



PARENT INFORMATION PACKET - 2016

On behalf of the board of directors, we would like to thank you for becoming part of the Merry Heart Children's Camp family. We look forward to having your camper(s) with us for lots of great summer fun! We have several activities planned to make this a summer to remember for everyone.

REGISTRATION

Camp participants will NOT be allowed into camp unless the following items are completed and submitted prior to camp:

- Complete camp registration including the required camper application, consent and release forms, pediatric cardiology form, immunization record validation, and medical insurance coverage information. The camper application is due May 31, 2016 and we will let you know if you have been accepted to camp by June 16, 2016.
- Comprehensive information on all prescription and over-the-counter medications to be dispensed to your camper(s) while attending camp by our camp medical personnel.
- Full registration payment received at Merry Heart Children's Camp. All final payments are due 60 days prior to arrival at camp.

ARRIVAL & DEPARTURE TIMES

Please have your camper at Camp Howard by 1:00 PM on Sunday (August 21, 2016). Parents should anticipate approximately one hour to check-in with the camp staff and camp nurses. Volunteer staff will be assisting in unloading and moving the campers to their respective cabins.

Campers will need to be picked up at 9:30 AM on Thursday (August 25, 2016). Campers will have their stuff ready at the drop-off area where the camper arrived. If you need to pick up your camper prior to this time, please contact us.

WHAT YOUR CAMPER WILL NEED TO BRING

This is a list of items that we suggest your child bring to camp. Remember to label all items with your camper's first and last name. Each camper is allowed **one** bag, a sleeping bag, and a pillow. Keep in mind that your child will be responsible for carrying these bags to their assigned cabin within the unit on arrival so be mindful of the weight and volume of luggage you send to camp.

<p>Clothing T-Shirts Tank Tops Sweaters/Sweatshirts Warm Coat Rain Coat Sun Hat Underwear Long Pants Shorts Sturdy, Closed-toed Shoes Shower Shoes (worn in shower house only) Socks Swimsuits (no bikinis, tankinis or speedos) Pajamas / Sleep Wear</p>	<p>Toiletries Sun block (sun protection factor (SPF) at least 30) Deodorant Insect Repellant Towels (1 shower / 1 pool) Toothbrush Toothpaste Shampoo Soap Hairbrush</p> <p>Sleeping Gear Sleeping Bag Pillow (If placing sleeping gear in a garbage bag, please label it with camper's first and last name.)</p>
<p>Other Flashlight Water Bottle (Hydration is critical at camp) Digital camera, but NO cellphone cameras. Water Bottle Small backpack Letter Writing Material Medication(s), including Epi pens, and nebulizers.</p>	<p>What NOT to Bring to Camp Merry Heart Children's Cam will not be responsible for these items, should they be broken, stolen or lost.</p> <p>The following items should be left a home: Cellphones Food Computer Games iPods / Radios /CD Players Bikinis / Tankinis / Speedos short-Shorts Half Skirts / Crop Tops / Make-up Hairdryers / Curling Irons</p> <p>Anything with slogans or symbols of sexuality, drugs, alcohol, violence or any other inappropriate graphics or verbiage.</p>

SAFETY AT CAMP



The safety and well being of all our campers is our first priority. We have a Camp Nurse & Physician on-site at all times and all our summer camp counselors are CPR trained. For non-cardiac urgent care, campers will be taken to Sandy, OR Urgent Care Clinic. If a cardiac problem occurs, campers will be transported to Doernbecher or Randall Children's Hospitals. All campers are under the supervision of trained camp staff 24-hours a day. Parents will not be notified if basic first-aid is needed. Basic first-aid includes, but is not limited to, bug bites, scratches, slivers, stomachaches, bee stings, headaches, cramps, etc. Parents will be notified if more than basic first-aid is needed. This would include, but is not limited to, severe cuts, broken bones, ticks, high fever, sore throat, sprains, etc. If a camper requires medical attention beyond what the camp health service can provide on-site, the Camp Physician will make every possible effort to notify the parents or guardians to make arrangements for you to pick up the camper to pursue further medical attention at your discretion. In the event you can not be reached in advance to advise you of a priority medical need for your camper, our Camp Administrative Staff will transport the camper to the nearest appropriate medical facility for any required emergency care until you can be reached.

IMPORTANT MEDICATION INFORMATION

All prescription medications sent to camp with your camper(s) must be in the original containers, properly labeled by a pharmacy, including it's valid and current physician's prescription and detailed dosage information. All over-the-counter medications sent for your camper(s) must also be in their original containers.

IT IS NOT LEGAL FOR OUR CAMP NURSES TO DISPENSE MEDICATIONS WITHOUT DOCTOR'S ORDERS PRESENT AND PRESCRIPTION MEDICATIONS NOT PACKAGED CORRECTLY WILL **NOT** BE DISPENSED TO YOUR CAMPER.

You are responsible for bringing the required prescriptive documentation to camp. Please place all medications in **one gallon Ziploc bag with your child's full name written on the bag**. Also include any specific additional written instructions you may have about the medication you are sending to camp with your child. All medications are kept locked in the Health Center and are dispensed per doctor's orders with your child's cooperation by our Camp Nurse. Please note that our Health Center is fully stocked with common over-the-counter medications, so you don't need to send an assortment of these medications to camp. **For any camper who is on Coumadin, we will need a printed accurate weekly dosing form FROM the blood clinic. You will need to send the Coumadin dosing form along with the Medication Form and send both of them to us by August 1, 2016.**

Please bring epi pens and nebulizer equipment for breathing treatments if your camper needs these items.

