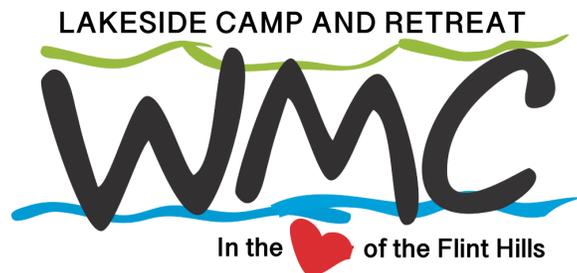




# WHITE MEMORIAL CAMP CAMPER HANDBOOK 2022

Need-to-know information to prepare your camper for a wonderful summer camp experience!



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## Welcome Letter from the Director

Greetings Campers and Camp Enthusiasts!

On behalf of the entire staff and WMC family, we wish to welcome you to our camp on the Peninsula in the Prairie! Whether it's your first time attending camp, or your eleventh time, we cannot wait to see you.

WMC is your camper's new favorite home-away-from home. A place they can call their own. Here they'll make friends, develop their own community, and have choices over the type of experience they want to have. Our staff are well trained, caring, hard working individuals who always put their campers first. For all of our camps, we want your camper to leave with tools to gain more confidence, stronger communication skills, social awareness, and an appreciation for the outdoors. For our faith-based camps, we want to help our campers grow their faith and to leave spiritually fulfilled in their beliefs. We ensure that campers return home well-fed, a little tired, smelling like campfire smoke and overflowing with positive memories!

We're offering more camp options than ever this season and we always want to hear your feedback and ideas. We believe our programs should be experiences that cannot take place anywhere else. They should be active, engaging, valuable and especially fun! Our programs should give our campers a sense of connection to nature, and celebrate the differences in people. Camp should inspire a curiosity that carries over into the school year. We do our best to make sure you feel welcome and provide an atmosphere where you can truly be yourself.

When you pass through the stone gate and ring the camp bell, we want you to make yourselves right at home. Ask us any questions and don't be afraid to try new things. Families, rest easy knowing our staff want the very best for your camper. We play hard, but only after we train and prepare hard first.

We look forward to sharing our program with you. Should you have any questions, please do not hesitate to contact our office.

From all of us at White Memorial Camp,



Justin Whittaker  
Camp Director  
620-767-5165



## 2022 Camp Season Schedule

Dates	Event	Notes
<b>Feb 15</b>	<b>Early Registration Discount Closes</b>	
March - May	Open for rentals, retreats, and camps!	Host your custom event here at camp!
April 6	Envirothon	
<b>April 23</b>	<b>Registration Closes (late fee = \$25.00)</b>	
April 22 - 24	Flint Hills Wisdom Keepers	Retreat for Adults. Info online. Sign up now!
May 7	Work Hard, Play Hard Volunteer Day	Volunteer Wanted. Sign Up with our Volunteer Application online!
<b>May 13</b>	<b>Late Registration Closes</b>	
May 23 - June 4	<b>Staff Training</b>	Volunteers seeking training are welcome.
June 13 - 17	Arrowhead Camp - Adults with I/DD	<b>Volunteer Leaders and Caretakers Needed!</b>
June 27 - July 1	Cottonwood Camp - Adults with I/DD	<b>Volunteer Leaders and Caretakers Needed!</b>
July 1 - 5	Blocked for Family Reunion	
July 15 - 17	Local Kids to Camp	Local students completed 3rd - 5th grade
July 22 - 24	CHOMP (formerly Young Adventurer's)	Completed k - 3rd grade
July 31 - Aug 6	BEYOND Camp	Completed 10-12th grade
July 31 - Aug 6	Last Blast	Completed 4th - 12th grade
July 31 - Aug 6	Prairie Run Cross Country Camp	Completed 7th - 12th grade
July 31 - Aug 6	Themed Camps	Completed 4th - 12th grade
Aug 28	UCC Annual Picnic	Potluck, camp activities, worship service
October	Fall / Harvest Festival	Public event
Aug - Jan	Lodging and Venue space available.	Family reunions, weddings, churches, etc.

**VOLUNTEER OPPORTUNITIES:** Make a reservation online to be a volunteer by filling out the Staff / Volunteer application! Volunteers can receive camp tuition discounts for friends and family.

## SESSION DETAILS

### **Arrowhead Camp: Adults with I/DD (\$515.00)**

**Check In:** Monday 10 a.m      **Pick-Up:** Friday 10 a.m.

We will schedule a specific drop off and pick up for each camper or group.

### **Cottonwood Camp: Adults with I/DD (\$515.00)**

**Check In:** Monday 10 a.m..      **Pick-Up:** Friday 10 a.m.

We will schedule a specific drop off and pick up for each camper or group.

For over 50 years, we've hosted retreats for individuals with intellectual and developmental disabilities, building a lasting community, and an unforgettable experience full of positivity and camp tradition! Join in the fun, come see your camp family!

Our specialized retreats cater to the needs of adults with a wide range of needs. Staff is selected for their ability to care for this population in a fun, nurturing way to make this a wonderful vacation experience. We offer sessions of 5-day residential sessions throughout the summer. Experience the relaxing, scenic lakeside cabins. Experience the fun, laughter, and positive atmosphere. White Memorial Camp is the perfect way to make new friends, grow faith in God, learn new skills, and create lifetime memories in a safe, beautiful, natural environment. Some of our popular activities include; boat rides, crafting, swimming, hayrack ride, Carnival Night, Fancy Dinner, Dance, adaptive shooting sports, low ropes course, musical guests, and of course, our beloved talent show. WMC has hosted camps for individuals with ID/DD for over 50 years and while much has changed, one thing remains the same – we can't wait to see you!

#### Highlights Include:

- ADA accessible heated/Air Conditioned Cabins
- On-Site RN/LPN and FirstAid Trained Camp Staff for medical needs.
- Dedicated staff. We strive for no more than one staffer to four campers. Plus extra staff to assist individuals full time who may need extra care.
- Dietary needs will be met. Our chef will work with our Nurse and Campers to met any dietary restrictions, or specialized food preparation.
- Fresh air, good people, and great memories.

### **Local Kids to Camp**

Completed Grades 3–5. (Free for local youth.)

**Check-In:** Friday, 2:00 P.M.      **Pick-Up:** Sunday, 1:00 P.M.

A weekend of fun is just down the road! We're building pride in ourselves, our friends, and our communities by taking a weekend break from everything to appreciate nature and play outside. Local Kids to Camp is a FREE camp for youth that have completed grades 3-5 (entering into grades 4-6 in August of 2022) in Morris and Wabaunsee Counties, that attend local elementary schools at White City, Council Grove, Home School students and Prairie Heights. WMC is your summer camp, right next door. Thanks to generous contributions from several local area foundations, WMC is able to host an all inclusive weekend camp experience for our local youth (homeschoolers are welcome too!) We have an action packed two days planned. Join your friends (and make new ones) out at our awesome camp. Camp T-shirt and snack prices included. Don't miss out!

### **C.H.O.M.P.!**

Completed Grades K-3 (Rate A: \$225, Rate B: \$200)

**Check-In:**, Friday, 3:00 p.m.      **Pick-Up:** Sunday, 4:00 p.m.,

Creative, Healthy, Outdoor, Meaningful Play. CHOMP is for our younger campers who hunger to try new things! CHOMP encourages hands-on learning, introduces simple, positive mental and physical health practices, and ensures we find meaning

in the world around us all while playing and having fun. CHOMP is a 3 day, 2 night camp for younger campers to get their first taste of adventure. All are welcome to join in this camp. In collaboration with the United Church of Christ.

**LAST BLAST and THEMED CAMPS**

Completed Grades 4 – 12 (Rate A: \$515, Rate B: \$435)

**Check-In:** Sunday, 3:00 P.M.      **Pick-Up:** Saturday, 10:00 A.M.

Summer doesn't fade away, it ends in one "LAST BLAST!" Reunite with old friends or meet new ones in a place where lifetime memories are made. Our most popular youth event returns! This week is about adventure, worship, and having fun. Hosted in collaboration with the United Church of Christ. No matter who you are, or where you are on life's journey, you are welcome here.

NEW for 2022: Pick your path! What are you most passionate about? During registration, you can choose from a list of options. Everything is customizable now-a-days, so why not your camp experience? Each day campers will spend scheduled time on the hobby or activity of their choice. The rest of each day will be filled with our classic camp-wide activities, games, worship, and cabin challenges.

