

# 2024 Parent Handbook

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

Dear Parents,

I am so glad that you have selected Christian Camps and Conferences for your child. Camp is a special place and we are excited to share it with your family! This summer your child will have a ton of fun and (don't tell them) they may even learn a few things along the way!

The "out-of-school" learning opportunities of summer camp are meaningful and life-impacting in so many ways. The activities program can help develop new interests, the trips can encourage campers to achieve challenging goals, and the social interaction can foster healthy relationships within a Christ-centered environment. Most importantly, the times of worship and the study of God's Word can have an eternal impact on the life of your child!



I can't wait for the summer of 2024!

Before you place this handbook aside, please review the checklist on page three. It will tell you what needs to be done before camp starts. Your child's uniform shirt may be picked up at camp and the price is included in your tuition. If you need other gear for camp, please visit the on-line store on the camp website under "Resource Center".

I look forward to meeting you and your child(ren) this summer. If you have any questions as you prepare for camp, please give us a call at 603-875-3600.

See you at camp!

A handwritten signature in black ink that reads "Tim Nielsen". The signature is written in a cursive, flowing style.

Tim Nielsen  
Executive Director

# "Quick Start" Checklist for Parents\*\*

## Forms Due by May 1st

**Health Examination.** Maine require 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. The parent portion of the medical form should be completed online, QR codes and links to forms are found in the back of the handbook. The physician's portion is found at the abck of the handbook and a printable copy is found online under Parent Resources.

**Transportation Form. This form is required for campers arriving via plane requiring transportation to camp.** The Transportation Form is on our website under "Resource Center" or use the QR code in the back of this Camper Handbook. Please submit it at least two weeks prior to your child's arrival at 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.

**Tuition.** Tuition payments for all campers are to be paid in full on or before April 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.*

**Confidential Camper Information.** This information guides us in assigning cabins and staff, and alerts us to any special needs. We need your input as a parent, and is required before your camp session starts. This information will be held confidentially with our Camp Directors, Program Directors, and the immediate counselors. This form is located on our website under "Resource Center", there is a QR code in the back of the handbook.

**A Letter to My Counselor.** Please ask your child to complete this form. This form is located in the back of this Camper Handbook, as well as on our website under "Resource Center".

**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*

**\*\* 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!**

# A Special Welcome to First-Time Campers

We hope that your child has played a role in choosing Brookwoods, Deer Run or Moose River Outpost. Making a choice—even a guided one—helps to give your child a sense of investment in his or her experience here. Although Camp is a lot of fun, it's not unusual for some children to feel anxious or insecure when they first arrive. Our top-notch staff is trained and ready to provide empathetic support to any camper who needs it. If more serious adjustment issues arise, we will work with you to decide how best to help your child have a memorable and rewarding summer.

As a first-time camper (and Camp Parent), it's imperative that you read through this handbook carefully. There are some steps you must take prior to your child's arrival—such as obtaining a medical examination, returning the Medical Form, sending tuition payment and planning for your child's travel. Also, this handbook offers a closer look at Camp life and what your child can expect when he or she arrives. If you read through this handbook and still have questions, please call our main office at 603-875-3600. We'd love to hear from you.

**Get ready for a very special summer!**

## Life at Camp

Camp life is designed to nurture and support your child's growth—all while providing an exciting and stimulating environment. Through a combination of structured programs and supervised free time, your child can participate in a wide variety of safe, noncompetitive and exciting activities—backpacking, archery, swimming, water skiing, arts & crafts, wilderness programs and much more.

### How Camp is organized

Upon arrival, campers are assigned to a cabin — each cabin has 2 counselors and approximately 12 campers. These cabin groups will go on trips together, share in camp Bible Studies together, and generally support each other throughout their camp experience.

