



# MOOSE RIVER OUTPOST

# Wilderness Intensive Leadership Development



## 2022 Program Handbook

Christian Camps and Conferences, Inc.

34 Camp Brookwoods Road

Alton, New Hampshire 03809

Telephone: 603.875.3600 Fax: 603.875.4606

[www.christiancamps.net](http://www.christiancamps.net)

## A Message From the Leadership Staff at Moose River Outpost...



Dear Parents:

We would like to take this chance to thank you for the opportunity you have given the staff at Moose River Outpost to care for your son or daughter. We recognize the remarkable trust that this represents, and we eagerly anticipate the opportunities that we will have to serve them. It is our sincere desire that your camper will leave MRO with lifelong memories of good times, beautiful landscapes, and warm friendships. By choosing to send your son or daughter to Moose River Outpost, you have made a very important investment in their lives. While on property, our campers learn outdoor skills and experience adventures, but they also learn life skills that build character.

**Before you place this handbook aside, please review the checklist on page three.** It will let you know what has to be done before camp starts. Traditionally one of the more frustrating things for parents is to arrange a physical exam. Please allow us to suggest that you immediately call up and complete those arrangements!

As we put this Handbook together in late January, we are still experiencing uncertain impact from COVID-19. We might have to adjust certain program elements based on health and safety guidelines, so please remain flexible as we will communicate any significant adjustments as they are discovered.

We are here to help. Many of our staff are parents too...with similar hopes and dreams for our children, just like you; so please give us a call at 603-875-3600 if you have any questions about the summer camp experience of your child. After May 17, 2022, call Seth at MRO, 207-668-4877.

Cordially yours,

Seth Coates,  
Director of Moose River Outpost  
Christian Camps and Conferences, Inc.

Bob Strodel  
Executive Director  
Christian Camps and Conferences, Inc.

# Checklist - Get Ready for Camp\*

Forms Due by May 15th

**Health Examination - Health Examination.** Maine requires that every camper be examined within the past year, by a physician prior to arrival at camp. The Medical Form has two parts. The first part is to be filled out by the parents. The second portion by your child's physician. Some physicians have a "standard form" for regular school and activity purposes, and that would suffice for camp as well. BOTH portions of the form are required before camp attendance. We are unable to accept campers without the signed Medical Form. Medical forms are due by May 1st. You can also print out a copy from the camp website under "Resource Center". The parent portion of the Medical Form can also be filled out and submitted on-line from a link on the "Resource Center". Due to the remote travel associated with our Leadership Programs we do require a tetanus booster within 5 years from the start of the program.

**Tuition** - Tuition payments for all campers are to be **paid in full on or before May 15th** (unless other arrangements have been made with the Finance Office). This process can be completed on-line, or through the mail. Please make checks payable to: *Christian Camps & Conferences, Inc.*

**Transportation Form** - This form is required for all MRO campers arriving by plane. It is located in the back of this Camper Handbook as well as on-line. Please submit it **at least two weeks prior** to your child's arrival to Camp, along with an airline itinerary. We cannot guarantee availability for last minute arrangements and reserve the option of an additional fee for late notification.

**Personal Money** - Those in the WILD Program have a laundry night in town and have the opportunity to purchase souvenirs or a treat if they want. \$40 should cover all personal needs over the course of the summer.

**Guidelines and Expectations** form (to be completed by the program participant).

**COVID.** Check for COVID information on our website for latest up-to-date information on what will be required this summer. We believe this information will change between the publishing of this Handbook and the start of Camp, and we will update the website as things develop.

All forms should be returned to:

Christian Camps and Conferences, Inc.  
34 Camp Brookwoods Road  
Alton, NH 03809

Forms can also be e-mailed to [corey@christiancamps.net](mailto:corey@christiancamps.net)  
Fax: 603-875-4606

**\*\* If you don't read anything else in this book...please at least look over this list so you know what forms to fill out prior to camp!**

## Program Overview

The WILD program at Moose River Outpost is an 8 week experience spread over two summers, designed to foster spiritual growth in a community setting. Participants live simply, leaving behind the comfort of home in order to meet challenges both individually and as a group; along the way, they find space to re-evaluate their priorities, self-image, identity, and relationship with Christ.

The classroom for the WILD program is the wilderness of northern Maine. Moose River Outpost is a picturesque camp on 7000 acres, and the WILD Base Camp is a rustic campsite on the lakeshore. While in camp, participants live on tent platforms, and perform daily camp chores including cooking for the group.