**Prairie Run Cross Country Camp**

Completed Grades 7 – 12 (Rate A: \$515, Rate B: \$435)

**Check-In:** Sunday, 3:00 P.M.      **Pick-Up:** Saturday, 10:00 A.M.

You can't spell "Prairie" without P.R.! For anyone enthusiastic about running. Camp Tradition + Professional Coaching = best health camp around. We've teamed up with coaches from all over Kansas to bring you a unique event! The purpose of the camp is for athletes to gain knowledge, inspiration, and foundation of the sport of cross country and track and field while meeting other athletes around the Midwest. After leaving camp, each athlete will begin their training season with new knowledge to fit their personal running needs! The camp will consist of morning and evening runs, group informational sessions, live video conferences with professional athletes, as well as great activities including – Zip-Lining, Rock Wall Climbing, Canoeing, Kayaking, Swimming, Archery, Group Games, and much more! Contact us about team discounts. Any coaches who would like to attend please contact us for details.

**Beyond Camp**

Completed Grades 10 – 12 (Rate A: \$515, Rate B: \$435)

**Check-In:** 3:00 P.M.      **Pick-Up:** 11:00 A.M.

Let's face it, you're craving the next level of what camp has to offer. Camp is not just for kids. More freedom. More responsibility. More fun. Beyond Camp provides High School campers (completed grades 10-12) an opportunity to learn what it takes to be a leader, without having to give up the fun of being a camper.

Beyond Campers will learn to plan beyond camp and leave their legacy for future campers. Sections of each day will be geared toward leadership quests while the remainder of each day allows them to choose which activities to participate in. Each camper will have the option to assist in leading classic camp activities or lead a new program they helped to create!

Beyond camp also provides more electives and schedule choices for the older campers, however campers may choose to follow the traditional schedule they are used to in order to participate with friends attending Last Blast and other camps running simultaneously that week.

It's time to start considering how to take the fun of camp with you, Beyond Camp.

## Pre-Camp Checklist:

- ❑ **Read this manual.** It will answer many of your questions about camp
- ❑ **Read the [Covid Policies Manual](#)**
- ❑ Need tuition assistance? **Apply for Scholarships** (optional). Online Application located under Reservations.
- ❑ **Register by - Deadline April 23.** We offer refunds if campers cannot attend due to Covid 19.
  - \*\* Registration can be managed online or over the phone by scheduling an appointment.*
  - \*\* If waiting for scholarship approval, you may begin registration and enter scholarship codes and pay any remaining fees (if any) later.*
- ❑ **Complete all forms** no later than 3 weeks before camp: *You can re-use your Health, Dietary, and Camper Care from last year and update as needed.*
- ❑ **Pay Deposit.** (Mail check or use credit card online or over the phone).
- ❑ **Schedule Doctor's Appointment:** To obtain a Physical. You may already have one on file with us, or elsewhere. If so, the form must be less than 2 years old. Update the form again if medication or treatment has changed. *\*\*The doctor's office, your school, or other extracurricular organizations may have one on file. You can send a copy to camp. Otherwise, you may need to schedule an appointment with a physician.*
- ❑ **Submit Doctor's Physical:** Upload to your account, email to the office, mail, or fax the form to Camp.
- ❑ **Fill Medications:** If the camper takes medication, please be sure to have your pharmacy (or physician) fill their upcoming prescription in blister pack form. Notify camp if you plan to have medications packaged and sent to us in advance. If this can't be done, See medication procedures found in this manual.
- ❑ **Pay remaining fees** before the first day of camp.
- ❑ **Pre-Screening:** \*7-10 days prior to your camp session, follow the pre screening checklist provided in this manual.
- ❑ **Letters From Home:** Send your camper a letter a week prior arrival. Or bring sealed letters to turn in during check-in. You can indicate which days to be delivered to the camper. OR you can use the camper communication tool in your online account to send an email that we will print and deliver to your camper.
- ❑ **Pack for camp.** See Packing Lists. Check the weather closer to your camp arrival date to pack accordingly.
- ❑ **Plan around Construction:** 2021 - 2023: Route to camp along highway 177 and the K Avenue turn to camp may be blocked due to construction widening the highway. WMC will do our best to help provide route suggestions.

## Contact Information:

**Phone:** 620-767-5165      **Fax:** 620-767-7244      **Summer Camp / Emergency (After-Hours):** 785-218-0230

**General Questions, Schedules, Letters:** [Office@WhiteMemorialCamp.com](mailto:Office@WhiteMemorialCamp.com)

**Emergencies, Personal Questions, Reports, Staffing:** [Director@WhiteMemorialCamp.com](mailto:Director@WhiteMemorialCamp.com)

**Website:** [www.whitememorialcamp.com](http://www.whitememorialcamp.com)

### Mailing Address

For Letters, Scholarship Application, or Donor Thanks

White Memorial Camp  
1271 S. 1050 Rd.  
Council Grove, Ks 66846

### For Checks / Billing / Accounts:

White Memorial Camp  
Attn: Accounts  
PO Box 26,  
Alma, Ks 66401

### Summer Office Hours:

The office is closed on weekends except to handle pre scheduled tours, rentals, or camper check-in and checkout.

**Mon:** 12:00 p.m. - 4:30 p.m.

**Tues - Thurs:** 9:00 a.m. - 4:00 p.m.

**Fri:** 9:00 a.m. - 2:00 p.m.

## Deadlines and Fees

### Registration Deadlines:

- ❖ **Sign Up Early**- sign up for next year's camp this summer during Check-Out and be eligible for more discounts.
- ❖ **General Registration Opens**- **November 15**
- ❖ **Early Discount Deadline** - **February 15** (\$25 Discount). May not apply to 3 Day camps.
- ❖ **Registration Deadline** - **April 23** (Registrations submitted after this date will be charged late fees).
- ❖ **Late Registration Deadline** - **May 13th** (\$25 late fee after April 23. Scholarships do not cover late fees).

NOTE: If you miss a registration deadline, don't panic, contact our office and we'll see how we can help!

NOTE: WMC may add more programs in the spring so check our website to see if the calendar has been updated. You can always transfer your camp registration to a different session and keep your discounts so it's better to sign up early!

**Paperless and PrePaid:** Please have all paperwork (especially health forms) submitted, uploaded, mailed, or faxed to camp prior to arrival. Call or email our office if you need assistance.

- By helping us cut back on paperwork, and in-person transactions, you are doing 4 things.
  - Ensuring that we prepare for your camper properly by knowing their health, dietary, and other needs.
  - Speeding up the check-in process for all guests and campers
  - Helping prevent the spread of Covid by not sharing items
  - Reducing paper and waste - as a camp we promote helping the environment by recycling and going green.

### Discounts:

Select eligible discounts during the registration process. If eligible for ALL discounts listed below, be aware that there may be a maximum "cap" to the amount that can be discounted based on the camp session and fees selected.

- **Early Discount** (\$25 Discount Until FEBRUARY 15th). **Qualifiers:** No code or proof of ID required.
- **First Timer Friend Discount:** (\$15.00 off for first time campers or \$15.00 for returning campers who invite a first time camper). \$5 off for each additional First Timer friend you invite (up to \$30 total). **Qualifiers:** First Timer campers qualify regardless if they were invited or not. If bringing a friend, provide their name. That friend must attend the event. If they cancel or do not sign up for camp, the discount will be forfeit and you'll be charged \$15.00.
- **Military Discount:** 5% discount for Active Duty, Veterans, and/or their Dependents. **Qualifiers.** No code. WMC may ask for proof of service. Acceptable proof of service include: .mil email address, Current Leave and Earnings Statement (LES), Military ID Card, VA Veteran ID Card, Driver's License with Veterans Designation, Veterans Organization Card (e.g. American Legion or VFW).

**Tiered Pricing:** Some of our camp sessions offer a Rate A and a Rate B option to help those who currently find the cost of camp might be out of reach. More information on this can be found during registration.