### Cabin life

We encourage healthy, long-lasting friendships at camp; we actively discourage cliques or exclusive one-on-one friendships. These types of relationships are limiting and destructive to the group experience. If your child is coming to camp with a close friend, consider talking about this topic in advance and coming up with a plan to make sure the friendship remains inclusive of others. Also, campers and their counselors will participate in various outdoor activities, such as mountain hiking, canoe trips and an overnight sleepout. These activities provide a special time for counselors and campers to get to know each other. Campers sleep in fully-enclosed and screened cabins. Each cabin has a bathroom. Our cabins are also equipped with hot water and shower facilities, MRO is remote, not rustic!

### Cabin assignments

Assigning campers to cabins is a challenging task. Because we don't know every camper prior to arrival, we have found it best to assign cabins based on age and grade in school. Regarding cabinmate requests, these need to be made reciprocally by both parents on the original applications. **One request only!** While we value your suggestions regarding your camper's preferences, we must make decisions that are in the best interests of Camp as a whole. In this spirit, please do not ask to have your child moved to another cabin after they arrive at Camp.

### Participating in Camp activities

Each day, campers here at MRO can choose their activities for themselves. This means that they can daily try new things, or choose to focus on their favorites. All campers get to choose how to spend supervised free time each day. Counselors will help your child choose activities appropriate for both their ability. Because some programs are more popular than others, your child may not get to participate in every one of the more popular activities. Still, we try our hardest to ensure that every camper is able to participate in at least one or more of their favorite activities.

**Here's a quick look at a typical day at Moose River Outpost:**

7:00	Wake Up and Cabin Cleanup	1:30	Rest Hour
7:30	Personal Quiet Time	2:30	Activity Period #3
8:00	Breakfast	4:00	Free Time / Open Waterfront
8:45	Worship and Cabin Devotions	5:45	Dinner
10:00	Activity Period #1	6:30	Evening Game
11:30	Activity Period #2	9:00	Cabin Debrief and Bed
12:45	Lunch	10:00	Bedtime

We have numerous activities available for our campers, here is brief list of some of our most popular:

Archery	Riflery
Canoeing	Sailing
Climbing Wall	Skeet Shooting
Kayaking	Stand Up Paddle Boarding
Makerspace	Video
Mountain Biking	Wake Boarding
Paintball	Water Skiing

Please note that activities can vary by year.

**Camp Store**

Campers should NOT bring any money to camp. Three times a week, they will be permitted to visit the camp store for candy, soda, and healthy options, which are included in their tuition. Other store items are available on incoming days for parents to purchase. Clothing is also available on-line through the camp website.

**Outdoor Adventures**

Every cabin will experience a variety of outdoor adventures during their time together at camp. This might include hiking, canoeing, white water rafting or even a night sleeping out on an island or a local mountain. If your camper has any medical issues that might preclude their participation in these activities, we don't want them to be put at risk of injury. Please provide a note from their physician excusing them from these normally scheduled activities. In the absence of such documentation, we will assume your child can fully participate in these activities.

**Camper guidelines**

Too much emphasis on “the rules” takes away from the atmosphere we strive to create at Camp. So, while our rules are few, they are absolutely necessary to keep your child safe and foster an atmosphere of encouragement, self-discipline, creativity, and responsibility:

- Unsupervised swimming is not allowed.
- Smoking, chewing tobacco, alcohol, marijuana, vaping, swearing, and possession or use of weapons or unprescribed drugs is not allowed.
- Socializing after-hours with or entering the cabins of members of the opposite sex is not allowed.

These rules are not flexible—Camp reserves the right to dismiss any participant who violates these guidelines.

# Health and Safety

## Basic Requirements

All of our programs meet the safety standard of the American Camping Association (ACA). Also, to ensure that your child gets the most out of their experience and remains safe, there are two basic requirements for every camper:

- Pass a basic distance swimming test.
- Participate in a mountain hike, canoe trip or overnight “sleep out” with their cabin.

## 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. We do accept doctor specific forms, containing an immunization record, in addition to the online parent portion of the form.

## 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 must be turned in to the Camp medical staff upon arrival and noted on your child’s Medical Form. (Please see page 7 for special information regarding Epi-pens and inhalers.) Our medical staff 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 prescription or OTC medications?** If so a MD/NP/PA must write an order on the Medical Provider form or provide other written authorization

**A special note about vitamins/herbal supplements:** Maine no longer permits camp medical staff 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.

