



BROOKWOODS



DEER RUN

Leadership Development Program

2026 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





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. My wife, Adina and I are parents too...with similar hopes and dreams for our children, just like you; so please give us a call if you have any questions about the summer camping experience of your child.

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

All forms are available via The Path, our online parent portal

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.

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 campers arriving via plane requiring transportation to the camps.** 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.

Personal Money - Those in the LDP Program might have opportunities requiring some personal money; for example Community 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.

Passports are required for LDP 2 participations.

All forms are available via The Path, our online parent portal.



*** 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 many books of the Bible, look at the cohesiveness of the Bible as a whole and, 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.

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 in a camper cabin setting
- 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 and Service experience
- 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
- 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.

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.

What immunizations does my child need?

All participants must be up-to-date on their immunizations or have an immunization waiver. All LDP participants must have a valid tetanus immunization.

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.

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
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 Holofill, etc; down fill is acceptable but cannot get wet!)
#Ensolite pad
Head net / Bug 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 \$75 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.

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.

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-4:00pm on Sunday, June 28th.

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 28th.

Departing Brookwoods and Deer Run

By car: Please pick up your camper between 9:00am-11:00am on Saturday, August 22nd.

By plane: Plane departure reservations should be made between 12:00pm-5:00pm on Saturday, August 22nd.

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)

If you're interested in local Bed and Breakfast options, please contact the Wolfeboro Chamber of Commerce at 603-569-2200.



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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 _____ / _____

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)

Date of Last Physical _____

"I have conducted a complete health history and physical exam on this camper, 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 on this form.)"

Name of licensed provider (please print): _____ Date: _____

Signature: _____ Title: _____

Office Address _____

Street

City

State

Zip Code

Telephone: (_____) _____

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.

A&D ointment Acetaminophen Aloe Vera gel Anbesol Caladryl lotion Cetirizine Cortisone topicals Dayquil Dextromethorphan Dextromethorphan ER Diclofenac topical Diphenhydramine Dramamine Emetrol Epsom Salts Eye drops with lubricating or soothing properties Eyelid hygiene wash solution or wipes Famotidine Guaifenesin Hydrocortisone 1-2% Ibuprofen Imodium AD Insect repellent Lidocaine topical Loratadine Lotrimin Midol Milk of Magnesia Miralax Probiotic Pseudoephedrine Sunscreen Swimmer's ear prevention drops (hydrogen peroxide/alcohol) Throat Lozenges Tums Zofran (ondansetron)

Emergency medication (camp medical staff reserve the right to administer in the event of an emergency) Oxygen Narcan Epinephrine injection Albuterol

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)

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 () _____

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.
- Rules and guidelines help us to have a safe and successful camp experience while demonstrating respect for others. There are many activities that have specific rules and they should be followed in order to maintain safety. LDP's should also be aware that:
- Unsupervised swimming is not allowed.
 - Weapons are not permitted. (Pocket knives are acceptable as a camping tool)
 - Racism, sexism, swearing, sexual jokes, and crude behavior are contrary to the goals of the LDP experience and harm the experience of others. Staff will address inappropriate language and action in a hope to see immediate change. If an LDP's behavior is not corrected, it may lead to dismissal from camp.
 - The use or possession of alcohol, marijuana, tobacco, vape products, or unprescribed drugs, are grounds for immediate dismissal from camp.
- 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, appropriate music for van rides, cameras. 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.

Signed by Program Participant

Date

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 or you can use the following:

Brookwoods: www.campbrookwoods.net

Deer Run: www.campdeerrun.net

Moose River Outpost: 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.



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