PARENT NOTIFICATION PARAMETERS

Parents are **not typically notified** if basic first-aid is needed. Basic first-aid includes, but is not limited to bug bites, scratches, slivers, stomachaches, bee stings, headaches, cramps, etc.

Parents **will be notified** if more than basic first-aid is needed. This would include, but is not limited to, severe cuts, broken bones, ticks, high fever, sore throat, sprains, etc.

If a camper **requires medical attention** beyond what the camp health service can provide on-site, the Camp Nurse will make all possible effort to notify the parents or guardians to make arrangements for you to pick up the camper at camp to pursue further medical attention at your discretion. In the event you cannot be reached in advance to advise you of a priority medical need for your camper our Camp Administrative Staff will transport the camper to the nearest appropriate medical facility for any required emergency care until you can be reached.

If the camper requires **immediate emergency medical attention** our Camp Administrative Staff will transport, or arrange for transport of, the camper to the nearest appropriate medical facility for any required emergency care until you can be reached.

EMERGENCY INFORMATION

In the event of an emergency, if you need to notify the camp and/or your child, please call the 971-228-9074 (8am – 5pm / Monday – Friday) and you will be helped with your situation. After business hours you may communicate emergency messages to our Camp Director, Rob McDonald, via email to director@merryheartchildrenscamp.org.

If for any reason the camp needs to be evacuated, your camper will be placed in volunteer staff cars and moved to TA Truck stop on I-84, exit 17. Address is 790 NW Frontage Rd, Troutdale, OR 97060. All families will be contacted to pick up their campers prior to departure from camp.

HOMESICKNESS

If your child has never been to camp before, you can help make their experience a successful and enjoyable one, by talking before they leave for camp about all the fun activities they are going to do. Tell them it is okay to miss you as long as it doesn't ruin their fun. Our staff is well trained in how to handle homesickness and we will make it our priority to ensure your camper has a successful and fun week.

DIRECTIONS TO CAMP HOWARD

Camp Howard address: 11010 SE Camp Howard Rd, Corbett, OR 97019



1. Head East on I-84
2. Take exit 18 (Lewis and Clark State Park) and head south (left).
3. Turn left onto the Old Columbia Hwy, heading towards Springdale and Corbett.
4. At Springdale stay to the right on Hurlburt Rd, and continue on Hurlburt Rd. until you reach the flashing red light.
5. Turn right on Gordon Creek Rd. When you see the sign (on your left), for Trout Creek Bible Camp, you will be 5 miles from Warriner Rd.
6. Turn left on Warriner Rd. (this is when Gordon Creek Rd. takes a sharp right).
7. Turn right at the big "Camp Howard" sign and go 0.2 miles down the gravel road. The camp entrance is on the left.



1. Head East on Hwy 26
2. Turn from Hwy 26 onto Ten Eyck Rd. proceed north and go 3.6 miles
3. Take a right onto Bull Run Rd. just past the Roslyn Lake inlet, and continue north on Bull Run Rd. for 2.3 miles.
4. Go straight ahead onto Warriner Rd. for 1.2 miles (when Bull Run Rd. turns left sharply and becomes Gordon Creek Rd).
5. Turn right at the big "Camp Howard" sign and go 0.2 miles down the gravel road. The camp entrance is on the left.

CELL PHONES

At Merry Heart Children's Camp campers are NOT allowed to bring their cell phones. We encourage parents to talk to their campers about camp. If the camper needs to call home, access will be available on a case-by-case base. ***Please consider that excessive use of cell phones to call home can exasperate feelings of "Home Sickness" for many campers.*** The AT&T and Verizon networks seem to work best at Camp Howard, but coverage is spotty at best at our camp property.

CABIN/UNIT ASSIGNMENTS

This summer, in order to greatly improve the efficiency of the camp check-in process during our arrival on Sunday afternoon, we will be assigning all campers to cabins and units prior to camp arrival based on their age and gender.

BEHAVIOR EXPECTATIONS

Merry Heart Children's Camp strives to provide a safe community for all campers. Campers that are unwilling to follow the basic Merry Heart Children's Camp rules make it difficult for our staff to provide this environment for all campers. It is unacceptable for one camper to ruin the experience of other campers. Campers are expected to follow all the rules of Merry Heart Children's Camp or they will be sent home. We will make every effort to work with your camper and "redirect" inappropriate behavior as necessary, but if other campers are being negatively affected by their behavior, or if their behavior is putting themselves or others at risk, you will be contacted to come to camp immediately to take your camper home. Campers sent home receive no refund for unused services. Below is the minimum accepted Code of Conduct for Merry Heart Children's Camp:

- Respect yourself.
- Respect others.
- Respect the environment including all wildlife.
- Respect the buildings and property of Camp Howard.
- Respectfully follow directions from all camp staff.
- Use proper language at all times. Profanity of any kind is unacceptable.
- Discrimination, bullying and other forms of intimidation or malicious teasing of another person is unacceptable and will not be tolerated.
- There is a absolute **"Zero Tolerance"** policy at Merry Heart Children's Camp regarding the use of alcohol, drugs of any type, fireworks, firearms, knives or other weapons that are brought into camp.
- Any type of sexual or interpersonal relationship based activity, which includes open displays of affection between campers such as holding hands and kissing, is inappropriate Merry Heart Children's Camp behavior and is not tolerated.
- Any violation of this policy will result in the camper being sent home with their parents/guardians immediately and without a refund.

THANK YOU PARENTS AND CAMPERS!

We would like to thank you for your business and support of our organization. Your thoughts mean a lot to us, so if you have any questions or concerns, make sure you call us or email Rob McDonald at director@merryheartchildrenscamp.org. We hope you have fun and we look forward to seeing you this summer!

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971-228-9074

For more information visit our website:
www.merryheartchildrenscamp.org