



**BROOKWOODS**



**DEER RUN**

# Leadership Development Program

## 2024 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)





# Christian Camps and Conferences



Dear Parents:

Thank you so much for enrolling your child in the Leadership Development Program at Camp Brookwoods and Deer Run. We are praying that the next two summers are times of incredible growth for your child and the other participants.

Camp is a special place where we focus on multiple aspects of development. LDP's are challenged to grow physically, intellectually, socially, emotionally and of course they are presented with opportunities to grow spiritually as they study and apply God's Word to their lives. We are blessed to have a staff that is focused and equipped to nurture this growth and facilities and outdoor settings that are ideal learning environments. We are here to help.

I hope that you and your child are excited for this summer! I know that we get more and more excited every day!

Before you place this handbook aside, please review the checklist on page three. It will let you know what needs to be done before you arrive at camp. Please note that your child needs a current Physical Exam completed by appropriate medical personnel. I encourage you to schedule an appointment soon. Also, please remember that LDP 2's must have a current passport for their trip to Canada.

If you need any help while you prepare for camp, please call. I will be happy to help you. In the meantime, I will be praying that God prepares your child for this amazing experience.

Cordially yours,

TIM NIELSEN  
Executive Director

# Checklist - Get Ready for Camp\*

## Forms Due by May 1st

**Health Examination** - New Hampshire 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 should 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 campers arriving by airplane. The Transportation Form 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 LDP Program might have opportunities requiring some personal money; for example laundry nights. We request that you send your camper to camp with approximately \$200 in cash to be held in the Camp Office, for their use and access as special needs arise.

**Guidelines and Expectations** form (to be completed by the program participant) on page 15.

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*  
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!**

# Leadership Development Program (LDP) Overview

The Leadership Development Program in New Hampshire is not simply two more summers at camp. It is a community of adventure and spiritual inquiry. It serves as an opportunity for each participant to be challenged and to grow through those challenges, with plenty of fun and fast friendships made in the process.

Participants in the Leadership Development Program (or LDPs) can expect to be challenged and pushed outside their comfort zones in several ways. Perhaps the biggest challenge of the two summers in the program is simply living in such a close, constant community. Living with multiple cabin mates and two counselors and sharing daily activities and trips with LDPs of the opposite sex is a big challenge in and of itself. LDPs can expect to be challenged and to learn through the frustration and discomfort of close quarters as well as the trust and mutual understanding brought about by intense community. LDPs will also be challenged physically throughout their two summers in the program. Both on trips and in camp, we create a safe environment for participants to be pushed beyond their physical comfort levels. On the low and high ropes courses, in the water swimming or in canoes, or in hiking with heavy packs, the LDPs will build confidence in their own newly-discovered abilities and skills, and they will learn to help and rely on others.

The spiritual content of the Leadership Development Program is meant to be challenging as well. Bible studies, devotions, and personal quiet time are woven into the daily schedule to provide the backdrop against which all other activities take place and find meaning. The Bible studies are designed not only to provide LDPs with information and instruction, but also to instill a desire to learn more and the tools to do so. LDPs will study one book of the Bible, look at the cohesiveness of the Bible as a whole, read, think, and talk about the way we approach the Bible. Small group discussions are used often in order to provide an opportunity to discuss and become more personally involved; indeed, the end goal of all the Bible study is personal involvement.

## LDP Program Outline

In the first summer of the program, participants can expect the following activities emphasizing group-building, learning skills, and spiritual development:

- Low and High ropes course activities
- Overnight camping and canoeing trip to the Androscoggin River
- Eight Day canoeing trip down the Allagash Wilderness Waterway in Maine
- American Red Cross Lifeguard Training Course instruction
- American Red Cross CPR and basic First Aid certifications
- Six day backpacking trip in the White Mountains, including a 24-hour solo
- Short apprenticeship as a camp counselor
- Creating, organizing, and performing a Banquet for Brookwoods/Deer Run campers

In the second summer of the program, similar activities can be expected, but with an emphasis on leadership opportunities and self-motivation, as well as a continuing focus on spiritual development:

- Planning and “leading” a five day hike in the White Mountains (under close supervision from trained staff members)
- Volunteer experience as camp counselors for developmentally disabled campers
- Physical training for a goal (a long swim from Rattlesnake Island)
- One week apprenticeship as a camp counselor
- Ten day canoeing and fishing trip near Chibougamau, Quebec, including a 48-hour solo
- Volunteer experience at Pine Tree Camp in Maine.
- 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 medical staff 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 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 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 Lodge. 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 medical staff.

If your child must carry an inhaler or an Epi-pen, your licensed health care provider must complete the information on the form found in the back of this book.

## Communication and Visitation

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 LDP 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.