Accommodations are rustic, but clean and safe, including Men's and Women's bathroom facilities with showers and hot water, and a "Common Tent" meeting space for use in inclement weather. Participants spend about half their time in base camp each summer.

The remaining half of the program takes place in the backcountry, on extended backpacking, canoeing and kayaking trips. Participants put to use the skills they have learned in base camp in order to assume an increasing leadership role over the course of the expeditions: by the end of the program they will have the skills and experience necessary to lead backcountry trips themselves, providing a safe and challenging environment for others.

Throughout the two summers of the WILD program, students are challenged and encouraged in their spiritual walks as well. Instructors begin by giving daily Bible studies, and as the 8 weeks progress, the students assume an increasing leadership role in this area as well. With input and guidance from instructors, students have the opportunity to grow comfortable sharing their spiritual insights, struggles, questions and joys with their peers.

## Program Outline

These activities are scheduled over a four week period during the two summers of the program.

### WILD 1

- Backcountry skills, such as firebuilding, navigation skills, "Leave No Trace" camping, etc.
- Rock Climbing
- 11-day canoeing and backpacking trip, including white water section, rafting, and 24 hour solo
- Service opportunities at camp.

### WILD 2

- Backpacking
- Wilderness First Aid Certification course
- Apprenticeship as camp counselor
- Service opportunities through a local church

In both summers, participants can expect to be engaged in extended Bible studies most days, both as a student and as a teacher for peers and younger campers.

# Medical Overview

Before coming to Camp, all campers must have a health examination (within the last year) and must return the Medical Form to the office prior to arrival. Health records are maintained by the resident Medical Staff. Following are answers to some commonly asked medical questions:

## **Can I use a doctor specific form?**

We do accept doctor specific forms, containing an immunization record, in addition to the first two pages of our form filled out by a parent.

## **What if my child becomes ill or injured?**

If your child is ill or injured, Camp will comply with the American Camping Association regulations:

- In the event of minor injury / illness such as headache, simple abrasion or earache, the Camp nurse will provide appropriate treatment. A phone call home is not required.
- In the event of major injury / illness such as broken bones, concussion, allergic reaction or any other event requiring a hospital visit, you will be contacted as soon as possible when we have all the details.

Please note that we will try to contact you in person and will not leave a detailed message on an answering machine.

- If a non-hospital incident happens at night, and is not serious, we will call you the next morning. Please be assured that we will act in the best interests of your child when determining medical care. When in doubt, we will always take your child for treatment.

## **What if my child needs to take medications at Camp?**

All medications, including vitamins—prescription or not—must be turned in to the Camp nurse upon arrival and noted on your child’s Medical Form. All prescription medications, including vitamins, must be submitted in their original marked container indicating the name of the drug and dosing information. Our nurses are not legally allowed to dispense any medications that are not in an original, marked container—there is no flexibility with this policy. The Camp pediatrician has provided written orders allowing us to dispense common, over-the-counter medications, as needed for a medical condition, such as Tylenol, Sudafed and Advil. You do not need to send these with your camper.

**Does your camper take regular script or OTC medications?** If so an MD/NP/PA must write an order on page 4 of the Health Form or provide other written authorization

**A special note about vitamins/herbal supplements:** The states of New Hampshire and Maine no longer permit Camp nurses to dispense vitamins/herbal supplements without a doctor’s signature. If your child needs to take vitamins/herbal supplements, please have your **doctor** indicate permission on the medical form or on the doctor’s letterhead. All vitamins must be in their original marked container.

## **To all parents of children with severe allergic reactions and/or asthma:**

The camp's health staff are trained in the use of inhalers and Epi-pens, are available 24 hours a day, and maintain a stocked emergency bag with Epi-pens and other emergency first aid supplies and equipment. In addition, all trips leaving camp include a first aid bag that includes an Epi-pen.

If you or your health care provider feel that your child’s allergic reaction is severe or potentially life-threatening, an Epi-pen should be carried on his/her person at all times. State law requires that two Epi-pens be provided to camp: one for the camper to carry and one to be stored in the Health Center. Each Epi-pen must be clearly marked with the camper’s name as well as that of the prescribing physician.

Regarding asthma, state laws dictate that the child may carry his/her own inhaler. It must be clearly marked with the camper’s name and recorded by the nurse on the incoming day of camp. We strongly recommend a second inhaler for any camper carrying his/her own inhaler to be stored with the camp nurse.

If your child must carry an inhaler or an Epi-pen, your licensed health care provider must complete the information on the form located on page 11.

