

Camp Arrowhead
Taste of Camper Information

Dear Parent/Guardian:

Thank you for registering with Camp Arrowhead! The following information is provided for the benefit of you and your camper. If you take time to review it carefully and heed the suggestions, your camper will arrive at Camp Arrowhead prepared for an exciting adventure.

Tuition balance, store account funds, and health form are due by MAY 15th. Mark your calendar now and use checklist to ensure all requirements are met.

NOTE: If circumstances require any payments to be made at check-in; only money order or cash payments will be accepted.

HEALTH FORM- No child may come to Camp Arrowhead without a properly completed and signed health form. All campers are required to have dated and written verification from licensed medical personnel that the camper has had a health examination within the past 24 months. Parents or guardians must also provide a current health history of their camper. The parent or guardian will be required to update camper health history during the check-in process. **Return form by May 15.**

All medications must be in their original containers. No exceptions!

HEALTH CARE AND MEDICATION PROCEDURES- Camper parents/guardians are required to see the Infirmary Supervisor at check-in if their camper is taking medication and/or is required to follow a specific health care procedure or diet. Prescription and non-prescription medications must be in original containers and include written procedures for administering medications and prescribed health care.

It is important to provide the Infirmary Supervisor with any changes in telephone numbers or addresses where you may be reached while your child is at camp. On check-in day all parents/guardians will be required to complete a short form to update their camper's health history. A physician is available to the camp and Beebe Medical Center is ten miles from camp.

SPECIAL DIETS/FOOD ALLERGIES: Separate written notification is required at least 2 weeks prior to camping session by email or using registration address.

How we can accommodate the following:

1. **Peanut and tree nut allergies**: While your child is at camp we can provide your camper with the knowledge of what foods contain these ingredients. Kitchen staff can also offer the peanut allergic camper the use of paper goods as an added prevention.
2. **Lactose/milk allergies**: Our kitchen has a lactose free product available to campers who are lactose intolerant and a soy product for campers with a milk allergy.
3. **Vegetarian/vegan diets**: Camp Arrowhead offers vegetarian options at each meal.
4. **Gluten Free**: We **do not** provide gluten free foods, but we can warm/microwave gluten free foods provided by you for your camper. It is best to speak to our kitchen supervisor for the best advice on what to provide. We encourage you to consult with your doctor when deciding if Camp Arrowhead is the best fit for your child.

CANCELLATIONS and REFUNDS- Cancellations must be made in writing to the camp Registrar. Refunds, minus the \$100 deposit, will be made to those cancellations received 3 weeks prior to the start of your camping session. No refunds will be made after this time. If cancellation is necessary prior to camp due to illness or injury, upon receipt of a written statement from a physician all pre-paid fees except \$100 deposit will be returned. No refunds will be given in case of illness, homesickness, dismissal or voluntary withdrawal from camp.

ARRIVAL TIME- Taste of Camp camper arrival is promptly at 9:30 am on Tuesday July 10th. Parents should plan to depart following check- in. Camp tours are not possible at this time.

DEPARTURE- Check out for **Taste of Camp** is Friday July 13th at 8:00 a.m. A closing ceremony for parents and campers will begin promptly following luggage pick-up. You and your camper are encouraged to join in a camp tour following the ceremony. Please plan to depart following your tour of camp.

SUGGESTED PACKING LIST: Label everything with camper name, including the luggage!! Labels can be ordered through Best Name Tape Company www.bestnametape.com. Camp is not responsible for lost or stolen articles.