### Scholarships / Sponsorships

- Camp Scholarships are available in a first-come, first-serve capacity and depend on the generosity of our donors. No proof of credit or financial records are required. Explain your situation and reason for wishing to send your camper to camp. We ask that recipients write a thank you to our donors.
- Simply fill out the online scholarship application by logging into your online account, clicking Reservations, click the name of your camper, then scroll until you find Scholarship Application. (or contact us to request a hard-copy).
- WMC will review applications as they come in and contact you within 2-3 weeks. If approved, you'll receive a Scholarship code to enter during the registration process. You are welcome to begin the registration process while you wait for approval to secure your spot.
- NOTE: Scholarships may not cover deposit fees and will not cover late fees.
- Cancellation: If you were granted a partial or full scholarship, or were sponsored by an individual or organization, in the event of a cancellation or no-show, the client will be removed from that year's scholarship eligibility and the funds may be granted to another applicant. Scholarships are non-transferable. Each applicant must be awarded and/or apply for funding and must be approved and awarded such funding in advance.

**Deposit:**

- A deposit is required in order to reserve guests' space for a camp or event session and to take advantage of time-sensitive discounts. Excluding pre-determined exceptions, all guests pay a minimum of a \$50 deposit to secure their spot. Remaining fees are to be paid prior to the first day of the event.
- The minimum amount of a \$50 deposit is non-refundable. However, if you are unable to attend the event or camp you signed up for, this deposit may be transferred to another camp session so long as you notify us before your event check-in deadline.

**Payment Methods:**

We have flexible payment plans available and are happy to work with families in making the registration process easy and efficient.

- WMC accepts credit card payment (online or over the phone), cash payments, and checks submitted prior to check-in day (checks must arrive prior to check-in). Registering online allows guests to pay in any of these methods.

**Transfers:**

- Transfers are valid for one year after the original event you intended to attend or 365 days. Funds can only be transferred to camps or events hosted or partnered by White Memorial Camp.
- Deposit or registration fee transfer is not valid if you do not contact White Memorial Camp prior to your scheduled camp or event.
- In the event that you need to cancel or reschedule your registration or reservation, please notify WMC by emailing [accounts@whitememorialcamp.com](mailto:accounts@whitememorialcamp.com) or calling the camp office 620-767-5165.

**No-Show:**

In the event of a "no-show" where you do not attend the event you paid and signed up for without contacting us in advance, then any fees you've paid are non-refundable and cannot be transferred.

**Leaving Camp Early:**

Whether it be due to sickness, behavior issues threatening the safety of themselves or other guests, family emergency or any other incident not caused by WMC, its staff, or anyone involved with our program, then any participant leaving camp early may not be refunded. In some instances, partial funds may be transferred to future camps as credit.

**T-shirts, Camp Store and Online Purchases:**

For 2022 Snack Shack (Camp Store) and Tshirt funds are included with camp tuition. However, in the future camp merchandise or additional snack shack fees are available, read the following:

- **T-Shirt refunds** are available if you paid extra for a shirt if upon arrival WMC does not have the correct shirt size available. You may also choose to wait and have WMC order the correct size. Otherwise, T-shirt sales are final.
- **Camp Store:** Funds submitted online, via mail or in person to be placed in Camp Store will be monitored by camp staff and used as credit. After purchases are made during the event, any funds remaining in the guest's "camp store funds" will be returned to the payer. Should the change amount exceed \$25, WMC may, for the security of funds, mail a refund check, or return the remaining amount to credit card rather than hand cash back. WMC will do their best to notify guests in advance that they will not receive cash back should that be the case. All leftover camp store funds will be refunded.
- **Online purchase refunds** will be handled and funds returned to the credit card that placed the order. Proof of wrong or damaged items will be required for a refund. If it's a sizing issue, merchandise can be returned and credit applied to the correct or future orders.

## How to Register

When you register for camp you'll want to have handy:

- Primary and emergency contact information
- Medication Information
- Health History information
- Primary Physician name and number
- Medical Insurance information
- Credit Card information

\*\*You may skip forms during registration to complete later if you do not have access to all of your information at that time.

\*\*Your forms from previous years will still be on file. Be sure to update any health, dietary, or camper care forms if anything has changed. Physicals expire every 2 years.

### Register Online or Over the Phone

*PHONE:* If you do not have internet access, you may call into the camp office and register over the phone. Your first call may just be to schedule a 15 to 20 minute phone call to complete registration and health forms over the phone.

*ONLINE:* WMC utilizes paperless registration. Parents, Groups, Churches, Coaches, Caretakers, and so on, can all create individual or group accounts. Registration is handled directly from your account portal and can be updated anytime of year.

- ❑ Visit [www.whitememorialcamp.com](http://www.whitememorialcamp.com) and click the "Login/Register" button at the top of the page.
- ❑ Use your email address and password to create an account, or login to an existing account.
- ❑ Note: If you are registering on behalf of someone else, use your own information to create the account. You will add the camper information later by clicking "Add Person to Account."
- ❑ Once you've added the person(s) who will be registering for camp, click the Registration tab. Then choose the name of the person you will register first.
- ❑ A list of available camp sessions will appear. Check the box of the session you wish to sign up for then click the "Register" button above.
- ❑ When adding people to the account, you have the option to add information such as contact info, age/grade, health history, medications, allergies, bios and more. This will help determine which camp sessions they are eligible to attend. You can also access some forms by visiting the "Document Center." Once camper information is saved to their profile, you can easily register them for sessions this season, or next season without retyping all of the basic info and health info.
- ❑ You'll receive confirmation emails as you complete various parts of the registration process.

**Forms/Paperwork:** "Registration" for camps includes:

- ❑ **Basic Information:** Contact, identity characteristics, session choices, pricing, roommate requests, meds, dietary needs, Tshirt size
- ❑ **Health History:** All medical information is requested in our online forms. One form is the "Health History," which includes your child's immunization record.
- ❑ **Medical Examination (Physical Exam Form):** The second form is a paper form which must be downloaded and printed. Ask your child's doctor to complete this form at the time of the physical. The form must be current and signed by you and your child's physician. Please upload the form to your account, email, or fax the form back (without a cover page) to the number indicated on the form.
- ❑ **Permissions:** assumption of risk, permission to treat, transportation/ pick-up, media release, permission to search
- ❑ **Pricing:** Tiered pricing, scholarship code or discount, payment plan options and any potential add-on fees.
- ❑ **Payment:** Deposit, additional payments, final payment, possible late (day of check-in) fee
  - ❑ People may pay via credit card online or over the phone. Cash/Checks may be mailed directly to camp. WMC may allow echecks in the future through the UltraCamp Software.
- ❑ **Scholarship Forms** and reward letters
- ❑ **Camper Care Forms for I/DD retreats:** Give a clearer picture of the individual's behavioral and mobility needs.

### Day of Check In

[Review our Covid-19 Policies](#) as Check-In will be different for 2021. Check-in will manage the following.

## Pre Screening For Camp

### Before Camp

#### Pre Screening at Home

This season, we require at-home pre-screening of campers (with the assistance of parents/guardians). It's easy! Just plan to self-monitor for 10 days prior to the camp event. During those two weeks, keep track of the following each day.

- Take and record temperature each day. Log if fever of 100.4°F or higher
- Self-screening for symptoms (fever of 100.4, cough, shortness of breath, diarrhea, fatigue, headache, muscle aches, nausea, loss of taste or smell, sore throat, vomiting, etc.)
- Practice social distancing, proper mask wearing, cough/sneeze etiquette, and hand washing.
- Try to avoid traveling and coming into contact with places or people who may have been exposed to Covid.

#### Before Leaving the House on Check-In Day

- Check for symptoms one more time.
- One more temperature check. If temp. over 100.4 F, call Camp to speak to the Nurse as you may be advised to stay home until the fever lowers.
- Double check the Packing List. Clearly label everything with camper name or initials. Recommend storing pillows, blankets or smaller sleeping bags inside a cloth or plastic bag and label the bag.
- Separate medications and paperwork from luggage as it's to be handed to the Staff during check-in.
- Use the restroom! We will only have one guest restroom or portapotty available for non-campers.
- If you are able, please keep passengers to a minimum by only bringing those attending the camp and one parent/guardian. If travelling with extra passengers, have them wait in the car during check-in.
- Anyone at higher-risk for severe illness per CDC guidance should not drop off or pickup campers.
- Bring and wear masks - driver and passengers as well.
- Use the car ride to remind your camper of proper health and safety while at camp.
- Use the car ride to begin goodbyes and build excitement for camp!