## Do you have a lice problem at Camp?

Since we cannot allow campers to enter the camp with lice, on incoming day we will routinely inspect each camper for any potential problem. Once in a while we find some lice, and it is a surprise to all involved. In that case the parent has the option to take their child home for treatment, cut the camper's hair, or pay to have the camper treated on-site. We utilize a professional service that charges \$275 for the treatment, and is passed on to the parent. Historically this has not been a major issue at camp.

### **What immunizations does my child need?**

All campers must be up-to-date on their immunizations, including Tetanus Toxoid (within the previous 10 years), or have a parent signature on the second page of the Health Form indicating the camper is not fully immunized. All campers age 16 years or older (including all those enrolled in the Leadership Programs) must have a valid tetanus immunization (within 5 years) before participating in any of our extended tripping and wilderness programs. If your doctor deems otherwise, it must be noted on the Medical Form.

### **Is my child's medical information confidential?**

In keeping with the Health Insurance Portability and Accountability Act of 1996 (or HIPAA), information regarding your child's medical background, diagnosis, medications and treatments will only be released to medical staff personnel who have a reasonable need to be involved in providing health care to your child during their stay at Camp.

### **Can my child be successful at camp if they have special needs?**

We are not a special needs camp and our staff are not trained to serve campers with special needs. We strongly encourage parents to have a conversation with the Director prior to registering in order to communicate about any individual situation, ask any questions, and ensure our camps are a good fit for your camper.

## **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 Camp 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 in the back of this handbook.

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

The summer phone number at Moose River Outpost is 207-668-4877 during regular office hours. This number provides access to the MRO office, Health Center, and the MRO Director.

## Tuition and Payment

Tuition for all Camp sessions, including the WILD Program, is due in full by April 15th, regardless of whether the other required forms are completed or not. This includes payment for any fees and special programs.

We would prefer you send in the tuition payment by check. If that is not possible, and you desire to pay with a credit card you may do that through the camp website, under "Online Payments". Call Corey or Deb in the New Hampshire office (603-875-3600) if you need assistance with the transaction. We would also be happy to set up an internal payment plan if you would like to complete payments over several months. Contact Deb for those arrangements. We will send you a friendly reminder statement by mail before April 15th .

### International payment process

An additional fee of \$100 per family is required for all families living outside the U.S. (including Canada and Mexico .) Whether you are sending one child or more than one child, the fee stays the same. Due to fees associated with international transactions, you may wire one payment—including tuition and any additional fees—directly to the Camp's bank, or pay on-line with a credit card. Please contact Deb at the camp office if you wish to obtain wiring instructions.

## What to Bring to Camp

All articles, including shoes, socks, hats, clothing and athletic equipment must be marked with your camper's name. Campers are urged to keep track of their belongings and are given the opportunity to claim lost articles each week. Following is a comprehensive list of what (and what not) to bring to Camp. Two week campers should bring enough clothes to last the entire stay. Month campers will have their laundry done once during their stay.

### Clothing and equipment list

We recommend the clothing and equipment listed below—all labeled with your child's name. Quantities are based on a two-week session, so please pack accordingly if your child is staying longer. Because temperatures and weather conditions vary during the summer, campers must have cool-weather and rain gear. Camp clothes experience a lot of wear and tear—please don't pack pricey clothing that you wouldn't want damaged.

Bed linens (twin size) , blanket or washable sleeping bag  
Pillow /2 pillow cases  
Face towels/bath towels  
Waterproof rain gear\*  
Footwear (see note below)  
Shorts (modest length)  
Underwear (for 2 weeks)  
T-shirts  
Athletic socks /2-pair warm or wool socks  
Sweatshirt and sweatpants  
Wool sweater or warm fleece pullover  
Light windbreaker-type jacket  
Sneakers (2 pair in case one gets wet)  
Swimsuit (2): one-piece for girls and trunk-style for boys  
Beach towels (2)  
Simple Dress or skirt or polo shirt