## Communication

Unless it is an emergency, we will not permit phone calls to program participants.

### Packages and Mail

Getting mail at camp is always fun and we encourage parents to write letters. Keep in mind that WILD participants will not be able to receive mail while they are away from camp, but will be able to pick it up when they return.

Campers love to receive mail, perhaps more than they like to answer it! Write often, but keep the letters cheerful. All our leadership programs involve extended time away from camp, so keep that in mind.

The mailing address is:

Moose River Outpost  
WILD Program  
P.O. Box 555  
Jackman, Maine 04945

**Packages are NOT ALLOWED at camp and will not be delivered.** If your camper forgets an important item, for example a raincoat or swimsuit, you can contact our office and they will provide instructions to permit you to ship it to the office and the missing needed items will be distributed to the camper. We appreciate your cooperation in this matter.

**As a convenience to our parents, we do offer a one-way e-mail service to campers through BunkNotes. Please visit our web site at [www.christiancamps.net](http://www.christiancamps.net) for additional information about this service.**

### How do I contact Camp in an emergency?

The phone number at Moose River Outpost is 207-668-4877 for day and after hours emergencies. This number provides access to the MRO office and Health Center.

In the rare event that the MRO office cannot be reached, please contact our New Hampshire offices at (603) 875-3600.

### Campers' Belongings

All articles, including shoes and athletic equipment, should be marked with the camper's name. Those enrolled in the WILD program will have the opportunity to go into town and do their laundry approximately half-way through the month. They should have quantities of clothing sufficient enough for a daily change for a full two-week period. Every season, good clothes are left lying around camp. Participants are urged to keep track of their belongings and are given the opportunity to claim lost and found articles at regular intervals. Please refrain from bringing expensive clothes to camp. The camps will not accept responsibility for lost or stolen articles. Unclaimed clothing will be donated to a charitable organization on September 1st.

### Phones/iPods/Tablets

During the weeks at camp, we want participants to listen as much as possible--to each other, to their counselors, to the sounds of nature, and to God. We do everything we can to make it possible for them to live simply, with limited distractions, for four weeks. With this in mind, they may bring cell phones for laundry nights, appropriate CDs for van rides, cameras for anytime. Please do not bring any other electronic devices (iPods, radios, disc players, etc.). This includes those with cranks and solar power!

# Packing List

We recommend the clothing and equipment listed below. Temperatures at camp vary from 40-90° F, so it is imperative to have the warm clothes and rain gear that are recommended below. Clothes worn at camp receive hard wear. Avoid buying costly items that might be damaged. The items listed in **BOLD** are really necessary, so trust us! *All articles should be labeled clearly with your camper's name!*

Bed linens or washable sleeping bag

Pillow / 2 pillow cases

Bath towel

Beach towel (2 for lifeguard course)

T-shirts (some that can get very dirty)

Sport shirts (no spaghetti strap shirts or those that expose the midriff)

Light windbreaker type jacket

**Wool sweater or warm fleece pullover**

Sweatshirt

Sweatpants (preferrably non-cotton)

Shorts (of modest length)

Jeans or rugged pants

Swimsuits (2), girls should wear modest one piece, boys should not wear "Speedo" type suits

Underwear (to last two weeks)

Athletic socks

**3 - 4 pair wool socks**

Sneakers - 2 pair

Camp Shoes (Crocs, sandals, etc.)

Pajamas

Sunscreen/ lip balm/ sunglasses

Brimmed hat/ bandanas

**Insect Repellent**

Pencils/ pens

Camera and extra film (if you are that hip)

Flashlight or Headlamp and extra batteries

Stamps and stationery

Bible (New International Version suggested)

1 washable Laundry Bag

Personal Hygiene articles clearly labeled with name

Comb and/or brush

Soap & Shampoo

Toothpaste / Toothbrush

2 water bottles, 32 Fl. oz. labeled

Daypack

Modest Dress Clothes - for the end-of-the-summer banquet.

Please note: No spaghetti string dresses or bareback styles, with dress length to the knees. Camp reserves the right to ask your child to change clothes if deemed inappropriate. Please do not put camp or your child in an uncomfortable position, and make sure all outfits are modest.

For the extended canoeing and backpacking trips you will also need the following:

Sleeping Bag and stuff sack (synthetic fill, i.e. Polarguard or Holofill, etc.; down fill is acceptable but cannot get wet!)