#### Reminders for Parents/Guardians During Drop Off

- If you must leave the car, maintain 6 feet of distance from other families, campers, and staff.
- When signing paperwork, staff will wear masks and keep their distance. They will carry hand sanitizer you can use and will wash their hands between each person's check in.
- Put on your mask before rolling down your window or exiting the vehicle.
- There will be a designated guest restroom or port-a-potty on site for non-campers to use in case of emergencies.

## Arrival and Departure: Youth Camps

### Arrival Times

In addition to the general drop off and pickup times listed for each camp session, campers will be assigned a time and will be dropped off at camp during staggered timeframes. Contact Camp to pick a new drop off/pick up time or if you are running late. Please do not arrive too early as staff will be preparing for you and ensuring a safe space.

### Check-In Location and Traffic:

- As you approach the Stone gate, keep to the right of the road as much as possible.
- You will exit down the same road you entered on, keeping to the right side of the road.
- Check-In for Youth Camps will be held outside in the Event Parking Lot on the Southwest side of the Dining Hall.
  - If raining, Registration will be on the Dining Hall Patio. drive toward the front of the Dining Hall. Stay to the right. Cars will pull up and staff will meet them at their parking spot. Traffic will move counterclockwise around the circle between the Dining Hall and Big Red.
- Staff will direct you where to park. Depending on Covid screening, you may be asked to wait in your car for temperature checks. Otherwise, staff will wave you over to the registration table.
- Bring your luggage to the luggage check-in station first and staff will direct you through the registration process.
- Once checked in, go back to the luggage station. Staff will escort campers and their luggage to the cabin on the People Mover.
  - At this time, we do not allow parents into cabins, however if you feel strongly about escorting your camper to a cabin you may ride along on the golf cart to the cabin porch to meet the counselor.

### Prescreening Station.

In the parking lot, or before exiting the bus at the Dining Hall:

1. Staff will check your mask and provide one if needed.
2. (if applicable summer 2022) Staff will provide the rapid test swab and you'll wait in the car for results. (15 minutes).
3. Staff will ask the Prescreening Questions to document your camper's current health and screen for Covid.
4. Staff will take the Camper's temperature.
5. Finally, you'll be directed on where to check-in.

### Checking In:

There will be a few stations along the sidewalk, each performing the same tasks as follows.

1. Verify All registration information has been submitted and complete any missing forms
2. Pay remaining fees (please try to have this done in advance if possible)
3. Turn in any medications to our staff. If our Nurse has questions for you, or if you have questions for our Nurse, the staffer will notify the nurse who will come over. Otherwise, staff will go through the checklist provided by the Nurse.
- 4. If we're rapid testing, Test Results must be confirmed negative before campers or luggage leave the car.**
5. Luggage Check-In. At this point, you can exit the car. Staff can assist with unloading the suitcases. Only those needed in the registration process should leave the car. Camper and Driver must be wearing a mask and will be provided hand sanitizer by the staffer.
6. Nametags, Water Bottles, Shirts and such: Before dragging luggage to the patio, staff will tell you what cabin you are in, provide your nametag and other goodies.
7. Campers will wait in designated areas (patios) with luggage for the People Mover to take them to their cabin! Meanwhile families will exit the loop out toward the road excited that their camper is off on a great adventure!

### Pick Up / Leaving Camp

- We will schedule staggered pick-up times to limit group sizes. Contact us if you will be late or need to change your pick-up time. Pick-up will be a drive-thru process so please stay in your vehicle.
- Drivers and passengers must follow the same procedures used during drop off ( masks, stay in the car..)
- Traffic will follow the same pattern used during Drop Off / Arrival.
- Campers and Staff will gather luggage, monies and medications to have ready upon your arrival.
- Check-Out will be at the sidewalk in the Event Parking area. Staff will verify that you are an authorized pickup for a camper. They will radio to have the camper brought to the check-out area.
- Staff will return medications, lost and found, keep-safe items.
- Be sure you have everything before leaving :)

## Arrival and Departure for Arrowhead and Cottonwood Camps

For our Camps that bring guests in Buses or Vans, we understand you will have your own procedures to follow and that depending on the vehicle in use, not all recommendations below can be followed. Just do your best!

- As you approach the Stone gate, keep to the right of the road as much as possible.
- You will exit down the same road you entered on, keeping to the right side of the road.
- Check-In is held on the Dining Hall Patio and inside the Dining Hall. The sidewalks and Dining Hall patio act as luggage drop off stations. Medications and paperwork is managed inside the dining hall on the left.
- Important: Bring your luggage to the luggage check-in station first and staff will direct you through the registration process.
- Drivers and Guardians - Please wait in line and take the time to speak with our Nurse and Staff at the check-in stations. Our staff can help unload luggage and you can help us keep track of belongings until we get them labelled.
- Please check with our Registration team or Camp Director before leaving to ensure we have everything we need.

### Arrival Times:

Groups will be assigned a drop off time and will arrive at camp during staggered timeframes keeping traffic light and group's small. Please notify WMC Office if you need to pick a new drop off/pick up time or if you are running late. Please do not arrive too early as staff will be busy preparing for you and ensuring a safe arrival space.

### Before Boarding

- Everyone should wear masks while waiting for the bus / van and social distance (at least 6 feet) from other campers and parents as much as possible.
- Use the restroom before getting on the bus.
- Collect camper medications, monies or paperwork in a box or tub. Keep separate from the rest of the luggage.
- Perform pre-screening questions and temperature checks for each person prior to getting on the bus.
- Reminders:
  - Anyone experiencing symptoms or fever over 100.4 should be told to Call the Camp Nurse and/or drive separately from the group, or go home until a doctor's note can be provided. Do not board if you are sick.
  - Wash or sanitize hands before boarding bus, van, or vehicle.
  - Practice good hygiene: Cough or sneeze, into your elbow and avoid touching your face.

### Upon Arrival (Buses and Vans) and for Pick-Up

1. Drive to the gravel area in front of the Dining Hall (park next to or over the sidewalk as needed).
2. Ask all campers to stay on the bus. (if bathroom Emergency, one camper at a time may ask staff to use the bathroom and return to wait by the bus).
3. WMC staff will speak with the Driver or Sponsor and collect Paperwork, monies, and medications.
4. WMC staff will help unload luggage and campers should exit when we pull their luggage.
5. Campers will exit one at a time. Campers will use the hand sanitizer provided. Staff will then hand them their name tag. Staff will approve their mask and provide extra as needed.
6. Campers will be directed to wait until temperature check and/or other prescreening can be managed. If performing raid tests, campers will wait outside 6 ft apart until test results come back. Drivers must wait for results as well.
7. Luggage will be placed in the loading area matching the cabin group that Camper belongs to. WMC can use carts to transport luggage to cabins as needed.
8. Once screened, and luggage is labelled, campers enter the Dining Hall to complete the checkin process before sitting with the other campers to do welcome activities.
9. When leaving, vehicles can either turn around in front of big red or drive past Blue Cabin (veering right) Use the large open grassy area to turn around and exit the same road as entered.
10. Buses/vans remaining on-site will use the Event Parking area behind the Dining Hall and should take steps to sanitize and ventilate the bus once parked.

### Pick-Up / Leaving Camp

1. Campers must be signed out so we ensure they leave with authorized pickups.
2. Be sure to check with the Nurse and other staff so all medications, keepsafe items, and lost and found are returned.

## Communication

### Summer Camp Office Hours:

Parents may call Camp during office hours at 620-767-5165 during the session to inquire about their campers, but campers and counselors cannot use the phone or receive calls. An answering machine is on each night after office hours.

**Sun:** 1:00 P.M. - 3:00 P.M. (Camp check-in days only)

**Mon:** 12:00 p.m. - 4:30 p.m.

**Tues - Thurs:** 9:00 a.m. - 4:00 p.m.

**Fri:** 9:00 a.m. - 2:00 p.m.

The office is generally closed on weekends except to handle pre scheduled rentals or camper check-in or checkout.

### Contact Information:

**Phone:** 620-767-5165

**Fax:** 620-767-7244

**Camper Letters, General Questions, Scheduling:** Office@whitememorialcamp.com

**Emergencies, Personal Questions, Reports, Staffing:** Director@whitememorialcamp.com

**Summer Camp Emergency (After-Hours) Contact Number:** 785-218-02340

### Letters

We encourage parents/guardians and campers to write letters, though given the length of the session and when the letter is sent, they may beat the letter home. Still, writing back and forth is a great opportunity many don't get to experience these days!

