

*Overnight
Parent Pack 2023*

Dear Camper and Family,

Welcome to Lazy F for Summer 2023! 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 invite all to transform the world through creation, community, and Christ.

This year we are so excited to bring back our overnight camps in full swing with multiple options for each age group to come to camp, as well as some unique and exciting experiences for new and old campers alike.

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!

Mo "Magpie" Hampton
Program Director
Lazy F Camp and Retreat Center

16170 Manastash Rd
Ellensburg, WA 98926
509-962-2780
Program@lazyfcamp.org

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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 the pick up person.
- Taking care of any remaining balances.
- Confirming store balance
- 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 at 10 AM for overnight camps. We will have a closing ceremony at 9:30am in the chapel that families are welcome to attend. 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 have filled out all the necessary forms to register your camper for their week of camp. You can double check that all your information is correct at <https://pnwcamps.campbrainregistration.com/>

Store

The Camp Store will be open for campers throughout the week and includes the following items: snacks and drinks (\$1.50 each), apparel (shirts, hats, sweatshirts ranging \$12 – \$35), water bottles, stuffed animals, etc. You can set up a store account online while registering your camper (card only) or create a store account at check in once you get to camp (cash only). This allows the money to stay out of the cabins, where it can get misplaced.

Medical Information

Emergencies and Illnesses at Camp

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.

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.

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 the 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!

COVID-19

The COVID-19 pandemic is a moving target. We are unable to provide specifics about what our plan will be. You can view the most up-to-date information on the "COVID-19 Operations" tab of our website including a link to current CDC guidance for summer camps.

Camp Life

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 safe in the office.

PHOTOS: We have a dedicated media manager this summer who will be taking pictures of camp activities, these will be sent out with a link after camp is over.

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.

Packing List

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

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

Things to leave at home

- 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, long pants (one per day)
- Plenty of sunscreen

Outdoor adventure 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!

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 Name
2. Order in which you'd like them given out written on the envelope.

Please note: Be sure to send letters with ample time of them getting to your camper. Mail takes anywhere from 3-5 days to get from camp, even if you are in the Ellensburg area.

You can also send emails to your camper at lazyfcampers@gmail.com. Please include your Camper, Camp Name, and Group in the subject line (Ex. John Smith, Challenge 1, Green group). We print emails around 4:30pm to give out at dinner

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 to you!

Please **do not** send candy, food, gum, etc. through the mail. If snacks are received they will be stored in a safe place away from where pests can get them and returned at the end of the week.

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.

Media

We will have a dedicated media manager on site to take pictures of your camper's experience and activities. Some of these photos will be shared on our social media pages if you give permission during the registration process. The rest will be shared with you via a link that will be given at the beginning of the week and updated daily throughout.

*If you would like to be included in a daily email updating you about your camper activities during the day we send out a link 3-5 days before camp starts that you can use to sign up and receive those emails.

Directions

You can find us by typing Lazy F Camp & Retreat Center into Google Maps or Apple Maps on your smartphone.

Or, if you want more traditional instructions here is how to find us from Western Washington:

1. Head east on Interstate 90 following signs for Ellensburg.
2. Take exit 101 for Thorp Hwy toward Thorp.
3. Turn right onto Thorp Hwy S and continue for 2.0 miles.
4. Turn right onto Cove Rd and continue for 4.2 miles.
5. Turn right onto Manastash Rd and continue for 6.5 miles.
6. Lazy F will be to your left. If the road becomes gravel, you've gone about a mile too far.
7. Pull in and say hello! We like it when people say hello.

If you are coming from Eastern Washington:

1. Head west on Interstate 90 following signs for Ellensburg.
2. Take exit 109 for Canyon Rd.
3. Turn right onto Canyon Rd and continue for 0.5 miles (until the next traffic light).
4. Turn left onto Umptanum Rd and continue for 1.7 miles.
5. Turn right onto Manastash Rd and continue for 10.0 miles.
6. Lazy F will be to your left. If the road becomes gravel, you've gone about a mile too far.
7. Pull in and say hello! We like it when people say hello.