Packable (rollable) sleeping pad (camp can provide this if you do not bring your own)

Soap - biodegradable such as Ivory, Camp Suds, or Dr. Bronners

Lightweight long sleeve shirt (for protection from sun and bugs)

**Hiking boots**, medium weight with ankle support (see instructions below on fitting hiking boots)

Sandals with a heel strap or old sneakers that can get wet on canoe trips

**2 pairs (top and bottom) light or medium weight polypropylene long underwear (mountain temperatures can dip below 30 degrees in the summer)**

Warm hat -- wool or fleece, not cotton.

Lightweight gloves

**Rain gear** - jacket and pants (no ponchos)\*

Backpack for Backpacking, about 60 Liters (camp can provide this if you do not have your own)

Folding pocket knife. (NO large blade knives, swords or machettes!)

COVID Masks (if still required)

(Masks selection shall follow CDC guidance: should have two or more layers of washable, breathable fabric. They should completely cover the nose and mouth and fit snugly against the sides of the face without gaps. Don't send masks that have vents, N95 masks that are intended for healthcare workers, "gaiters" or face shields. Disposable masks that meet these standards shall also be permitted.)

\*When purchasing rain gear, look for coated nylon or PVC coated waterproof (not repellent) material. Rain jacket, rain pants, and rain hat are preferable. Vinyl rainwear or ponchos are not acceptable. Gore Tex or other "waterproof breathable" materials are excellent, but are expensive and therefore not necessary.

## **Hiking Boots**

Due to the rugged terrain and the added weight of a loaded backpack, extra ankle support is very important to the success of the trip. Light to medium weight boots can be found in any outdoor specialty store and most shoe stores. The height of these boots should cover the ankle and the tread should be aggressive. Hiking boots can be constructed of natural leather, synthetic corduroy or a combination of both. The fit of the boots should allow them to be worn with a lightweight merino wool sock. Boots such as these have a long life and cost between \$50 to \$100. *We strongly suggest the boots be broken in prior to arrival at camp!*

The following is a guideline put out by the National Outdoor Leadership School:

### **FITTING HIKING BOOTS**

\* Shop for boots in the afternoon because your feet tend to swell during the day and this could affect your fit. Most people have one foot that is larger than the other. - always fit the larger foot. If the difference is significant, wear an extra sock or use an insole on the smaller foot.

\*Stand and take a few steps. The toes should be comfortable - not too tight - with a bit of room to wiggle. The boot should feel comfortable in the arch, with a bit of support, but not tight. As you take a few steps, your heel should feel like it is being held snugly in the boot, with just enough lift so that your heel feels like it is just losing contact with the insole of the boot. If there is NO lift, the boot is too tight; a half inch or more is too loose.

\* If your foot feels comfortable in the boot then kick the boot against a solid wall. Some shops may have an inclined ramp for you to walk down. In either case, the idea is to determine how much room your toes have at the front of the boot. Kick the wall three or four times with the intent of getting your foot to slide forward in the boot with each kick. Kick the wall until your foot feels like it is caught by the instep of the boot at the same time your toes hit the front of the boot. This should happen on the third or fourth kick (depending on how hard you kick). Your toes should just make contact at the end of the boot. If they hit hard on the first or second kick, the boot is probably too small. However, first try lacing the boots a bit tighter or try a narrower boot before trying a larger size. If your toes don't hit the end of the boot at all, try a smaller size. If your foot feels comfortable in

the boot (again, the bottom line), if your heel lifts up from the bottom of the boot only slightly, and if your foot is caught and held by the instep AT THE SAME TIME that your toes hit the front of the boot, then you probably have a good fit.

\* Take your time when purchasing boots. Walk around the shop; kick a solid wall or use the shop's ramp; try a different boot. One brand may fit your foot better than another. For example, a VASQUE may fit better than a LASPORTIVA, and vice-versa. Try other brands. REMEMBER: your feet should feel comfortable in the boots.

## International Campers/ Travel Information

### International Payment Process

An additional fee of \$100 per family (including Canada and Mexico) is required for all families living outside the U.S. Whether you are sending one child or more than one child, the fee stays the same. You may pay via International wire or your credit card on our website. Contact the camp office for the wiring instructions, or e-mail Debbie Strodel at [debbie@christiancamps.net](mailto:debbie@christiancamps.net). *Any check or money order drawn from an account outside the United States, even if designated in U.S. Dollars, is not usually honored by our bank, and extra fees are assessed.*

### Travel Overview

While we will assist with your child's travel plans whenever possible, you are responsible for arranging your child's safe travel to camp. It's imperative that we know your child's travel plans if arriving by air—including mode of transportation and arrival and departure dates and times—at least two weeks prior to arrival. Please inform us immediately of any changes to your child's itinerary. Please read this section very carefully before indicating your plans on the Transportation Form, which is located at the back of this handbook. e-Mail a copy of airline itinerary [transportation@christiancamps.net](mailto:transportation@christiancamps.net) if arriving by plane.