- Packing pre-addressed, stamped envelopes or postcards to encourage your camper to write home.
- We strongly encourage parents to write to their children-they do look forward to hearing from you.
- You can mail the letters in advance so they arrive during the camp session, or you can bring the letters during check-in. Label the mail for the days it's to be delivered by our Office Manager. You can also send emails to be printed and given to your camper.
- Emails for Campers Sent To: Office@whitememorialcamp.com with E-mail subject: "Letters from Home" to be printed or "Curious Parent" if you want to ask our staff how the week is going
- Mail should be addressed to:
  - Camper's Full Name
  - Session Name (ie Last Blast or Arrowhead)
  - White Memorial Camp
  - 1271 S. 1050 Rd.
  - Council Grove, Ks 66846

**Visitation:** Visitation is discouraged during a camping session. If a parent/guardian visit is required, prior arrangements need to be made. All visitors must report to the Camp Director and be escorted around camp.

**Stay Connected:** Follow, share and Like us on **Facebook & Instagram** @ExperienceWMC #ExperienceWMC

**UltraCamp Emails:** Emails can be sent to campers via your UltraCamp account, or you can email us directly.

### Weekly Update

A once per session email to parents or caretakers of current campers to update them about the session thus far. It may also have reminders, photos and other resources. Sent Wednesday by our Program Director

## Electronics Policy for Youth Camps

It's time to disconnect and reconnect. We request all electronics be left at home for several reasons.

**Electronics Policy:** Campers shall NOT bring to camp:

- Cell Phones (regardless if they are active or not) - nor can they be used as cameras.
- Smart Phones (with or without a SIM card)
- iPod and MP3 players with screens or capability to connect to internet
- iPads, tablets, Laptops and Netbooks
- Gaming consoles or Handheld Electronic Gaming Systems of any brand: Nintendo DS, Switch, PSP,
- Any device capable of connecting to a mobile or wifi network.

**Music players:** No music players of any kind. These become a distraction and a safety concern. Campers walking around with headphones are not alert to their surroundings and camp has much to pay attention to. Music in the cabins can then be loud or inappropriate and if everyone has music playing, no one can be heard.

**E Readers:** (Kindles, Nooks, and other e-readers that connect to the internet) may be brought with preloaded books and no video, games, or music loaded onto the device. Wifi Access will not be granted. This will be up to the discretion of the counselor and Welcome Team during check-in to camp. The device will still need to be checked in but may be checked out during rest time for reading purposes.

**Digital Cameras with no wifi:** Campers may bring cameras to camp provided that they cannot upload pictures to the Internet. Due to the nature of camp programs, a disposable or inexpensive camera is highly recommended

**Explanation:** We know in this high-tech era that it's difficult for youth to not be in constant contact with their families and friends via social media apps, texting, or cell phone calls. However, camp is a unique experience. The camp experience helps youth develop life skills including independence and self-reliance. Among the concerns that make bringing and using cell phones and other communication devices inappropriate at camp are:

- Concern that such expensive devices will be lost, damaged, or stolen. WMC, camp, and staff cannot accept responsibility for lost, stolen, or damaged items at camp.
- Inappropriate use of photo/ video devices. The ease of uploading inappropriate photos and videos is a concern. Cyber bullying is not permitted before, during or after camp.
- In addition, youth contact with home if they are suffering a temporary spate of homesickness at camp may cause the condition to worsen. We fully appreciate and respect the positive relationships our campers and counselors have with their families, but if they are to benefit fully from the camp experience, they must be encouraged to develop the skills of independence and self-reliance.

If there is an emergency, or if we are concerned about the youth's well-being, we will contact the parents or guardians immediately. Campers are constantly in the company of other campers and counselors while at camp, and our camps are staffed with many caring adults with safety, first-aid, lifeguarding, behavior management and other training. Thank you for your cooperation with our electronics policy.

## A Typical Day at WMC

Schedules will vary from camp to camp. Below is a general guideline in which cap builds its curriculum and activities around. Note: Grades K-3 and Adults with I/DD have an earlier Lights out time. Younger Campers tend to be in bed no later than 9:30 and Adults with I/DD no later than 10 with an 8:45 cabin time to relax, shower, and prepare for bed.

7:30 – Rise and Shine

8:00 – Breakfast—a full, delicious meal with proteins, carbs and fruit

8:45 – Cabin clean-up and get ready for morning activities

9:15 – Morning Activity Rotations & Skill Building— campers rotate between a couple activities in the morning to learn new skills or advance current skills

12:00 – Lunch – home cooked meals with salad bar choices

1:00 – Rest & Relaxation – draw, read, write, or other quiet activities

2:00 – Swim

3:00 – Camp Store & Free Time (snacks & soft drinks available for purchase)

3:30 – Group Activities, Cabin Group Activities, or Activity Rotations

5:30 – Dinner – kid friendly meals with salad bar choices

6:30 – Varies: Group Activities, Cabin Group Activities, Activity Rotations

8:20 – Vespers Worship & Sunset Appreciation

9:00 – Campfire, Evening Games, or Group Activity (ex. talent show, dance, alpha wolf, evening swim, campfire)

10:00 - Cabin Time / Showers

10:30 – Lights Out

## Transportation And Check-In/Check Out

Each camper needs to make his/her own travel arrangements. If carpooling, a permission form must be sent with your camper so they can be checked out by someone other than the parent/guardian.

**CONSTRUCTION 2021 - 2023:** Please allow additional travel time due to construction along Highway 177 between Alta Vista and Council Grove. K Avenue (gravel road to camp) may be blocked and an alternate route may be needed. We'll do our best to keep you updated and provide route suggestions. We recommend glancing at a GPS or map before leaving the house and allowing for additional travel time.

**Directions:** White Memorial Camp is located 23 miles south of I-70 on Hwy 177 (turn west onto K Ave.), or 6 miles north of Council Grove on Hwy. 177 (turn west on K Ave.), Follow K Ave. 1 ½ miles west. Then turn left or south on 1050 Rd. Proceed 4 ½ miles south to camp. GPS should take you just past the main gate. Ignore the dead end signs, we're the dead end because if you keep driving you'll end up in the lake.

### Check-in and Check-out procedures

Please stay with your camper(s) during check in. They must be accompanied by an adult. There is important information you will need to know when they arrive.

When leaving, you must sign out your camper. Make sure to collect any camp store change, medication or crafts. Campers will not be allowed to leave camp with another camper or person without parent/guardian written permission. If your camper is not allowed to leave with a certain person please make sure you note this clearly on your camper's paperwork.

**Early or Late Arrival or Departure:** Arriving early or arriving late to pick up your campers is discouraged due to staffing requirements. However, if schedules aren't workable, we can arrange to accommodate your early arrival or departure. \$25 - \$50 fee per camper will be charged depending on extra time needed. Reservations need to be made at least 2 weeks in advance. Contact the office directly to discuss availability.

### Arrival and Parking:

Please do NOT arrive early without prior approval. We have a very packed pre-camp checklist and will be busy preparing an awesome experience for your camper and we will need all of our allotted time to do so. If you find yourself a bit early, please wait near your vehicle until the registration doors are open. You may use the restrooms directly inside the dining hall but please return to your car in the Registration area.

- Registration takes place in our Dining Hall or Parking Lot depending on your camp. There should be signs and/or camp staff directing traffic.
- Speed limit is 10mph once you pass through the stone gate.
- Some camps may have assigned pick-up or drop of times, but you will be notified if that is the case.
- Be careful driving around the camp and be sure to leave room if parking near or behind other parents.
- Please take turns entering for check-in. We have a lot of campers we are excited to see and we want to do a thorough job during check-in so our week goes smoothly.

**Families/Parents/Individual Drop Off:** You may park behind the dining hall by following the parking sign. If providing pre-screening for health and safety reasons, you'll be asked to wait in your car as you arrive. Otherwise, bring your luggage to the luggage check-in area and staff will guide you through Check-In stations. At this time we ask that parents do not plan to accompany their camper to the cabin unless you feel it is necessary to do so. If this is the case, try to notify the Camp Director in advance. You will only be allowed to the front porch of the Cabin due to Covid protocols.

**Self-Driving:** Campers attending a youth camp that have a driver's license and have filled out the proper paperwork for approval prior to the camp session, may drive themselves to and from camp and must follow specific check-in/check out instructions.

