

CAMP WESLEY WOODS

2016 GUIDE FOR OVERNIGHT CAMPERS

Thank you for registering for summer camp. We are excited that your child will be joining us this summer!

Please make sure your Registration Confirmation receipt is correct. If you find an error or have any questions about your registration, please call the registrar's office at (423) 929-9037.

Your HEALTH FORM is part of this attachment. Please complete it in full as instructed and send it to camp at least one month prior to your camp session.

SESSIONS BEGIN AND END

All full-week overnight sessions at Camp Wesley Woods begin **Sunday** afternoon. Because of the limited parking space and the volume of campers, check-in times are assigned alphabetically according to last name:

- A – F 2:00 to 2:30 pm
- G – L 2:30 to 3:00 pm
- M – S 3:00 to 3:30 pm
- T – Z 3:30 to 4:00 pm

Thank you for honoring these times. If you have to arrive after 4:00 pm, please inform the Camp Wesley Woods office at (865) 448-2246.

Camp sessions end with a Closing Celebration at the Pavilion at **2:00 pm on Friday**. Campers will be checked out at the end of the Celebration. Parking gates open at 1:00 pm.

Please notify the camp office (865) 448-2246 in advance should it become necessary to retrieve your child from camp other than at the stated time.

WHAT TO BRING

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

- | | | |
|---|---|--|
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Swimsuit (one piece or tankini for girls) | <input type="checkbox"/> Wash Cloth |
| <input type="checkbox"/> T-Shirts | <input type="checkbox"/> Towels (at least 2) | <input type="checkbox"/> Soap and Shampoo |
| <input type="checkbox"/> Long Pants (at least one pair) | <input type="checkbox"/> Sturdy closed-toed Shoes (Athletic) | <input type="checkbox"/> Toothbrush/Paste |
| <input type="checkbox"/> Underwear | <input type="checkbox"/> Water Shoes for river or creek (not Crocs or flip-flops) | <input type="checkbox"/> Other Toiletries |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Extra pair of Shoes | <input type="checkbox"/> Bag for dirty clothes |
| <input type="checkbox"/> Sleep Wear (PJ's) | <input type="checkbox"/> Day Pack/Book Bag | <input type="checkbox"/> Bible |
| <input type="checkbox"/> Sweatshirt/Fleece (or Jacket) | <input type="checkbox"/> Sleeping Bag/Pillow | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Rain Jacket (Poncho) | | <input type="checkbox"/> Insect Repellent |
| <input type="checkbox"/> Hat for sun | | <input type="checkbox"/> Flashlight |
| | | <input type="checkbox"/> Water Bottle |
| | | <input type="checkbox"/> Post Cards/Stamps |

Outpost I and II Campers who go Canoeing or Paddling need: Polyester fleece shirt, Extra Swimsuit

Outpost II Campers who go Caving need: Long pants, Sweatshirt, and Closed-toed shoes (very muddy)

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.

- Money
- Cell phones
- Radios or other music players
- Electronic games
- Pets
- Food

Items of significant value should stay at home. Camp provides great entertainment, meals and snacks. Campers will receive a picture and a t-shirt.

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

*Please note: Personal sporting gear brought to camp for specialized camping activities must be inspected by camp recreational personnel prior to use, must be clearly labeled, and is the camper's responsibility.

Camp has a modest approach to our expectation of camp attire. We ask campers not to wear this type of clothing:

- With alcohol, drug, tobacco, or sexually suggestive slogans or logos
- White shirts
- Halter tops
- Tube tops
- Backless shirts
- Sheer clothing
- Mini-shorts or skirts
- Exposed midriiffs
- Exposed underwear

HEALTHCARE AND YOUR CAMPER

Please complete the Camper Health Form in its entirety. We want to receive it at camp at least **one month** prior to the camp session. This helps a great deal as we prepare to care for your child while they are at camp.

You may scan it and email it to camp@campwesleywoods.com, FAX it to (865) 448-3904, or mail it to: Camp Wesley Woods, 329 Wesley Woods Road, Townsend, TN 37882.

Please keep and bring a copy with you to check in.

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. If your child's health keeps them from attending their session, every attempt will be made to reschedule them into another session once their health returns.

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 or condition – such as strep or lice – follow your healthcare provider's recommendation.

Should any such health concerns arise prior to camp, call the Camp Wesley Woods office (865) 448-2246 to discuss program participation options.

MEDICATIONS

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 health status, 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.

A trained health care provider is onsite daily. 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 (Blount Memorial Hospital, Maryville, TN).

THE CAMP EXPERIENCE

Camp is designed to be an exciting and meaningful experience for our campers. Worship, singing, and Bible study are combined with outdoor activities designed to be grade level appropriate making camp an unparalleled opportunity for personal growth and reward.

Basecamp, Outpost and CIT are the camping activity tracks for our overnight campers. Basecamp campers stay in our traditional camp cabins and experience traditional camp activities. Outpost campers stay in outpost shelters and participate in selected grade appropriate adventure activities both on and offsite. CIT campers stay in various locations onsite and have activities on and offsite.

CAMP ACTIVITIES

The following activity list is itemized by activity tracks. Please note that there are more activities than can possibly be completed in a session of camp. Campers will have the opportunity to choose many of the activities in which they participate. Time, availability, and weather are all factors affecting the actual camp activity experience (activities listed in **Bold** are high adventure activities).