### Arriving at Moose River Outpost

**By car:** Please plan to arrive between 1:00pm-5:00pm on Sunday, July 10th.

**By plane:** All campers on Domestic and International flights should arrive on Saturday, July 9th at Boston's Logan Airport between 1:00-5:00pm. They will be picked up and will spend the night at our New Hampshire camps, Brookwoods and Deer Run, before departing on the camp van to Moose River Outpost on incoming day.

Please note that Camp provides a van service from the airports noted above if your camper is arriving via airplane, and will pick up campers at their various terminals. A Camp staff member will meet your child at the airline's baggage area and help retrieve luggage. Your camper should wait for a staff member wearing a Moose River Outpost uniform.

### Departing Moose River Outpost

**By car:** Please pick up your camper between 9:00am-11:00am on Saturday, August 6th.

**By plane:** Plane departure reservations should be made after 1:00pm on August 6th for the Boston Logan Airport—we cannot accommodate departures before this time!

At the airport, Camp staff members will escort campers to their various terminals, see them through security and will wait at the airport until the plane departs. If your child is traveling as an official Unaccompanied Minor by the airlines, we will obtain a gate pass and meet them at the gate. Most airlines charge a fee if you choose to send your child as an official Unaccompanied Minor. The parent is responsible for paying this airline fee prior to the flight. We will be happy to provide you the names of the staff members picking up your child 2-3 days before travel.

### **Preparing your child for travel**

Make sure your child travels with Camp's phone number. They can call Camp collect at any point if they need help:

- Moose River Outpost: 207-668-4877      Brookwoods and Deer Run: 603-875-3600

### **Transportation fees**

There is no charge for transportation to and from the airport. However, please consider sending money with your child for purchasing snacks en route. In addition, many airlines charge baggage fees. Please be sure to arrange this in advance or send additional money with your child ahead of time. We can keep extra baggage money in the camp safe during their stay at camp.

### **Airline security**

It is your responsibility to check with your airline regarding any new security-related rules. Some airlines not only provide an escort service, but require it for official Unaccompanied Minor.

## **Directions and Accommodations**

Moose River Outpost is located on Heald Pond, Moose River, Maine just off Route 201. Take I-95 North, to Exit 133 to Route 201 North. You will pass through the town of Skowhegan after 20 minutes on 201. Stay on 201 for approximately 60 miles till you reach the town of Jackman. The exit to Moose River Outpost, a right hand turn, is approximately 7 miles north of Jackman. (For those who would like to use an electronic navigation device, use "68 Heald Pond Road, Moose River, ME" for the destination.)

### **Accommodations**

If you are planning on staying in Maine, it's important that you make advance reservations as soon as possible. The following is a guide to some of the accommodations that are near Camp.

#### *Lodging*

- Bishop's Motel, Main Street, Jackman 1-888-991-7669 (7 miles)

#### *Restaurants (Lunch \$5-\$10)*

- Four Seasons, Main Street, Jackman 207-668-7778 (7 miles)
- Mama Bear's Den, Main Street, Jackman 207-668-4222 (7 miles)

# Inhaler and Epi-Pen Permission

**Must be completed by a licensed health care professional if Epi-Pen is to be carried at all times.**

The State of Maine has enacted legislation controlling the use and storage of inhalers and Epi-Pens at camp. The purpose of the law is to allow your patient to keep his/her inhaler or Epi-pen on his/her person to be used if needed while at the same time providing a safe environment for other campers. The State of Maine requires two Epi-pens: one for the camper and one to be kept in the Health Lodge. The State of New Hampshire does not require two inhalers, but Moose River Outpost strongly recommends two inhalers: one for the camper and one for the Health Center.

\_\_\_\_\_ has the knowledge and skills to safely possess and administer  
(name of camper) the medication in a camp setting.