- Upon arrival and prior to departure, the camp staff will contact the Driver's legal guardian with the Driver present to confirm.
- Their vehicle must be parked in the designated parking area behind the dining hall and locked for the entirety of the session.
- Keys must be turned in upon arrival.
- If the Driver is transporting another camper, additional arrangements and permissions must be arranged prior to the Camp Session with the Camp Director.
- Campers with drivers licenses are not permitted to drive camp vehicles.

**Buses / Vans / large groups:** (SUCH AS ARROWHEAD AND COTTONWOOD) For groups arriving all at once or in several large groups, follow assigned drop-off and pick-up time slots if assigned and wait your turn. If there is a bus in front of you, please let them finish unloading before beginning your drop-off.

- Registration is on the Dining Hall patio and inside the dining hall.
- Luggage will be checked in on the patio and nametags assigned before entering the building.
- Large buses may find it easier to park behind the dining hall in the designated parking area near the sidewalk to allow folks to easily bring their luggage.
- Campers begin their check-in process on the Dining Hallpatio by receiving a nametag and checking bags which our trusted staff will deliver to their rooms.
- Ask your campers to form a line for check-in with their luggage.
- Drivers bringing medications or other items needing turned in bulk, please stand ahead of our campers and ask our Welcome Team where to go. Try to follow the same check-in process and let us know which campers you brought and whose medication or personal items.

## Packing List and Packing Tips

Packing for camp is the start of your child's independent camp experience. Please have your child participate in packing for camp so that they know where to find their clothing and other items. Campers who don't participate in packing often don't know what they have or where to find things at camp, which makes it harder to get acclimated to camp and to keep track of belongings.

**Tip 1: Label:** Please label all items (even underwear and socks). We are not responsible for any lost items though we will do our best to help campers keep track of their personal items. First name with first letter of last name, last name only, or if you have to, initials. If using initials, use first, middle, and last. See Lost and Found policies.

**Tip 2: Bags:** Use whatever containers or baggage you have to transport luggage so long as it can be neatly organized, labelled and kept track of.

- Be sure bags are easy to carry and strong enough not to tear. We suggest duffel bags or backpacks for packing.
- Try to pack all bedding neatly into one bag and leave clothing and personal items in the other bag.

**Tip 3: Pre-Inspection:** You may include a checklist of packed items, or list items you wish to be returned home.

- Inspect all items to be sure they are labelled and count to make sure you've sent enough of each.
- Inspect for tears, stains, and items that aren't allowed or are not needed at camp.
- Bedbugs** can happen to anyone no matter how clean or organized you are! They are "hitchhiker bugs" and WMC works very hard to inspect for and prevent bedbugs at our facilities. Help us make camp safe for all guests.
  - Make sure you don't have any stowaways.
  - Check your campers clothes, bags, shoes, linens, sleeping bag and so on for bed bugs or lice. See our bed bug policies for tips on preventing and treating bed bugs.

**Tip 4: Clothing:** A good rule of thumb is to avoid clothing that would not pass a school inspection.

Camp gets messy. Bring at least one outfit that can get dirty and stained. We recommend that you do not send new clothing for your camper.

### Tip 5: Bedwetting

Our staff know that bedwetting can happen and are taught to be discreet in such cases. Staff ensure that the camper's sheets are washed while the campers are out of the cabin. If you anticipate a case of bedwetting, please pack one extra set of sheets, protective underwear or extra clothes as needed, and let the counselor know that bedwetting may occur.

### Tip 5: What NOT to Bring

Any prohibited items not immediately checked in or confiscated, WMC is not responsible for lost, damaged, or stolen items. For the sake of fairness and consistency, staff may confiscate and properly check-in and store items that were missed during check-in to be returned during check-out.

**Tip 6: Camp Store:** Campers may bring money to use in the camp store for daily treats. \$10 to \$15 is usually a sufficient amount for the week for food. They can bring more if they'd like to buy t-shirts or camp merchandise. All money is to be turned in with registration. Campers use the checked-in money as credit at the store. All left-over money will be returned to the parent/guardian at the end of the camping session. The camp store is stocked with T-shirts, a few toiletry items, pop, fruit juice, snacks, and other camp items. Sams Cola and healthy granola bars may be available for campers unable to provide funds for camp store.

### Lost and Found

Unclaimed items will be presented on the Lost and Found table as part of check out. Campers and Parents will have a chance to look through the items to claim anything that belongs to them. Leftover items after check-out will be collected and stored in the camp office. Clothing items will be washed. All items will be held for thirty days at which point they will be considered donations to the camp and absorbed into camp supplies, disposed of, or donated to someone who can use them. WMC will make efforts to notify parents of lost items that were found. The office manager will send an email with a list of lost items with no descriptions. The person who thinks they lost something can contact the camp and describe the item. Camp will mail back the item if pickup is not possible. Depending on the item, the Camper's family may be responsible for printing a package slip and paying shipping costs. If items are clearly labelled we will contact the camper's family regarding their lost and found the week following the previous camp session.

## YOUTH CAMPS: ESSENTIAL CAMP PACKING LIST

### MUST BRING:

Check off the list as you pack.

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Masks: Proper facemasks to protect against spread of Covid-19. Recommend minimum of 3 masks. Camp can provide masks as needed. (See our Covid Policies for more info)</li> <li><input type="checkbox"/> Bedding: Sleeping bag or bedding for a twin bed, i.e. bottom fitted sheet, top sheet &amp; blanket/ comforter.</li> <li><input type="checkbox"/> Pillow &amp; pillowcase</li> <li><input type="checkbox"/> 2 Towels: for showers and one for swimming</li> <li><input type="checkbox"/> Toilet Articles – Toothbrush, toothpaste, shampoo, soap, deodorant, comb, brush, sanitary pads</li> <li><input type="checkbox"/> Sunscreen</li> <li><input type="checkbox"/> Bug spray (non-aerosol if possible, as its damaging to cabins and nature)</li> <li><input type="checkbox"/> Water bottle (WMC provides one, and campers are welcome to bring their own).</li> <li><input type="checkbox"/> Clothes: Enough for each day and extras</li> <li><input type="checkbox"/> Medications: bubble packs (see our full medications policies)</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Shorts</li> <li><input type="checkbox"/> T-shirts</li> <li><input type="checkbox"/> Underwear</li> <li><input type="checkbox"/> Socks</li> <li><input type="checkbox"/> Pajamas</li> <li><input type="checkbox"/> Pants or jeans (in case it gets cool)</li> <li><input type="checkbox"/> Jacket or sweatshirt</li> <li><input type="checkbox"/> Swimsuit</li> <li><input type="checkbox"/> Closed-toed sturdy walking shoes for hiking &amp; camp activities (ie. tennis or running shoes)</li> <li><input type="checkbox"/> Water shoes for lake use - MUST HAVE! (Inexpensive ones or extra pair of old shoes meant to wear in the lake that week)</li> <li><input type="checkbox"/> White T-shirt or bandana to tie-dye (some camps offer this craft)</li> <li><input type="checkbox"/> Notebook</li> <li><input type="checkbox"/> Pen or pencil</li> <li><input type="checkbox"/> positive attitude</li> </ul> |
|--|---|

### OPTIONAL ITEMS

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Bible, We have extras.</li> <li><input type="checkbox"/> Talent Show stuff for some camps.</li> <li><input type="checkbox"/> Sandals with a strap to secure sandal to feet</li> <li><input type="checkbox"/> Shower shoes (flip flops) for pool &amp; cabin use</li> <li><input type="checkbox"/> Rain Gear – poncho or raincoat or umbrella</li> <li><input type="checkbox"/> Flashlight or headlamp</li> <li><input type="checkbox"/> Outfit for “fancy” dinner or dances</li> <li><input type="checkbox"/> Dark clothes for night games</li> <li><input type="checkbox"/> Small backpack or bookbag</li> <li><input type="checkbox"/> Musical Instrument - Guitar, flute, etc</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Sketch pad or journal</li> <li><input type="checkbox"/> Comics or Books for reading</li> <li><input type="checkbox"/> Address list of friends and relatives to write to</li> <li><input type="checkbox"/> Favorite stuffed animal or photos from home</li> <li><input type="checkbox"/> Sports equipment (with your name on it!)</li> <li><input type="checkbox"/> Deck of cards or non electric games</li> <li><input type="checkbox"/> Fishing gear and bait</li> <li><input type="checkbox"/> Inexpensive or disposable camera</li> <li><input type="checkbox"/> food (unless you are okay with sharing)</li> </ul> |
|---|--|

### PROHIBITED: DO NOT BRING:

- Ø clothes that advertise cigarettes, alcohol, sex or drugs
- Ø Drugs, alcohol, or tobacco products
- Ø Weapons of any kind. This includes knives, guns, or explosives, airsoft guns etc.
- Ø Fireworks and matches
- Ø Expensive items that you do not want lost or broken.
- Ø Explicit or offensive materials
- Ø Expensive valuables/jewelry
- Ø Unorganized or unidentified meds
- Ø Electronics (see electronics policy),
  - Cell Phones (regardless if they are active or not)
- Smart Phones (with or without a SIM card)
- iPod and MP3 players with screens or capability to connect to internet
- iPads, tablets, Laptops and Netbooks
- Gaming consoles or Handheld Electronic Gaming Systems of any brand: Nintendo DS, Switch, PSP,
- Digital Cameras
- Any device capable of connecting to a cellular or wifi network.

