

Impact Kids Camp 2018

August 2 - August 6

Camp Meeting:

All campers must bring one parent or guardian to the parent meeting on Sunday, July 29, at 5:00 p.m. This meeting will take place in Main Stage on the 3rd floor of the main church building. Please do not leave the meeting until you have verified that your camper's file is complete.

Camp Check List:

Be sure your name is on EVERYTHING you bring. Write your name on clothes, shoes, socks, and towels with a permanent marker.

- Sleeping Bag or Linens
- Pillow
- Towels and Washcloths
- Toiletries (soap, deodorant, toothpaste, toothbrush, etc.)
- Swimsuit (girls—no two-piece suits, modest Tankinis are allowed) and Beach Towel
- Swimsuit Cover-up (T-shirt)
- Plastic Bag (to pack wet towels and swimsuit on Friday)
- Bible and Pen or Pencil
- Flashlight
- Pajamas
- Shorts and T-shirts for 5 days (a few extras just in case)
- Socks and Tennis shoes
- Spending Money for Snacks and Souvenirs from Camp (Some quarters and dollar bills are very helpful for vending machines.)
- You may bring your own snacks (in Ziplock Bags).
- Sun block
- Trash Bag for Dirty Clothes
- Small Wallet to carry money
- Disposable Camera if desire

What to Leave at Home:

Fireworks, knives, illegal weapons, shaving cream, water pistols, and any other questionable items not appropriate for camp. ***Cell phones and electronic devices are also not allowed at camp.** Security of these expensive items cannot be guaranteed. In addition, they cause a distraction from our main focus at camp.

(*if these items are brought to camp, they will be confiscated and returned to parents on Monday)

Traveling Schedule/Check-In:

Thursday, August 2

Meet in the **North parking lot** (old bank parking lot, Glenbrook between Ave. C and Ave. B) at 12:00 p.m. (In case of rain, registration tables will be located in the main building at the Chapel entrance.)

- Please feed your camper lunch before they arrive, their first meal will be dinner at camp.
- Turn in all medications in a gallon size Ziploc bag at the registration tables
- Girl campers, please bring individually wrapped snacks to share while at camp.
- Boy campers, please bring a 24 pack of water bottles to share.
- All medications must be received and your child must be checked in before boarding the bus.

Monday, August 6

We will plan to leave camp at 10:00 a.m. and arrive in the north parking lot at noon. **Please be on time to pick up your pre-teen.** (Someone from the church office will contact you if the schedule will be drastically different than planned.)

Medications:

- All medicines should be checked in at the medication table when you drop off your preteen
- All medications should be in their original container with prescription label, be enclosed in a gallon size Ziploc bag and have your child's name clearly written on the outside of the bag in permanent ink
- Common pain relievers are available at camp in the appropriate strength for a child under 12. Please do not send these over-the-counter medications: acetaminophen, ibuprofen, antihistamine (Benadryl), decongestant, cough medicine, anti-nausea or anti-diarrhea
- The nurse can not dispense expired medication
- The nurse can only dispense medication that has the child's name on it
- If there is a special over-the counter medicine you must send with your child, the nurse is only authorized to dispense them as written. The medication must contain dosage instructions for a child under 12 or be accompanied by a doctor's note. For example, Melatonin does not have dosing instructions for children under 12 on the bottle. Therefore, by state law the nurse is not allowed to dispense to a child at camp without a signed doctor's note with specific dosing instructions. This also pertains to essential oils.

****Allergies often flare up while enjoying the outdoors at camp. If your child is one that only takes allergy medication occasionally, it's a very good idea to go ahead and start it before camp and continue it throughout camp.**

Rescue Inhalers/EPI Pens:

If your child uses a rescue inhaler or EPI pen, they must also be in their original container or box. Please provide two devices, one for the nurse's station and one to remain with your camper. Please write your camper's name on the actual device and package it in a separate small Ziploc bag with name and instructions. Campers will be allowed to keep rescue inhalers/epi pens with them at all activities. Sponsors will bring a backpack to hold inhalers while the children are involved in activities.

Email:

You may email your child at camp by going to <https://www.riverbend.camp/camper-email> **Be sure and put First Baptist Church Garland and your child's name.** There will be other First Baptist Churches at camp making it impossible for the staff to direct the email to the appropriate group without a full church name. (Don't just put First Baptist Church!)

You can send a gift to your camper from the Tradin' Post. <https://www.riverbend.camp/gift-shop>

Phone Calls:

Please do not send a cell phone to camp with your child. Remember: some pre-teens get home sick; they tend to be most home sick late at night and early in the morning. Most likely, things will improve once the activities of the day begin. Please know that this is a normal part of camp for some preteens and we will encourage and comfort your child. Amy Owens will contact you if homesickness becomes too much of a struggle for your pre-teen. Note: no news is good news!

If you need to contact your pre-teen at camp - you must leave a message for Amy Owens and she will get you in touch with your pre-teen. Amy Owens cell phone number is 972-365-4218. Please do not leave a message for the camp office unless it is an extreme emergency (1-888-269-2363)

Camp Visits:

Parental visits are not allowed for the safety of all campers at Riverbend Retreat Center. If your child must leave camp during the week for an offsite appointment, please let Amy know by Wednesday, July 19, so we can fill out the necessary paperwork. You will not be admitted to camp if the necessary paperwork has not been filled out. (Remember - this is by design to provide the safest environment at camp for your child!)

Encourage your child:

1. To put their money in a safe place. Each child must keep up with their own spending money. (Tip: A few dollars in the pocket of each day's shorts is sometimes helpful.)

2. To wear sunscreen! Each child should be encouraged to apply sunscreen regularly so that sunburn does not affect their enjoyment of camp.
3. To drink plenty of water throughout the day and make good choices at mealtimes. Headaches are common when playing outside in the heat without proper nutrition and hydration. We want everyone to feel their best so they don't miss a minute of fun! In other words, they won't feel very good if they eat chips and soda instead of the nutritional stuff at meal times. A water bottle will be provided for your child in addition to the disposable water bottles that are brought to camp. There will be ample opportunities for the children to fill up their water bottles.
4. To make new friends while enjoying the old ones!
5. Packing tip: For some kids, it can be helpful to use a gallon Ziploc to place shorts, shirt, socks and underwear for each day.

Spending Money

Campers will have an opportunity to visit the "Canteen" where they can get ice cream, nachos, hot dogs, soda, etc. As a guideline, we suggest parents send no more than \$10 - \$20 dollars for snacks. Campers are expected to carry and protect their own money. We suggest putting their name on a wallet, coin purse or Ziploc bag in case they do misplace it at camp.