## INHALERS THAT MUST BE CARRIED

Medication \_\_\_\_\_ Dose \_\_\_\_\_ Frequency \_\_\_\_\_

Medication \_\_\_\_\_ Dose \_\_\_\_\_ Frequency \_\_\_\_\_

Medication \_\_\_\_\_ Dose \_\_\_\_\_ Frequency \_\_\_\_\_

## EPI-PEN

Medication \_\_\_\_\_ Dose \_\_\_\_\_ Frequency \_\_\_\_\_

List any special side effects, contraindications, and/or adverse reactions to be observed other than those listed on the package insert. \_\_\_\_\_

Although rare, the administration of epinephrine to an individual other than for whom it is prescribed can result in serious medical problems which are listed on the epinephrine package insert. This patient has been instructed in the dangers of administration of his /her epinephrine to any other person.

HEALTH CARE PROFESSIONAL'S NAME \_\_\_\_\_

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

BUSINESS PHONE ( ) \_\_\_\_\_ EMERGENCY PHONE ( ) \_\_\_\_\_

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# Transportation to Moose River Outpost

(This form is also available on the camp website)

Camper Name: \_\_\_\_\_

Age: \_\_\_\_\_

Transportation to MRO is available for airport arrivals. Before you complete this form please read "Travel Overview" section on pages 9-10.

My camper's travel plans to MRO are: (please check all that apply and fill out appropriate sections)

**Parents or family will be arranging for transport**  
\_\_\_\_\_ to camp and/or \_\_\_\_\_ from camp.

**Airport Transportation Pick up/Drop off**

If your child is traveling by plane and if you'd like for us to meet your child at the airport and provide van service to and from camp, please use the form below to provide us with your child's travel plans, including detailed flight information. We are unable to guarantee transportation without this information in writing, and **we must have this form at least two weeks prior to a camper's arrival as we cannot guarantee availability for last minute arrangements. We reserve the option of an additional fee for late notification.**

Area Code + Home Phone \_\_\_\_\_ Camper's Cell Phone \_\_\_\_\_  
Emergency Contact Name and Phone Number \_\_\_\_\_

I plan to arrive at the following airport and need transportation to Camp:

Boston Logan Airport

\_\_\_\_\_  
Airline Name/Flight #      Arrival Time      Date

I plan to depart from the following airport and need transportation to the airport:

Boston Logan Airport

\_\_\_\_\_  
Airline Name/Flight #      Departure Time      Date

**Please attach a copy of the itinerary or the confirmation from the  
airline or e-mail to the camp office at [transportation@christiancamps.net](mailto:transportation@christiancamps.net)**

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# Health History

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Name: \_\_\_\_\_  
First Middle Last

**General Health History: Check "Yes" or "No" for each statement. Explain "Yes" answers below.**

Has/does the camper:

- |   |  |
|---|--|
| 1. Ever been hospitalized? ..... <input type="checkbox"/> Yes <input type="checkbox"/> No                   | 11. Had fainting or dizziness? ..... <input type="checkbox"/> Yes <input type="checkbox"/> No                        |
| 2. Ever had surgery? ..... <input type="checkbox"/> Yes <input type="checkbox"/> No                         | 12. Passed out/had chest pain during exercise?..... <input type="checkbox"/> Yes <input type="checkbox"/> No         |
| 3. Have recurrent/chronic illnesses? ..... <input type="checkbox"/> Yes <input type="checkbox"/> No         | 13. Had mononucleosis during the past 12 months?..... <input type="checkbox"/> Yes <input type="checkbox"/> No       |
| 4. Had a recent infectious disease? ..... <input type="checkbox"/> Yes <input type="checkbox"/> No          | 14. If female, have problems with menstruation?..... <input type="checkbox"/> Yes <input type="checkbox"/> No        |
| 5. Had a recent injury? ..... <input type="checkbox"/> Yes <input type="checkbox"/> No                      | 15. Have problems with falling asleep/sleepwalking? ..... <input type="checkbox"/> Yes <input type="checkbox"/> No   |
| 6. Had asthma/wheezing/shortness of breath?..... <input type="checkbox"/> Yes <input type="checkbox"/> No   | 16. Ever had back/joint problems?..... <input type="checkbox"/> Yes <input type="checkbox"/> No                      |
| 7. Have diabetes? ..... <input type="checkbox"/> Yes <input type="checkbox"/> No                            | 17. Have a history of bedwetting?..... <input type="checkbox"/> Yes <input type="checkbox"/> No                      |
| 8. Had seizures? ..... <input type="checkbox"/> Yes <input type="checkbox"/> No                             | 18. Have problems with diarrhea/constipation?..... <input type="checkbox"/> Yes <input type="checkbox"/> No          |
| 9. Had headaches? ..... <input type="checkbox"/> Yes <input type="checkbox"/> No                            | 19. Have any skin problems?..... <input type="checkbox"/> Yes <input type="checkbox"/> No                            |
| 10. Wear glasses, contacts, or protective eyewear? <input type="checkbox"/> Yes <input type="checkbox"/> No | 20. Traveled outside the country in the past 9 months?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |

**Please explain "Yes" answers in the space below**, noting the number of the question. For travel outside the country, please name countries visited and dates of travel.

