

East Camp (Ages 13-16)

DEAR PARENTS:

Thank you for selecting our East Camp program! East Camp is a one-week or two-week camp for campers ages 13 - 16. East Camp is an exciting program offered to our teenage campers. Involvement in this program will provide a challenging experience that will last a lifetime.

It is our wish that after one or two summers of enrollment in East Camp, they will further their development by attending our Leadership Development Program and our Counselor In Training Program. East Camp is set in a community type atmosphere fostering healthy community relationships. East Camp is more rustic, like the majority of the camps in the nation.

PROGRAM ACTIVITIES

East Campers will be involved in a wide range of program activities, many of which are not offered to our younger campers. The character traits and qualities your camper will learn here at Camp Lakewood will improve their communication within their peer group, help with conflict resolution, and develop strong, positive individuality.

Special note for clothing list

Horseback riding programs are available to East Camp campers at an additional fee. (Horsemanship Clinic and Equestrian for ages 10-16). Clothing for these programs needs to be long pants and hard-soled shoes, preferably with a heel. Please see the Brochure for more information about these programs.

Please make sure that your child's clothing is appropriate for camp. That means that shorts should come to the middle of the thigh and not allow the camper's bottom to be visible. Shirts should not be mid riff or have alcohol, drug or profane messages on them. Campers should have at least one pair of sneaker type shoes or sport sandals and not just shower shoes or flip-flops.

WHAT GOES ON IN A DAY AT CAMP

Your camper's day is filled with a wide variety of fun activities. The daily activities are subject to change, however, here is what your camper can look forward to:

- * Three square meals
- * Shared Responsibilities
 - * Four clinics daily
 - * Daily Devotions
 - * Cabin Activities
 - * Unit Activities
 - * Trading Post
- * Evening activities
 - * Flag assembly
 - * General Swim
 - * Smorgasbord
 - * Siesta
- * All-Camp games

PARENT PACKET

The Parent Packet is provided on our website. Please read all the information carefully. Please make sure all forms are returned at least three weeks before the camper arrives at camp. If you have any questions, please contact our office. We will be happy to assist you.

Clothing List for East Camp

Please send appropriate clothing with your camper, taking into consideration the weather and camp activities. We encourage you to send old clothing, as your camper will be camping out, sleeping on the ground, doing rugged sports, climbing, and hiking through the woods.

We have provided an online link to order forms for laundry labels and encourage their use. Please mark all items with a laundry label or permanent marker.

Luggage should be compact and easy to carry. Swimwear and towel should be packed at the top of the camper's suitcase. **DO NOT PACK MEDICATIONS.** All medications (prescription and over the counter) will be given to the nurse upon arrival.

One set of clothes (sneakers, long pants, t-shirt) should be included for caving. Clothes worn in cave will not come clean!

Camp is an opportunity for children to develop their sense of self-care and personal responsibility. Please review the list of things you are sending with your camper so they know what clothing and personal items should return home. Remember that your camper's belongings can get lost or misplaced; therefore refrain from sending anything of significant value or considerable sentimental worth.

1 Week	2 Weeks	#Sent	CLOTHING LIST	#Returned
7	14	_____	T-shirts and Shirts	_____
6	9	_____	Shorts	_____
1	2	_____	Long pants (<i>required for horseback riding</i>)	_____
7	14	_____	Underclothes	_____
7	14	_____	Pairs of Socks	_____
1	1	_____	Closed toe Shoes (<i>for horsemanship clinic</i>)	_____
1	1	_____	Sandals or water shoes	_____
1	1	_____	Sneakers	_____
1	1	_____	Old Sneakers (<i>caving and creek study</i>)	_____
1	1	_____	Sweatshirt/Light Jacket	_____
2	2	_____	Swimsuits	_____
3	4	_____	Bath Towel & Wash Cloth	_____
1	2	_____	Night Clothes	_____
1	1	_____	Poncho/Raincoat - <i>Required</i>	_____
1	1	_____	Hat - <i>Protection from sun/rain</i>	_____

<p>Optional Sunglasses Camera/Film Bandana Books</p>

1 Week	2 Weeks	# Sent	BEDDING	# Returned
1	2	_____	Sheets (twin) - <i>extra for bedwetters</i>	_____
1	1	_____	Plastic Sheet - <i>for bedwetter</i>	_____
1	1	_____	Sleeping bag - for overnights	_____
1	1	_____	Pillow/Pillow Case	_____

1 Week	2 Weeks	# Sent	OTHER ITEMS	# Returned
1	1	_____	Toiletries/Shower Bag/Shampoo	_____
1	1	_____	Soap & Soap Dish	_____
1	1	_____	Toothbrush & Toothpaste	_____
1	1	_____	Comb/Brush	_____
1	1	_____	Waterbottle (available at Trading Post)	_____
1	1	_____	Laundry Bag - required	_____
1	1	_____	Flashlight/Batteries	_____
1	1	_____	Bug Repellent with Low Deet	_____
1	1	_____	Suntan Lotion/Sun Block	_____
			Tampons/Kotex	
			Writing Materials and Stamps	
1	1	_____	Small Back Pack (required)	_____

<p>Don't Bring Cell Phones Aerosol Cans Fireworks Guns or Knives Radios/Walkman Video Games Candy or Gum Tobacco Products Lighters/Matches Jewelry Skateboards Rollerblades Illegal drugs Money Gang Apparel Bad Attitude Mirrors/Glass Curling Irons</p>
--