap for going in the creek (NOT flip flops)
- Sun screen
- Rub on insect repellent
- Medications
- Backpack
- Sleeping bag
- Pillow
- Single set sheets (for warm nights)
- 2 towels
- Toiletries (soap, shampoo, deodorant, toothbrush, toothpaste)
- Hair ties for long hair
- Bible
- Water bottle
- Journal, paper, or letters (if desired)

## Do Not Bring

- Personal sports equipment
- Food, gum, candy
- Cameras, phones, or electronics
- Valuables
- Weapons, knives, or guns
- Cigarettes, chewing tobacco, drugs
- Pets



## Wranglers Special Items

- Riding boots (the ranch supplies these but if you have your own you can bring them)
- Extra pants (one per day)
- Plenty of sunscreen

## Backwoods Special Items

- Sleeping pad
- Warmer sleeping bag or extra blankets
- Slippers for in the teepees
- Optional: fishing rod with tackle and barbless hooks
- Plenty of insect repellent!

## Electronics

Camp is a place for face-to-face communication! Please leave all phones, ipads, tablets, cameras, game players, etc. at home. Any electronic devices accidentally brought to camp will be sent home with the parent or stored in the office.

PHOTOS: We will be taking lots of camp photos during each summer camp so that your camper has plenty of memories to relive throughout the year.

## Tips for a Successful Week

Camp can be a wonderful experience for campers, and many return year after year and think of Lazy F as a second home. In order to provide the best experience for your camper that we can, there are a few things that you, as parents, can help us with.

1. Please encourage your campers to set realistic expectations for the week – making new friends, trying new activities, and learning new things are all part of camp and we hope that campers come ready and open to new experiences.
2. Please let your camper(s) know that we expect everyone (campers, staff, and volunteers) to respect others, themselves, and the environment while at camp. We do not tolerate bullying and intentional endangerment. Both are grounds for dismissal. Parents will be notified if any unacceptable behaviors occur at camp.
3. Please inform our office of any out-of-the-ordinary behaviors we might see from your camper and share any tips or strategies that you've noticed work well. We recognize that you know your camper better than anyone and we'd love to use strategies at camp that help your camper be as successful at home as they can be at camp!

# COMMUNICATION

## Communicating with your Camper

Letters! While sending and receiving letters is a dying art form; this isn't true at camp! Parents can send letters throughout the week or bring letters for their camper at check-in. If you bring or send letters, please include the following in the address:

1. Camper Name and Camp Session Name
2. Order in which you'd like them given out written on the envelope

You can also send e-mails to your camper at [campers@lazyfcamp.org](mailto:campers@lazyfcamp.org). Please include your camper's name and camp session name in the subject line. We only print emails once per day.

If you'd like your camper to write letters home, please send them with pre-addressed, pre-stamped envelopes and paper, to increase your chances of them writing you!

PHONE CALLS: You are welcome to call to check-in on your child – we will check in with their counselor and get back to you, but campers are not allowed to call home. Why? Every summer camp director everywhere knows that if you take a perfectly happy summer camper and let them call home, they will instantly miss you and home. We, of course, make exceptions in emergency situations.

## Communicating with Camp

Please call our office with any questions, concerns, or information before, during, or after your camper's week of summer camp. We try to return messages as soon as possible. Please understand that during the summer, answering messages might take us a little longer. We thank you in advance for your patience.

For further information about our camp's accommodations, meals, or programs, please visit us online at [www.lazyfcamp.org](http://www.lazyfcamp.org).

# DIRECTIONS

## From Seattle (about 2 hrs)



I-90 east to Thorp Exit #101  
Turn right (or south) at the top of off-ramp  
Go 1.9 miles; turn right at Cove Rd.  
Go 4.3 miles; turn right at Manastash Rd. (second stop sign)  
Go 6.2 miles up the canyon to camp

## From Wenatchee (about 1.5 hrs)



Hwy 97 South to Perkins Restaurant in Ellensburg  
Turn right  
Go 0.4 miles; turn left at KOA onto Thorp Hwy  
Go 0.3 miles; turn left at Hanson Rd.  
Go 2.8 miles; turn left at Cove Rd.  
Go 1 mile; turn right at Manastash Rd.  
Go 6.2 miles up the canyon

## From Spokane (about 3 hrs)



I-90 West  
Exit #109 (Canyon Rd.) – turn right  
Turn left at Umptanum Rd. (first light, at Subway)  
Go 1.6 mile; turn right at Manastash Rd.  
(Daman school will be on your right)  
Go 10 miles to camp

## From Yakima (about 1 Hr)



I-82 North to I-90 West  
Exit #109 (Canyon Rd.) – turn right  
Turn left at Umptanum Rd. (first light, at Subway)  
Go 1.6 mile; turn right at Manastash Rd.  
(Daman school will be on your right)  
Go 10 miles to camp