**Mental, Emotional, and Social Health: Check "Yes" or "No" for each statement.**

Has the camper:

1. Ever been treated for attention deficit disorder (ADD) or attention deficit/hyperactivity disorder (AD/HD)? .....  Yes  No
2. Ever been treated for emotional or behavioral difficulties or an eating disorder?.....  Yes  No
3. During the past 12 months, seen a professional to address mental/emotional health concerns?.....  Yes  No
4. Had a significant life event that continues to affect the camper's life?.....  Yes  No  
(History of abuse, death of a loved one, family change, adoption, foster care, new sibling, survived a disaster, others)

**Please explain "Yes" answers in the space below**, noting the number of the questions. The camp may contact you for additional information.

**Does your camper take script or OTC medications? If so a MD/NP/PA must write an order on page 4 of this form or provide other written authorization.**

**If your camper has NOT been fully immunized, please sign the following statement: I understand and accept the risks to my child from not being fully immunized.**

Signature of Custodial Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_ Relationship to Camper: \_\_\_\_\_

**Health-Care Providers:**

Name of camper's primary doctor(s): \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_  
Name of dentist(s): \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_  
Name of orthodontist(s): \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_

**What Have We Forgotten to Ask? Please provide in the space below** any additional information about the camper's health that you think important or that may affect the camper's ability to fully participate in the camp program.

**Attach additional information if needed.**



**Parents/Guardians: STOP here. The rest of the form is to be completed by the camper's licensed health-care provider.**

**Medical Staff**  
Page 1 of 2

Name: \_\_\_\_\_  
First Middle Last

**Medical Personnel:** This form is to provide the information appropriate for the health and safety of a summer camper or staff member. Please fill out this form and return to the parent, or you could simply attach a “standard” form that might be a normal part of the practice.

Weight: \_\_\_\_\_ lbs Height: \_\_\_\_\_ft\_\_\_\_\_in Blood Pressure \_\_\_\_\_/\_\_\_\_\_

**Physical exam done today:**  Yes  No (If “No,” date of last physical: \_\_\_\_\_)

Do you feel that the camper will require limitations or restrictions to activity while at camp?  No  Yes

If you answered “Yes” to the question above, what do you recommend? (describe below—attach additional information if needed)

“I have reviewed the CAMPER HEALTH HISTORY FORM, and have discussed the camp program with the camper’s parent(s)/guardian(s). It is my opinion that the camper is physically and emotionally fit to participate in an active camp program (except as noted above on this form.)

Name of licensed provider (please print): \_\_\_\_\_ Signature: \_\_\_\_\_ Title: \_\_\_\_\_

Office Address \_\_\_\_\_  
Street City State Zip Code

The following non-prescription medications are commonly stocked in camp Health Centers and are used on an as needed basis to manage illness and injury.

**Cross out those items the camper should not be given.**

~~Acetaminophen (Tylenol) Aloe Ammonia inhalent (for fainting) Bacitracin ointment~~  
~~Bactroban 2% ointment (Mupirocin – for skin infection)~~  
~~Benzocaine gel (Orasol, Anbesol – for toothaches)~~  
~~Calamine lotion Calcium Carbonate (Tums – antacid) Cetirizine (Zyrtec – antihistamine)~~  
~~Dextromethorphan (Robutussin DM, Delsym – cough syrup)~~  
~~Diphenhydramine (Benadryl – antihistamine) Epinephrine (Epipen – for anaphylaxis)~~  
~~Generic cough drops Guaifenesin (Robutussin – cough syrup) Hydrocortisone 1% cream~~  
~~Ibuprofen (Advil, Motrin) Lidocaine Gel (pain relieving burn gel)~~  
~~Loperamide (Immodium AD – antidiarrheal)~~  
~~Loratadine (Claritin – antihistamine) Milk of Magnesia (laxative)~~  
~~Phenol spray (Chloraseptic – Sore throat spray)~~  
~~Phenylephrine (Sudafed PE – decongestant) Pseudoephedrine (Sudafed – decongestant)~~  
~~Tolnaftate 1% cream (antifungal)~~