Pencils/pens  
Camera (extra batteries)  
Flashlight (extra batteries)  
Stamps and stationery (to write home!)  
Sunscreen/lip balm/sunglasses  
Bible (NIV version suggested)  
1 laundry bag (labeled with name!)  
Insect repellent/ after-bite stick  
Personal hygiene items (in labeled bag)  
Comb/brush  
Soap and shampoo  
Toothpaste/toothbrush  
1 water bottle  
Backpack or daypack for hikes  
Pajamas  
Jeans or rugged pants (2)

### Optional Items: *(please label with your camper's name)*

Fishing gear, baseball glove, tennis racquet, lacrosse stick, non-electric musical instrument (no tubas or drums)



## Footwear

Many foot injuries at camp can be prevented through use of proper footwear. Camp is a tough environment for feet with dirt roads, paths through the woods, and an abundance of sticks and rocks. **The BEST footwear you can provide your kids at camp are types with closed toes that also have straps to remain on the feet while running. Sneakers and closed toe sport sandals work well.** No campers will be permitted to engage in activities if they are wearing any type of footwear that does not have a strap. The exception to this will be at the waterfront where "flip flops" are permitted.

## Luggage

We strongly recommend duffel bags instead of footlockers or traditional luggage for transporting your child's gear to Camp! They are easier to pack, travel with, and store at Camp.

## Sleeping bags and bedding

Washable sleeping bags are a must at Camp. In the cooler months (June and mid-August), we suggest bringing a blanket in addition to your sleeping bag. In the warmer months (July and early August) many campers bring a fitted sheet for their bunk and use their sleeping bag as a blanket or a cotton blanket if the sleeping bag is too hot. All campers must bring their own pillow. Sleeping bags may be purchased at any sporting goods store (usually least expensive) or special wilderness outfitters, such as L.L. Bean, REI or EMS.

## Gear for special programs/trips

In addition to the items listed above, some programs and trips (such as rafting and hiking) require more specialized clothing—following is a list of additional items to bring based on the specific trips/ programs in which your camper may participate:

- Hiking boots for overnight backpacking trip. Boots should cover the ankle, have an aggressive tread, allow for heavy sock, and be made of leather, synthetic corduroy or a combination of both. Durable boots usually cost between \$50-\$100.
- Rain jacket, rain pants and rain hat for day hikes.

\*When purchasing rain gear, look for coated nylon or PVC-coated waterproof (not repellent) material. Vinyl rain wear and ponchos are not recommended. We also recommend making duplicate lists of items brought to camp—one list to accompany the camper so they can check inventory when packing to return home—and one list to remain at home.

Campers interested in basketball will need appropriate court sneakers.

## Bed wetting

Please note that if your child experiences occasional or frequent bed-wetting, you will need to make some special preparations. Sleeping bags should not be used for daily sleeping in this circumstance; please bring two sets of sheets and a washable blanket for your child to use. Give us a call if you expect this to be an issue with your child as we will be better prepared to handle this situation if we know in advance.

## What *not* to bring to Camp

In keeping with Camp's philosophy, **electronic equipment is not allowed**—please keep these items at home. This includes radios, television, iPods, hand-held electronic games, iPads, Kindles, and cell phones. If your camper brings these items, they will be placed in the Camp office for the duration of their stay. If these items appear at camp, the organization bears no responsibility for their return. If your son or daughter is using camp transportation to or from the airport, they may use electronic equipment, including iPods, during the trip. Digital cameras are permitted if used appropriately. It is also not permissible to bring pets, weapons, alcohol, tobacco in any forms, drugs, chain saws, drum sets, snowballs, or lightsabers to camp. (You get the idea!). Food and snacks from home are not permitted in the cabins, they attract animals and may not comply with other camper's allergies.

## Returning lost items

Camp will not accept responsibility for lost or stolen articles. Marked items left at Camp may be mailed home only when a parent calls or e-mails the office to identify the missing item and reimburses Camp for the mailing cost. Please understand that many nice items (clothing, equipment, etc.) are left at Camp every summer. We can neither pay to mail everything nor hold the items indefinitely, and larger items need to be pre-paid. Unclaimed items will be donated to a charitable organization by the middle of September.