## ADULT (I/DD) CAMPS: ESSENTIAL CAMP PACKING LIST

### MUST BRING:

Check off the list as you pack.

- |  |  |
|--|--|
| <input type="checkbox"/> Bedding (optional) WMC will provide sheets, fleece blanket, and pillow for each camper.   | <input type="checkbox"/> Shorts  |
| <input type="checkbox"/> Masks: Proper facemasks to protect against spread of Covid-19. Recommend minimum of 3 masks. Camp can provide masks as needed. (see Covid Policeis for more info) | <input type="checkbox"/> T-shirts  |
| <input type="checkbox"/> 2 Towels: for showers and one for swimming  | <input type="checkbox"/> Underwear   |
| <input type="checkbox"/> Toilet Articles – Toothbrush, toothpaste, shampoo, soap, deodorant, comb, brush, sanitary pads  | <input type="checkbox"/> Socks   |
| <input type="checkbox"/> Sunscreen   | <input type="checkbox"/> Pajamas   |
| <input type="checkbox"/> Bug spray (non-aerosol if possible, as its damaging to cabins and nature)   | <input type="checkbox"/> Pants or jeans (in case it gets cool)   |
| <input type="checkbox"/> Water bottle (WMC provides one, and campers are welcome to bring their own).  | <input type="checkbox"/> Jacket or sweatshirt  |
| <input type="checkbox"/> Clothes: Enough for each day and extras   | <input type="checkbox"/> Swimsuit  |
| <input type="checkbox"/> Medications: bubble packs (see our full medications policies)   | <input type="checkbox"/> Closed-toed sturdy walking shoes for hiking & camp activities (ie. tennis or running shoes)                             |
|  | <input type="checkbox"/> Water shoes for lake use - MUST HAVE! (Inexpensive ones or extra pair of old shoes meant to wear in the lake that week) |
|  | <input type="checkbox"/> White T-shirt or bandana to tie-dye (some camps offer this craft)   |
|  | <input type="checkbox"/> Notebook  |
|  | <input type="checkbox"/> Pen or pencil   |
|  | <input type="checkbox"/> positive attitude   |

### OPTIONAL ITEMS

- |   |  |
|---|--|
| <input type="checkbox"/> Bible, We have extras.                         | <input type="checkbox"/> Sketch pad or journal                             |
| <input type="checkbox"/> Talent Show stuff for some camps.              | <input type="checkbox"/> Comics or Books for reading                       |
| <input type="checkbox"/> Sandals with a strap to secure sandal to feet  | <input type="checkbox"/> Address list of friends and relatives to write to |
| <input type="checkbox"/> Shower shoes (flip flops) for pool & cabin use | <input type="checkbox"/> Favorite stuffed animal or photos from home       |
| <input type="checkbox"/> Rain Gear – poncho or raincoat or umbrella     | <input type="checkbox"/> Sports equipment (with your name on it!)          |
| <input type="checkbox"/> Flashlight or headlamp                         | <input type="checkbox"/> Deck of cards or non electric games               |
| <input type="checkbox"/> Outfit for “fancy” dinner or dances            | <input type="checkbox"/> Fishing gear and bait                             |
| <input type="checkbox"/> Dark clothes for night games                   | <input type="checkbox"/> Inexpensive or disposable camera                  |
| <input type="checkbox"/> Small backpack or bookbag                      | <input type="checkbox"/> food (unless you are okay with sharing),          |
| <input type="checkbox"/> Musical Instrument - Guitar, flute,etc         |  |

### PROHIBITED: DO NOT BRING:

Adults attending as campers may bring certain electronics, though we discourage this as it can take away from the camp experience. This would be cameras, smart phones, or tablets. Other electronics we ask you leave at homes listed below.

- |   |   |
|---|---|
| ∅ clothes that advertise cigarettes, alcohol, sex or drugs                          | ∅ Expensive valuables/jewelry   |
| ∅ Drugs, alcohol, or tobacco products   | ∅ Unorganized or unidentified meds  |
| ∅ Weapons of any kind. This includes knives, guns, or explosives, airsoft guns etc. | ∅ Electronics (see electronics policy),   |
| ∅ Fireworks and matches   | • Gaming consoles or Handheld Electronic Gaming Systems of any brand: Nintendo DS, Switch, PSP, |
| ∅ Expensive items that you do not want lost or broken.                              |   |
| ∅ Explicit or offensive materials   |   |

## Camper Health

### Medical Information

Occasionally, campers become ill or injured at camp. When health care needs occur, our professional staff can meet most needs of our campers and staff. Emergency and hospital facilities are available in Council Grove. The American Camping Association and WMC require that the Health Form is on file before your camper(s) arrives at camp. Unless specified otherwise, all campers must have an examination by a licensed physician before leaving for camp. Physicals will be kept on record no longer than 2 years. Please make your child's doctor appointment early enough so that the medical forms are submitted to the camp office as soon as possible - no later than 14 days prior to camp.

All medications brought to camp shall be checked into the camp nurse or persons in charge of the dispensary. Thank you for helping us streamline the medication process. The medications will be dispensed as prescribed by the camper's physician (Exceptions will be made for asthma inhalers. The camper may keep these with the permission of the parent/guardian.) Over the counter drugs or internally administered medication of any kind (including aspirin, ibuprofen and acetaminophen) will not be dispensed to minors in attendance at camp without prior written permission.

### Daily Medication

- Campers are prohibited from keeping any medications and prescriptions (including over the counter items such as vitamins, analgesics or antihistamines) in the bunk area. The health center keeps all medication, except for primary inhalers and Epi-Pens.
- Please do not send over the counter medications that your child does not take daily to camp as we will provide them to campers on an as needed basis. If there is something you wish us not to administer to your child, please indicate this on your medical form.
- Inhalers/EpiPens Inhalers and EpiPens are required to be carried by the camper at all times with a back up to be kept in the Health Center. Any inhaler or EpiPen brought to camp should be indicated and explained on the medical forms so that the medical staff is aware that the campers are in possession of these items.

### Medical Fees

Charges for physician's services, emergency room fees, and all medications will be billed directly to the camper's parents or their health insurance carrier for any accidents, injuries or illnesses that may occur. Therefore, every camper must be covered by a health insurance policy while at camp and must provide a copy of the front and back of the health insurance card. WMC also does not cover any expenses incurred as a result of pre-existing conditions. Short term, very affordable "camper insurance" can be purchased if you do not currently have a provider. This can cover a camper during their week at camp.

### Avoid Taking a Vacation from Medication

Children may take certain medications during the year, which some physicians or psychiatrists may like to stop for a short period each year. The summer is a frequently chosen time because the child is not in school. Please be aware, however, that camp requires a high degree of attention, concentration, and stability. We, therefore, do not recommend any change in your child's medication during camp. If your child takes any medications during the year that they will not be taking during the summer, it is important that we know about such a "medication holiday." We welcome discussions about individual situations to make reasonable accommodations for your child.

## Prescription Medication Policy

Please help us by registering ASAP so that our nurses can receive your camper's medication information prior to their arrival and be ready for the first. We require all campers who take a pill on a DAILY basis to send medication in prepackaged blister packs clearly identifying the medication, when its taken, the dosage. If that is not available, send a presorted pill box or pill pouches clearly labelled and include the original container with at least one pill remaining in it for identification purposes. This ensures higher efficiency, lower risk of error, reduced waiting time for your campers and increased focus on their overall health.