- Pillow and pillow case
- Twin Sheets-one set
- Sleeping bag/slumber bag
- Blanket (sleeping bag can double for blanket)
- Bath towels and washcloth
- Beach towels
- Bathing suits (2 or more) keep one suit and towel with you at check in.
- Toiletries and personal hygiene items
- Reusable water bottle
- Backpack or book bag
- Flip Flops for use in shower only
- Hat for sun protection
- Sunscreen
- Sunglasses
- Insect repellent
- Laundry bag or plastic bag for dirty clothing
- Flashlight/batteries
- Raincoat or poncho
- Water shoes or old shoes that can get wet
- Stationery/pens/stamps
- Camera/film- be sure to label it
- T-shirts
- Shorts
- White t-shirt for tie-dye project
- Underwear and socks
- Sleepwear
- Long pants-light weight and light color work well for heat and tick protection
- Jeans and or sweatpants
- Shoes/ 2 pair
- Bible (provided but you can bring your own)
- Misc: playing cards, sporting equipment, reading material

We suggest packing in a suitcase or trunk. Plastic bins work well for linens. We don't provide camper laundry service, **so pack according to the length of session attending.** Only emergency laundry can be accommodated.

DO NOT BRING-Sandals, knives, MP3 players, radios,* cell phones, pagers, electronic equipment, games, or pack large quantities of sugared snacks as staff will collect them for safe keeping. These items will be returned at the end of the session. *Cell phone possession may result in dismissal from camp.

CAMPER MAIL- Mail is very important when a child is away from home. Use the following format: **Camper Name (Unit #) C/O Camp Arrowhead, 35143 Homestead Way, Lewes, DE 19958. Please be sure to use a return address.**

Do not use the registration PO Box for camper mail!

You can also write to your camper using a one-way email program (Bunk-1). Information is provided on our website and will be handed out at check-in.

CARE PACKAGES FROM HOME- Please note that your camper will have a variety of snacks available for purchase at the camp store. If you do send a package from home please provide individually wrapped food items so not to attract wildlife. Allow sufficient mail time for packages to arrive. Be sure your camper's name is on the package and use the camper mailing address as noted in **CAMPER MAIL** section.

CAMP ARROWHEAD CARE PACKAGE

Avoid postage fees or worrying about your camper getting their care package from home on time. Let us help you surprise your camper with an Arrowhead care package for only \$25.00. Packages vary session to session and are comprised of Camp Arrowhead logo souvenirs and snacks. You can even provide your camper with a personal note and choose the day you want it delivered by stopping by the camp store during check in.

CAMP STORE

Having a camp store account is optional but most campers enjoy going to the store line. Taste of Camp campers have store line once a day. Snacks, beverages, ice cream, and stamps top the list but many campers want to take home a Camp Arrowhead souvenir to remind them of their stay at camp. If campers are not planning to purchase clothing items then we suggest \$10.00 for Taste of Camp campers. Additional funds can be applied to camper accounts at the camp store during the checking in process if clothing purchases are desired.

Clothing purchases range from \$10-\$25. Arrowhead souvenir items range \$1-\$10.

Refunds not retrieved at sessions end will be donated to St. John's Chapel Fund for our outreach programs.

CHECKLIST- Mail the following to the Registrar by **May 15th**.

- Tuition balance (on line or by mail)
- Camp store account funds (online or by mail)
- Completed and signed Health Form by parent/guardian and physician
- Copies front and back of health insurance and prescription cards
- Special instructions if necessary
- Special Diets/Food Allergy letters (at least 2 weeks prior to session)

Mail all forms and fees (if not paid online) by May 15 to
Debbie Simms, C/O Camp Arrowhead
P.O. Box 625
Lewes, DE 19958

REGISTRATION QUESTIONS -

Debbie Simms
debbiesimms@camparrowhead.net or 302-645-5348

HOME EMERGENCIES - In case of emergency, contact camp at 302-945-0610; if a message is required leave message in Assistant Director voice mailbox. While we make every effort to monitor our phone, please be patient if you must leave a message. Your call will be returned as soon as possible.

CAMPER EMERGENCIES – You will be contacted by our Nurse, Director, or Assistant Director if there is an emergency concerning your camper.