## Camp Dress Code and other clothing considerations

Clothing worn daily and at the end-of-month banquet (which is at the end of session 2 and 4) should be modest and appropriate for the Camp environment.

Women: Please NO strapless, spaghetti strap or backless dresses or shirts. Dresses and skirts must be modest length. In addition, shorts must be of modest length; no shorter than a 2 inch inseam. Leggings may be worn with a shirt that covers the bottom completely. Swimsuits must be modest one-piece.

Men: Shirts are required to be worn when not at the waterfront, and no "speedos" are permitted. Pants should be worn high enough to cover any underwear.

*Parents, please don't put Camp in an uncomfortable position—make sure that outfits are appropriate. We reserve the right to ask your child to change clothes if deemed inappropriate.*

On Sunday mornings, we require the following : Collared shirts for boys and skirts or dress pants and blouses for the ladies.

## 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 making your travel plans. Complete the Transportation Form, which is located on our website, or through the QR code at the back of this handbook

Please note that Camp provides a van service from the airports noted 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 camp uniform and holding a clipboard or sign. Please note that airport van service to camp is available only for those campers arriving or departing by airplane.

Upon departure, 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 fee, to the airlines, 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.

If your family experiences a last minute flight delay or schedule change, on the day of transportation, please call the camp office immediately and we will contact our staff members who are on the transportation team and let them know. The transportation team are equipped with a list of phone numbers as well so if they experience a change on their end, they will contact the parents if a departure is delayed or changed.

- Camp vehicles shall not be put into motion until driver and passengers are seated, seat belts are fastened, and an orientation briefing completed to include safety regulations.
- There must be at least two staff members per vehicle if using the camp vans with 13 campers. At least one non-driving staff member must be available when using any coach or school buses. This staff member must be trained in safety responsibilities as a normal part of summer staff training.
- Campers being transported should be respectful of the authority of the staff, and instantly follow any instruc-

tions of direction from the staff.

- Under no circumstances are hands, arms, heads, or personal belongings allowed to hang outside of windows.
- No food may be eaten in the vehicles without prior permission.

## Arriving at Moose River Outpost

**By car:** Please plan to arrive between 1:00pm-5:00pm on your child's incoming day.

**By plane:** Any campers, both Domestic or International flights, should arrive the day before camp begins to Boston's Logan International Airport, between 1pm and 5pm. 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.

## Departing Moose River Outpost

**By car:** Please pick up your camper between 9:00am-11:00am on outgoing Saturdays.

**By plane:** Plane departure reservations should depart from Boston's Logan International Airport no earlier than 1:00pm. We cannot accommodate departures before this time! If possible flights should depart before 5:00pm.

### Preparing your child for travel

Make sure your child travels with Camp's phone number. They may call Camp at any point if they need help at 207-668-4877.

### Transportation Fees

Consider sending money with your child for purchasing snacks en route. In addition, more airlines are charging baggage fees. Please be sure to arrange this in advance or send additional money with your child ahead of time. We can keep their extra baggage money in the camp office 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 Minors.

## Camp Arrival and Departure Dates

**Incoming Days** All Camp Incoming days are on Sunday between 1:00pm and 5:00pm as follows:

- June 23
- July 7
- July 21
- August 4

**Outgoing Days** All Camp Outgoing days are on Saturday between 9:00am and 11:00am as follows:

- July 6
- July 20
- August 3
- August 17

## Corresponding with Your Child

Campers love to receive mail, perhaps more than they like to answer it! Camp mail is picked up by the counselor each day after lunch to be enjoyed during Rest Hour. We encourage you to write often and keep the tone cheerful. Also, campers are encouraged to write home and we do provide free postcards in the Camp Office. If you are not hearing from your child and are concerned, please let us know and we will be happy to confirm that your child is doing well.