For blister packs, you can:

- order "cold seal blister packs" online and seal them yourselves for about \$13 on amazon
- enroll through CampScripts or CampMeds website such as [www.campscripts.com](http://www.campscripts.com) or [campmeds.com](http://campmeds.com). Though you would need at least a months time for turn around and must commit to 30 days of prepackaged medicine.
- most pharmacies will provide your prescription in blister pack or medication card for no extra charge.
- Do not send non-prescribed vitamins, creams or other non-essential medication or treatments. Avoid liquids if possible.
- You can choose to have pre-packaged medication mailed to camp. Please notif us if you wish to do this and we will store them until check-in.

We expect 100% participation from families with campers who take daily medication in pill form at camp. The only exception is if the pharmacy notifies us that they are unable to accept your insurance or fill a particular medication.

### Policy Statement on Vaccinations

For the safety of your camper, and the campers around them, we encourage you to ensure all of your camper's vaccinations are up-to-date. Camp brings many people from all over and puts them in close quarters meaning it does not take much for disease to spread to those with weakened immune systems. If you do not plan to have your camper updated on their vaccinations, please contact the camp.

**Camp Nurse:** During Check-in, on-call during camps and for ID/DD camps on-site during camps. LPN, RN or equivalent training.

**Directors/counselors:** All directors, staff and counselors at White Memorial Camp are screened, have passed background checks and have receive boundary training. Safety is our primary concern in all activities. In addition to American Camp Association based standards, Kansas Standards and WMC staff standards, Health Procedures, Operational Policies, and Emergency Action Plans, staff also receive training in

- Family and Camp MANDT
- American Red Cross First Aid/CPR/AED
- American Red Cross Lifeguarding
- Level 1 and 2 Facilitation for Low and High Challenge Ropes Courses

## Guidelines for Managing Severe Food Allergies

Food allergies can be dangerous. In a camp setting there is a risk of accidental exposure to a food allergen. Our cooks, counselors, medical staff, parents, and campers must work together to minimize this risk.

### Family's Responsibilities

- Notify us of your child's allergies or suspected allergies in advance via our online registration.
- Use our Health History form in UltraCamp to fully describe the allergy and reaction if exposure occurs
- Educate and review with your child the self-management of their food allergy
- Camper should know:
  - Safe and unsafe foods
  - Strategies for avoiding exposure to unsafe foods
  - How and when to ask adults whether certain foods are safe
  - Symptoms of allergic reaction
  - How and when to tell an adult about a possible allergic response
  - How to use epinephrine

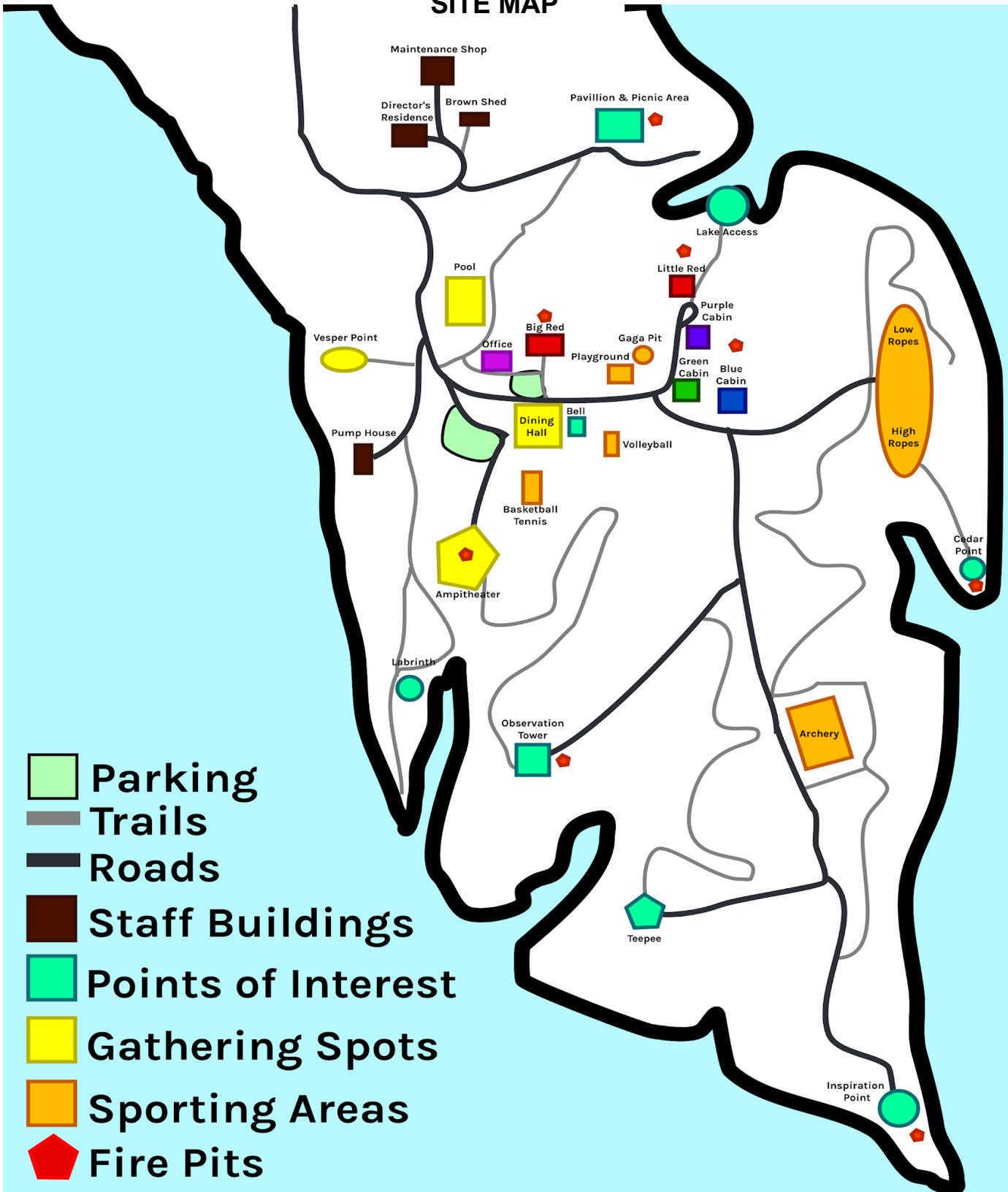
### Camper's Responsibilities

- Never trade food with other campers or staff
- Never eat anything with unknown ingredients
- Always ask an adult to check ingredients if they are unsure of the safety of a certain food
- Be proactive in the management of mild reactions, such as seeking help if a reaction is suspected
- Tell an adult if a reaction seems to be starting, even if there is no visible appearance of allergic response

### WMCs Responsibilities

- Be informed of the availability of emergency care
- Know how to contact EMT/ambulance
- Review the health records submitted by parent and physicians
- Establish prevention protocols for camp
- Make plans so that the camper with food allergies may safely participate in all activities
- Be sure all food service or kitchen personnel are aware of, and can identify campers with food allergies
- Discuss meal plans with parents/campers and alternative plans if necessary
- Plan how campers with food allergies will participate in meals (a camper with food allergies might go to the kitchen to pick up a specially prepared meal which includes only foods which are safe for them etc)
- Ensure all staff members who will be in contact with the camper know of the allergy, can recognize the symptoms of an allergic reaction, and know what action to take if the reaction occurs
- Ensure that appropriate personnel are familiar with the use of epinephrine, where medication is located, and the protocol
- Arrange a training session before the start of camp. Train staff on the usage of epinephrine auto-injectors
- Comply with local and state regulations regarding the administration of medication
- If there are planned field trips or out of camp activities
- Be certain any emergency medication and authorization accompany the camper and counselors
- Be certain there is a way to contact emergency assistance

### SITE MAP



- Parking
- Trails
- Roads
- Staff Buildings
- Points of Interest
- Gathering Spots
- Sporting Areas
- Fire Pits

# WHITE MEMORIAL CAMP

Lakeside Camp & Retreat in the of the Flint Hills

[www.WhiteMemorialCamp.com](http://www.WhiteMemorialCamp.com)

620-767-5165