HOMESICKNESS POLICY- Most often homesick children are fine after a day or two. If the counselor feels the child is still homesick by the second day, the unit supervisor is alerted. At this point all senior staff members and specialists are notified and asked to help in making the child feel more at home. If progress is not made, the parent is contacted and consulted as to a pertinent course of action. Please note the following:

We do our best to work through homesickness, however, there are times when a child's homesick behavior adversely affects the group as a whole and must be sent home. We do not offer refunds for homesickness.

Children are not allowed nor are they promised to use the telephone. We do promise to make a call for the child if it is warranted. There are times when a child writes a "take me home" letter the first day of camp and by the time the parent receives it, the child is fine. If this happens, we suggest you call the Assistant Director, @ 302-945-0610, and explain the situation. We will be happy to speak with the child and report back to you.

HOMESICKNESS PREVENTION

If you suspect your child may become homesick, spend a few minutes with our Assistant Director and discuss possible intervention or include a note during your online registration.

Be sure to alert the counselor if the child has had a family difficulty, personal loss or similar concern prior to coming to Camp Arrowhead.

Make sure the child *wants* to come to Camp Arrowhead and help prepare the future camper by reviewing all literature and brochures! If time allows plan to attend the open house. This may help your child enjoy the camp experience more. It is Camp Arrowhead's policy **not** to refund tuition due to homesickness.

BEHAVIOR POLICY- Camp Arrowhead will treat all campers with dignity and respect. Camp counselors, supervisors, and management will also work diligently with campers and parents to avoid and deal with conflicts at camp. However, there are some offenses that may warrant dismissal from camp. These offenses include:

1. The use or possession of cigarettes, alcohol, or drugs.
2. Fighting, bullying, or continual verbal assaults directed at campers or staff.
3. Blatant disregard for the authority of the camp staff and policies such as the continual use of profanity, stealing, and vandalism, which can be punishable by financial compensation.
4. Actions or behaviors that affect physical or emotional welfare of the other campers.

In the event that your child is guilty of any of these offenses, the Director will contact you and you will be asked to come immediately to camp to pick up your child. Your cooperation will be most appreciated.

If your child is sent home due to disciplinary problems there will be no refund of camp tuition and they will be unable to return to camp for that summer. However, they will be welcomed back the following summer providing they agree to abide by our behavior policy.

Questions or comments concerning this policy may be directed to Walt Lafontaine, the Camp Arrowhead Camp Director @ 856-863-1043 prior to June 18 or 302-945-0610 after June 18 or Debbie Simms, the Camp Arrowhead Registrar @ 302-645-5348.

DIRECTIONS-

From the North: Follow Rt. 1 South from Wilmington to the beach area. Turn right onto Rt. 24 West at the McDonalds Restaurant. Go about 3 miles and cross over the Eugene Bookhammer Bridge. Take the next left onto Camp Arrowhead Road (Rt. 279). Camp Arrowhead entrance will be 4 miles on the left.

From the West: Cross the Bay Bridge. Follow Rt. 50 East to Rt. 404 East. Turn left onto Rt. 404 and continue to Rt. 16 East. Proceed on Rt. 16 to Rt. 1 South. Continue to Camp using the directions FROM THE NORTH as listed above.

From the South: Take Rt. 113 North to Millsboro. Turn right on Rt. 24 East and travel approximately 9 miles. Turn right at the traffic light onto Angola Road (Rt. 277). Proceed to the stop sign and turn right onto Camp Arrowhead Road. Camp Arrowhead entrance is approximately 2 miles on the left.

GPS: If you are using a GPS for navigating to camp, use 35143 Homstead Way, Lewes DE. **Note:** This address is not for mailing camper registration materials!!

FOR YOUR INFORMATION-

The tax-exempt ID number for Camp Arrowhead/Diocesan Council, Inc. of the Episcopal Diocese of Delaware, 2020 N. Tatnall Street, Wilmington, DE 19802 is 510065734.

You can support camp by contributing to the United Way

Camp Arrowhead is a United Way recipient: Delaware #9082 and Southeastern Pennsylvania #7978.