Our mailing address for camper mail:

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

**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.**

### **A note for "kid-sick" parents**

With the exception of emergencies, we cannot permit phone calls to campers. Calls interrupt camp experiences and are logistically nearly impossible to handle for our camp office. If you are a "kid-sick" parent, give us a call and we will have you talk to a staff member who can assure you that your child is well and having a great time at Camp. We don't want to turn a "kid-sick" parent into a "homesick" camper problem. Thank you for your cooperation with us.

### **A word about care packages...**

**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.

## Visitation Policy

Visiting times are available for month-long campers only. There are no visiting days for two week campers.

The schedule is as follows:

- Sunday, July 7th from 9:00am-5:00pm for "July Month" Campers
- Sunday, August 4th from 9:00am-5:00pm for "August Month" Campers

All campers must have signed written permission on file in the Camp office in order to leave property with someone other than their parents, PRIOR to the Visiting Day. A Permission Slip, available in the office or on the camp web site, may be completed and faxed back to camp. As a matter of general rule, we will NOT allow last minute phone calls home to make arrangements for visiting day.

While we welcome visiting adult alumni and prospective parents during the summer, please check in with the main office to meet the Director and obtain a visitor's badge before touring the Camp grounds—we must follow this policy to preserve the safety and well-being of our campers and staff at all times. If you are visiting with children, or the siblings of a Camper, they must stay with their parents at all times.

## Directions and Accommodations for Moose River Outpost

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 until you reach the town of Jackman. The driveway to Moose River Outpost, a right hand turn, is approximately 7 miles north of Jackman.

**We are located at 68 Heald Pond Road, Moose River, ME 04945.**

### 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 restaurants and lodging that are near camp.

#### *Lodging*

- Bishops Motel, 461 Main Street, Jackman, ME 207-668-3231
- Sky Lodge, 748 Main Street, Moose River, ME 207-668-7805

## International Campers

Please check our website FAQ for up-to-date information. We strive to provide top-notch service to families outside the U.S. That said, there are some important things you need to know if you're coming to Camp from abroad.

### Correspondence and Communication

We recognize that our international Campers are at a disadvantage in terms of communicating with their families (due to longer mailing times and greater geographical distances). Therefore, international campers may:

- Bring a letter to the camp office, and we will scan and e-mail it to their parents.
- Receive a reasonable number of letters by e-mail from their families—please be sure to print your camper's name clearly in the "Subject" field and send to [mrooffice@christiancamps.net](mailto:mrooffice@christiancamps.net)
- Make a brief phone call home to announce their safe arrival at Camp;
- Purchase enough stamps to write their parents up to 3 times per week.

When your child arrives at Camp, they will need to turn in their passport, any extra discretionary money, cell phones and other valuables for safekeeping in the Camp office. International families may pay for services and fees by wiring money directly to the Camp's bank, or using their credit card on-line via the Camp website. In order to provide this service, there's a \$100 international fee per family including Canada and Mexico.

## Incoming Days

When your camper arrives at Camp they will be provided their Cabin Assignment, and check in with the Medical Staff. You may assist with unpacking their gear in the cabin, and then you can depart.

# Forms

All forms can be found on our website under Parent Resources by visiting <https://www.christiancamps.net/resource-center/parents/>

or use these QR codes to access.

## QR Codes

Parent Portion of Health Form:

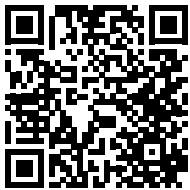


Transportation to MRO:



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Camper Confidential:



Letter to My Counselor:



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Inhaler / Epi-Pen





# Christian Camps and Conferences

Legal Name: \_\_\_\_\_  
 \_\_\_\_\_ First \_\_\_\_\_ Middle \_\_\_\_\_ Last \_\_\_\_\_ "Nickname"  
 Male  Female Birth Date \_\_\_\_\_ Age on arrival at camp: \_\_\_\_\_  
Month/Day/Year

## Medical Provider Form

Parents, please provide the form to your child's health care provider for review and completion  
**After** the health care provider has completed and signed the form, **return it to the camp by May 1st.**  
 We suggest you keep a copy of the completed form for your records.

