



## GENERAL INFORMATION FOR CHILDREN & YOUTH CAMPS

### WELCOME!

We're excited about this year's summer camp and are glad you will be a part of it. Below is some information that will help you prepare for your upcoming camp experience. If you have any questions, please don't hesitate to contact us at the Plateau.

### PACKING FOR CAMP

You can expect temperatures from 45°-95°F, sun, rain, fog, and wind. Make sure you put your name on your luggage and sleeping bag. Pillows should be tied into the sleeping bag or put into a plastic bag and labeled with your name. If you can, label your clothes with your name, as well.

Here's a good packing list:

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| <ul style="list-style-type: none"> <li>□ your Health, Medication and Release forms</li> <li>□ Bible</li> <li>□ pen or pencil</li> <li>□ sleeping bag</li> <li>□ pillow</li> <li>□ bath towel</li> <li>□ washcloth</li> <li>□ soap* &amp; shampoo*</li> <li>□ toothbrush &amp; toothpaste*</li> <li>□ other personal care items &amp; toiletries</li> <li>□ complete rain gear</li> <li>□ two or more pairs of sneakers or hiking boots</li> <li>□ flip-flops (for use in bathroom or shower <b>only</b>)</li> <li>□ beach towel</li> <li>□ swim suit (Please make a modest selection. Staff reserves the right to forbid overly revealing swimsuits.)</li> <li>□ flashlight</li> <li>□ sunscreen</li> <li>□ bug repellent*</li> </ul> | <p><b>OUTDOOR CLOTHING FOR THE WEEK (INCLUDING COOL WEATHER) SUCH AS:</b></p> <ul style="list-style-type: none"> <li>□ shorts*</li> <li>□ T-shirts*</li> <li>□ jeans/ slacks</li> <li>□ sweatshirts*</li> <li>□ hat*</li> <li>□ jacket</li> <li>□ 6-8 pair socks &amp; undergarments</li> </ul> <p><b>OPTIONAL:</b></p> <ul style="list-style-type: none"> <li>□ Camp Store money (including camp photo)</li> <li>□ fishing gear</li> <li>□ camera* &amp; extra film</li> <li>□ envelopes, paper &amp; stamps*</li> <li>□ backpack (Adventure Site Campers)</li> </ul> <p>* Available in Camp Store</p> |
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### PLEASE DO NOT BRING

Aerosol sprays, CD/tape players, radios, video games, game-boys, cell phones, pagers, skate boards, skates, or other items that would detract from the camp experience. Do not bring any food with you as well.

#### SAFE ENVIRONMENT GUIDELINES

Because we believe that camp should be a safe place in which to play and grow, the Plateau does not allow the bringing or use of controlled substances or weapons of any kind.

### BUNKMATE REQUESTS

Well before you arrive at camp, bunkmate assignments will have been made by the Program Director. Remember that only one bunkmate request will be honored, and bunkmates must request each other when registering for camp, or in writing at least two weeks before your camp week. We assure you that we will do our best to honor your request.

### CAMP STORE

The camp store will be open at registration, check-out, and each afternoon while you are at camp. Parents are encouraged to stop in during registration and check-out. Spending money for the week must be deposited in the store bank. A store card will be on file at the camp store for use when the store is open.

Some items available in the store are:

- |           |                           |
|-----------|---------------------------|
| beverages | hats                      |
| candy     | sweatshirts               |
| snacks    | T-shirts, shortspostcards |
| ice cream |                           |

### CAMP PICTURES

A color camp group picture will be available to purchase. It must be ordered and paid for at registration.

## FORMS! FORMS! FORMS!

You must have the following forms (available on the website under *summer camp forms*) completed, signed and with you at registration:

- 1] **Health History Form.**
- 2] **Authorization for Medication.** A separate form must be completed for each prescribed and non-prescribed medication you bring. The camp infirmary is stocked with basic over-the-counter medications such as acetaminophen, ibuprofen, antihistamines, etc. The camp nurse will administer these as necessary. There is no need to bring such medications to camp.
- 3] **Authorization for Camper Release, Photographs & Address Sharing.**

## MAIL

Your parents, relatives and friends may write to you at camp. Please allow 4 days for delivery and address mail like this.

The Camper 's Name  
Program Name or Camp # \_\_\_\_\_  
Pocono Plateau Camp & Retreat  
RR 2 Box 2747  
Cresco, PA 18326

## E-MAIL

Camper e-mail is checked once daily, printed, and delivered with the regular camper mail. Send it to [mycamper@poconoplateau.org](mailto:mycamper@poconoplateau.org) Please type the camper's name and program # in the subject line.

## PHONES

Campers may not make or receive phone calls. The camp staff will be able to contact parents/guardians if necessary.

## CHECK-OUT TIME

Check-out for most camps (except Young Children's Camps, Music Camps and Trip Camps) is 9:30 a.m. on Saturday. Your parents will be instructed where to go once they arrive. The person taking you home must sign the Camper Release form in your counselor's presence.

## SWIM EVALUATIONS

For the safety and enjoyment of all campers, it is important to determine swimming ability early in the week. Generally, Main Site campers have swim evaluations on Sunday afternoons.

Adventure Site campers will have swim evaluations on Monday before waterfront time.

## WHAT DO I DO WHEN I GET THERE?

You can register between 3:00 - 4:00 p.m. on the first day of your camp. **The camper must be in the registration line**, along with the parents/guardians who are bringing them.

- 1] A staff person will greet you as you arrive at camp and tell you where to park and register.
- 2] Once you've parked, leave your luggage in the car. Take all the forms, medications, and store money with you and go to the registration line for your particular camp. Please do not attempt to find your room or unload your luggage before you register.
- 3] Your Program Director will greet you, take your camper release form, tell you where your lodging is, who your counselors are, and give you your group assignment and location.
- 4] You will meet the Nurse who will check your Health and Medication Forms, check-in your medications, and ask you and your parent/guardian some health-related questions.
- 5] You and your parent/guardian may open a Store account with cash or check and purchase a camp photo.
- 6] **FOR MAIN SITE CAMPERS:** Now you can get your luggage from the car and settle into your room. Here you'll meet your counselors. Then you and your parent/guardian can go to the Camp Store near the Dining Hall.
- 7] **FOR ADVENTURE SITE CAMPERS:** Now you can get your luggage from the car and place it at the site location posted in the Pavilion. Here you'll meet your counselors. Then you and your parent/guardian can go to the Camp store in the Pavilion.
- 8] After you're finished at the Store, go back to your counselor and say goodbye to your parent/guardians. Your counselor will then involve you with the other campers.

VISIT: [WWW.POCONOPLATEAU.ORG](http://WWW.POCONOPLATEAU.ORG)