Basecamp Activities

Grades 4-11

Crafts	Archery	4-Square
Swimming Pool	Tubing	GaGa Ball
Creek Walk	River Swimming	9-Square
Hiking	Sports	Pool Games
Small Group Games	Drama	Fishing
Campfire	Storytelling	Nature Studies
Skits	Dancing	Hammocks
Canoeing (Lagoon)	Gardening	Field Games
Cookout	Rock Throwing	Climbing Wall
Cooking	Sling Shot	Camping Out (onsite)

Outpost Activities

Outpost I: Grades 6-7

Ropes Course	Camping Out (onsite)
Challenge Course	Cookout
Rock Climbing	Great Smoky Mtns Nat'l Park Trip (offsite)
Outdoor Living Skills	Hiking (on and offsite)
Giant's Ladder	Swimming Pool
Climbing Tower	Campfire
River Canoeing (offsite)	Field Games

Outpost II: Grades 8-11:

Any Outpost I Activity	Waterfall Rappel
Paddling Hiwassee River (offsite)	Hiking at Gee Creek(offsite)
Rock Climbing at Starr Mountain (offsite)	Camping Out at Gee Creek Campground (offsite)
Caving (offsite)	

*CITs may participate in any camp activity in addition to their leadership development program.

Additional descriptive information is available in the summer camp brochure and on the website www.campwesleywoods.com.

WHILE YOUR CAMPER IS AT CAMP

While camp is an uplifting experience in many ways, it can also be a difficult time for campers and parents, particularly in a first time camp experience. The following points can help both camper and parent.

- In your conversations with your child prior to camp, be positive, displaying confidence and enthusiasm about the trip to camp.
- Please help your child know that camp is not a phone friendly world and that calls are generally made only when there are problems and made by the camp staff.
- Please be in prayer every day for your camper and the camp staff during the camp session.
- It is quite normal to miss your child.
- The camp activities are FUN and active. Your camper's day is filled with activity.
- You will be called if there is a problem at camp.

- Camp staff takes homesickness very seriously and are experienced in helping children deal with their uneasy feelings. Calls from home are often counterproductive, but staff will have conversation with parents if these feelings persist.

Living in close community with each other all campers are expected to be kind and caring towards each other. Language and actions which are abusive towards others will not be tolerated. Parents, please prepare your child for these expectations. Parents will be notified if there are persistent behavioral concerns and campers may be sent home.

MAIL AND EMAIL

Receiving mail from home can be a real joy for your camper. Remember to send mail early; mail can take up to 5 days to arrive. Mail can be sent to:

Camper's Name
Camp Wesley Woods
329 Wesley Woods Road
Townsend, TN 37882
Week of: _____

*Tony's Tip: Prepare mail in advance to give to your child's counselor at check-in to hand out each day.

Prepare some self-addressed, stamped post cards for your camper to send home. Writing home can be fun and help campers stay connected with home while at camp.

Mail that arrives after camper departure will be returned to sender using the return address.

Email to campers is managed by Bunk1.com for a small fee. Parents will receive information on this service at Check-in. Campers will not have the opportunity to send reply emails. Camper Photos are also managed by Bunk1.com and are viewed and purchased online.

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 (865) 448-2246. Please save this guide for your reference. Written directions are provided. GPS services are accurate in helping folks navigate to camp.

DIRECTIONS TO CAMP WESLEY WOODS

(If you have any problems finding us, please call (865) 448-2246.)

From Knoxville:

- Interstate 40 to U.S. 129 (Alcoa/Airport exit)
- At Townsend/Maryville split keep left towards Townsend and the Smoky Mountains
- Continue through Alcoa and Maryville for approximately 12 miles
- At Walland (BP Gas Station) turn left on East Millers Cove Road
- Go across bridge and stay right

- Wesley Woods is approximately 4.5 miles on the left

From West Knoxville:

- Interstate 40 to Interstate 140 South, Pellissippi Parkway (Exit 376)
- Interstate 140 South to U.S. 129 (Exit 11)
- At Townsend/Maryville split keep left towards Townsend and the Smoky Mountains
- Continue through Alcoa and Maryville for approximately 12 miles
- At Walland (BP Gas Station) turn left on East Millers Cove Road
- Go across bridge and stay right
- Wesley Woods is approximately 4.5 miles on the left

From Johnson City, Greenville & Morristown:

- Interstate 40 to U.S. 66 (Exit 407)
- U.S. 66 to Boyd's Creek Road
- Right on Boyd's Creek Road
- Stay on Boyd's Creek Road, which turns into U.S. 411, to Maryville
- Left onto S. Washington Street staying to the left to become U.S. 321
- Stay on U.S. 321 through Maryville toward Townsend (The Smokies)
- At Walland (BP Gas Station) turn left on East Millers Cove Road
- Go across bridge and stay right
- Wesley Woods is approximately 4.5 miles on the left

From Chattanooga:

- Interstate 75 to U.S. 321 (Exit 81)
- Stay on U. S. 321 through Maryville toward Townsend (The Smokies)
- At Walland (BP Gas Station) turn left on East Millers Cove Road
- Go across bridge and stay right
- Wesley Woods is approximately 4.5 miles on the left