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 \_\_\_\_\_

Telephone: ( \_\_\_\_\_ ) \_\_\_\_\_ Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Date: \_\_\_\_\_

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) **Epinepherine** (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) **Pseudophedrine** (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)

**Medical Provider**  
page 2 of 2

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

**Medication:**  This camper will not take any daily medications while attending camp.  
 This camper will take the following daily medication(s) while at camp:  
 "Medication" is any substance a person takes to maintain and/or improve their health. This includes vitamins & natural remedies.  
 The camp requires original pharmacy containers with labels which show the camper's name and how the medication should be given. Parents need to provide enough of each medication to last the entire time the camper will be at camp.

Name of medication	Amount or dose given	How it is given	When it is given	Reason for taking it	Date started
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time: _____		
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time: _____		
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time: _____		
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time: _____		

**Inhaler / Epi-Pen authorization: Camper has Inhaler Epi-Pen (circle one) with them and may self-administer.**  
 Not Needed  No  Yes \_\_\_\_\_ (initials of health care provider)

**Immunization History:** Provide the month and year for each immunization. Starred (\*) immunizations must be current. Copies of immunization forms from health-care providers or state or local government are acceptable; please attach to this form.

Immunization	Dose 1 Month/Year	Dose 2 Month/Year	Dose 3 Month/Year	Dose 4 Month/Year	Dose 5 Month/Year	Most Recent Dose Month/Year
Diphtheria, tetanus, pertussis* (DTaP) or (TdaP)						
Tetanus booster* (dT) or (TdaP)						
Mumps, measles, rubella* (MMR)						
Polio* (IPV)						
Haemophilus influenzae type B (HIB)						
Pneumococcal (PCV)						
Hepatitis B						
Hepatitis A						
Varicella (chicken pox) <input type="checkbox"/> Had chicken pox	Date:					
Meningococcal meningitis (MCV4)						



# Inhaler and Epi-Pen Permission

(This form is also available to download on the camp website)

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

New Hampshire and Maine have legislation controlling the use and storage of inhalers and Epi-Pens at camp. The purpose of these law is to allow your camper 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 law requires two Epi-pens: one for the camper and one to be kept with the Nurse. While the State of New Hampshire does not require two inhalers, Camp Brookwoods and Deer Run recommends two inhalers: one for the camper and one for the Nurse.

\_\_\_\_\_ 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, complications, 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 \_\_\_\_\_

SIGNATURE OF HEALTH CARE PROFESSIONAL \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

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**BROOKWOODS**



**DEER RUN**



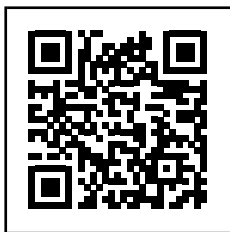
Brookwoods and Deer Run, located in beautiful Alton, NH offers 475-acres and a quarter mile of waterfront on Lake Winnepesaukee. These camps provide an opportunity for campers to step away from their regular routine, build friendships, grow their faith, and rise to the challenges provided by an exceptional outdoor environment.



The aim of our camps is to provide every one of our campers with a unique Christian community that fosters individual spiritual growth while our campers have the time of their lives. With amazing activities to choose from, and a staff who is eager to help, your camper will have a summer they will never forget.

If you would like more information about signing up for Brookwoods or Deer Run next summer, contact our Registrar at [corey@christiancamps.net](mailto:corey@christiancamps.net)

Learn More, Scan Here



**Christian Camps  
and Conferences**



For additional information, please contact our friendly staff:

Tim Nielsen	Executive Director	tim@christiancamps.net
Corey Porter	Registrar & IT Director	corey@christiancamps.net
Deb Gagne	Finance Director	gagne@christiancamps.net
Seth Coates	Moose River Outpost Director	seth@christiancamps.net
Ben Tabone	Brookwoods Director	ben@christiancamps.net
Beth Walker	Deer Run Director	beth@christiancamps.net
Robert Dawson	Director of Ministry Services	robert@christiancamps.net

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.mooseriveroutpost.net](http://www.mooseriveroutpost.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)