**Allergies:**

- No Known Allergies
- To foods (list):
- To medications: (list):
- To the environment (insect stings, hay fever, etc.– list):
- Other allergies: (list):

**Describe previous reactions:**

**Diet, Nutrition:**  Eats a regular diet.  Has a medically prescribed meal plan or dietary restrictions:(describe below)

**The camper is undergoing treatment at this time for the following conditions:** (describe below)



# Guidelines and Expectations

## The WILD Program at Moose River Outpost

These are the guidelines and expectations for the participants in the WILD Program. A successful program requires that all participants abide by these guidelines and come to camp with these expectations. Please initial the boxes and sign below to state that you have read and understand the following:

- The WILD Program, is a community adventure: all are expected to participate in the entire program, and it is your responsibility to do so. All are expected to participate willingly in a wide variety of activities with the rest of group; some activities will be challenging, either physically, spiritually, intellectually, or relationally. Since you are an important part of the experience for all those in your group, you owe it not only to yourself, but to your fellow participants to be ready to commit to these shared experiences.
- All participants are expected to be involved for the entire program over the course of the two summers.
- An emphasis on rules contradicts the Moose River Outpost perspective on life. Encouragement, self-motivation, self-discipline, creativity, individuality, kindness and respect are important cornerstones of all we do at camp. Therefore we keep to rules that are absolutely necessary: Participants must follow the given instructional sequences and methods for all adventure activities (i.e. rock climbing and backcountry trips). Unsupervised swimming is not allowed. Use or possession of alcohol and tobacco, weapons, or unprescribed drugs, as well as inappropriate language are against our rules, and we are inflexible about them. Christian Camps and Conferences, Inc. reserve the right to dismiss participants whom we believe have violated these guidelines.
- The staff of Moose River Outpost feel a keen sense of responsibility for the spiritual growth of all program participants; and we will endeavor to provide a Christ-centered environment for this to take place. All participants are expected to understand this philosophy and the staff's efforts to provide this environment.
- During your time at camp, we want you to listen as much as possible--to each other, to your counselors, to the sounds of nature, and to God. We do everything we can to make it possible for you to live simply with limited distractions for 4 weeks. With this in mind, you may bring cell phones for laundry night, appropriate music for van rides, cameras for any time. Please do not bring other electronic devices (iPods, etc.).
- I have read the above guidelines and expectations and agree to abide by them for the duration of the program to ensure the best possible experience for myself and my fellow program participants.

Signed by Program Participant: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

Mail all forms to: Leadership Programs Christian Camps and Conferences, Inc. 34 Camp Brookwoods Road Alton, New Hampshire 03809
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For additional information, please contact our friendly staff:

Bob Strodel	Executive Director	<a href="mailto:bob@christiancamps.net">bob@christiancamps.net</a>
Corey Porter	Registrar	<a href="mailto:corey@christiancamps.net">corey@christiancamps.net</a>
Debbie Strodel	Office Manager & Finance	<a href="mailto:debbie@christiancamps.net">debbie@christiancamps.net</a>
Seth Coates	Moose River Outpost Director	<a href="mailto:seth@christiancamps.net">seth@christiancamps.net</a>
Tim Nielsen	Director of Ministry Services	<a href="mailto:tim@christiancamps.net">tim@christiancamps.net</a>

Lost or additional forms can be found on each camp website. You can access the individual camp websites at: [www.christiancamps.net](http://www.christiancamps.net) or you can use the following:

Brookwoods: [www.campbrookwoods.net](http://www.campbrookwoods.net)

Deer Run: [www.campdeerrun.net](http://www.campdeerrun.net)

Moose River Outpost: [www.moosriveroutpost.net](http://www.moosriveroutpost.net)

#### Accreditation

Brookwoods, Deer Run and Moose River Outpost are accredited by the American Camping Association (ACA) and a member of the Christian Camp and Conference Association (CCCA). They have earned and maintained the highest recognition and standing with both organizations. This means that Camp has met the requirements for membership established by the ACA and CCCA. Camps awarded ACA accreditation are reviewed every five years by qualified personnel to ascertain their compliance with industry standards.

*Our Mission at Brookwoods, Deer Run and Moose River Outpost is to foster vibrant Christian communities located in awe-inspiring outdoor settings in which young people are spiritually transformed through Christ-centered relationships.*



Christian Camps and Conferences, Inc.

34 Camp Brookwoods Road  
Alton, New Hampshire 03809

Telephone: 603.875.3600 Fax: 603.875.4606  
[www.christiancamps.net](http://www.christiancamps.net)