Mailing address is:

"Camper Name - Cabin"  
Christian Camps and Conferences, Inc.  
34 Camp Brookwoods Road  
Alton, New Hampshire 03809

**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 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. This also pertains to "outside food" as well.

### Visitation Schedule and Mid-Summer "Changeover"

- Friday, July 19th at 1:00pm to Sunday, July 21st at 5:00pm \*Please do not ask for time adjustments.

This weekend is when LDPs traditionally are picked up by parents for the weekend on Friday and then returned to camp on Sunday afternoon. This allows parents to re-connect mid-summer with their child and we suspect some extra sleep and perhaps some laundry as well. If your child is participating in the program and it is not possible for you to pick up over the weekend, we find they often will naturally network and go along with another program participant.

Note that the LDP does not have visiting times scheduled for the mid-month changeovers when the boys' and girls' camps do: in the best interests of the camping program, the only time LDPs may leave camp with parents is on the mid program time off.

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. The Universal Permission Form, found in the back of the handbook may be mailed, emailed, or completed online. 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.

## How do I contact Camp in an emergency?

You can always reach the Brookwoods and Deer Run office by calling 603-875-3600 during the hours of 9:00am – 5:00pm. If you need to contact the Medical Building, call the main number (above) and we will transfer you there. For after-hours emergencies only: call 410-920-6793. You will be calling the cell phone of our Executive Director and he will relay the message.

## Campers' Belongings

All articles, including shoes and athletic equipment, should be marked with the camper's name. 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 15th.

## Camper Account

Your camper should bring approximately \$200 in cash to be used as "personal money". This is placed in the camper's cash envelope and held in the camp offices. Withdrawals are made for Community night, items purchased in the camp store such as soda or candy, or special trips. Any balance is taken home at the end of the summer. We find that this procedure eliminates the need to have large amounts of "personal money" with them in the cabin.

## Luggage

We strongly recommend that parents purchase duffel bags to ship to camp rather than footlockers. Duffel bags can be stored, packed, and shipped easily.

## Phones/iPods

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 eight weeks. With this in mind, they may bring cell phones for Community nights, music for van rides, cameras for anytime. Please do not bring any other device powered by electricity or batteries (iPods, radios, e-book readers, iPads, etc.) This includes those with cranks and solar power!

## Cars

Program participants are not permitted to bring or use cars at camp.

## 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. *All articles should be labeled clearly with your camper's name!*

\*\*Passports are required for LDP II participants

Bed linens and washable sleeping bag

Pillow / 2 pillow cases

Bath towels

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

Underwear (to last two weeks)

T-shirts (some that can get very dirty)

Athletic socks  
3 - 4 pair wool socks  
Sweatshirts / sweatpants  
Wool sweater or warm fleece pullover  
Light Windbreaker type jacket  
Sneakers - 2 pair  
Slippers (if desired)  
Pajamas/bathrobe  
Swimsuits (2), girls should wear modest one piece, boys should not wear "Speedo" type suits  
Beach Towels (2)  
Jeans or rugged pants  
Shorts (of modest length)  
Pencils/pens  
Camera and extra film  
Flashlight and extra batteries  
stamps and stationery  
sunscreen/ lip balm/ sunglasses  
Bible (New International Version suggested)  
1 Laundry Bag and Laundry Detergent  
Insect repellent  
Personal Hygiene articles clearly labeled with name  
Comb or brush  
Soap & Shampoo  
Toothpaste and toothbrush  
2 water bottles, 32 Fl. oz. labeled with name  
2 bandanas

\*Camp will do laundry for LDP participants twice a month.

NOTE: Any dress clothes brought for the traditional end of month banquet at Brookwoods and Deer Run should be modest (no spaghetti string dresses or bareback styles), with dress length to the knees. Please don't put the camp in an uncomfortable position, make sure that outfits are modest. We reserve the right to ask your child to change clothes if deemed inappropriate.

Tennis and Basketball Shoes/Sneakers: all participants interested in participating in the tennis or basketball activities must bring appropriate sneakers in order to use the courts. This is essential in keeping the surface in top condition and to allow full enjoyment of those activities.

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

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

#Ensolite pad

Head net

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

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

Synthetic t-shirt and shorts (cotton materials absorb moisture and are not appropriate for backcountry trips)

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

Old sneakers for wet shoes on canoe trips

1 pair (top and bottom) light or medium weight polypropylene long underwear\*\* (Mountain temperatures can dip below 30 degrees in the summer)

Warm hat

Lightweight gloves

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

1 hat with brim



Please note items marked with an # can be provided by the Tripping program. The Tripping program provides external-frame backpacks and standard Ensolite pads. Campers desiring other equipment should bring it from home. Borrowing from fellow campers is not allowed.

#1 duffel bag for canoe trips

Daypack

# Hiking pack (60 liters or more)

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

Sunglasses

For Second Year LDP: fishing gear (there will be an opportunity to buy this before the trip if you do not already have any)

\*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.

\*\* Many have often found it more comfortable on extended hikes if they have a set of polypro long underwear to ward off any chill at high altitudes.

## 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 heavy sock and maybe a light sock liner. 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 KASTINGER, 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. If arriving by plane, e-mail a copy of airline itinerary to: [transportation@christiancamps.net](mailto:transportation@christiancamps.net).

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.

## Arriving at Brookwoods and Deer Run

**By car:** Please plan to arrive between 1:00pm-5:00pm on Sunday, June 23rd.

**By plane:** Please plan travel so that your child arrives at either Boston's Logan Airport or New Hampshire's Manchester Airport between 12:00pm-5:00pm on Sunday, June 23rd.

## Departing Brookwoods and Deer Run

**By car:** Please pick up your camper between 9:00am-11:00am on Saturday, August 17th.

**By plane:** Plane departure reservations should be made between 12:00pm-5:00pm on Saturday, August 17th.

## Directions and Accommodations for Brookwoods and Deer Run

**From the Boston Area:** Take the 93 N Expressway through Boston to Route 95 North. Continue on Route 95N to the Spaulding Turnpike (near the Portsmouth, NH/Maine border) to Exit 15 - Route 11 NW. Take Route 11 NW to the Alton Traffic circle where Route 11 intersects with Route 28N. Take Route 28N for about 5 miles from the Alton Traffic circle. Take a left onto Chestnut Cove Road. Follow signs for Camp Brookwoods and Camp Deer Run. **To get direction from a GPS type in "34 Camp Brookwoods Road 03809"**

### Accommodations

If you are planning on staying in the Lakes Region, it's important that you make advance reservations early and directly with motels or resorts. The following is a guide to some of the accommodations that are near Camp.

### Lodging

- Crescent Lake Inn and Suites, 280 S Main Street, Wolfeboro 603-569-1100 (6.6 miles)
- Wolfeboro Inn, 44 N. Main, Wolfeboro 603-569-3016 (7.7 miles)
- Lake Wentworth Inn, 427 Center Street, Wolfeboro 603-569-1700 (9.3 miles)
- Holiday Inn Express, 77 Farmington Road, Rochester 603-994-1175 (20 miles- ask for camp discount!)
- Marriott - TownePlace Suites, 14 Sawmill Road, Gilford, NH 603-524-5533 (21.7 miles)

# Forms

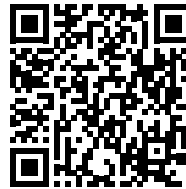
All forms can be found on our website under Parent Resources by visiting <https://www.christiancamps.net/resource-center/parents/>

## QR Codes

Parent Portion of Health Form:



Transportation to NH:



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Inhaler / Epi-Pen



# 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 New Hampshire has recently enacted new legislation controlling the use and storage of inhalers and Epi-Pens at camp. The purpose of the 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 State of New Hampshire 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 Camp Brookwoods and Deer Run recommends two inhalers: one for the camper and one for the Health Lodge.

\_\_\_\_\_ has the knowledge and skills to safely possess and administer  
(name of camper)  
the following medication in a camp setting. If needed the medication is to be self-administered in the following manner:

## 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. \_\_\_\_\_  
\_\_\_\_\_

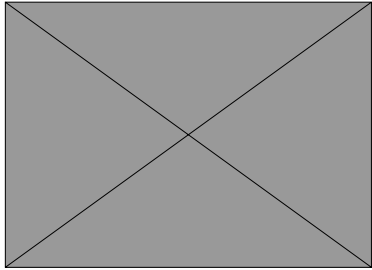
Although rare, the administration of epinephrine to an individual other than for whom it is prescribed can result in serious medical problems which are listed on the epinephrine package insert. This patient has been instructed in the dangers of administration of his /her epinephrine to any other person.

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

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

ADDRESS \_\_\_\_\_

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



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) 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)

**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)						

# Guidelines and Expectations

## Leadership Programs at Brookwoods and Deer Run

These are the guidelines and expectations for the participant in Leadership Programs. 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 Leadership Development 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 Brookwoods and Deer Run perspective on life. Encouragement, self-motivation and 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 (ropes courses and back country trips among others). Unsupervised swimming is not allowed. Use or possession of alcohol and tobacco, any form of vape, 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 Brookwoods and Deer Run 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 eight weeks. With this in mind, you may bring cell phones for Community nights, original music for van rides, cameras for anytime. Please do not bring any other device powered by electricity or batteries (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.

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Signed by Program Participant

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Date

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Printed Name

For additional information, please contact our friendly staff:

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

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