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CAMP LINCOLN CAMP LAKE HUBERT

MINNESOTA, USA

2023 Parent Handbook

PLEASE DISCUSS WITH YOUR CAMPER PRIOR TO CAMP CHECKLIST:

- Page 7 Activity Expectations (Yours and Theirs)
- Page 3 Beverages, Candy, and Food
- Page 4 Birthdays at Camp
- Page 2 Camp Community
- Page 11 Cell Phones
- Page 9-11 Communication/Contact
- Page 14 Electronics
- Page 4 Packages
- Page 7 Special Days

If you have any questions about these or other camp policies, please contact us at 218-963-2339.

FORMS TO BE COMPLETED AND RETURNED TO CAMP:

ONLINE (CampInTouch)

- Address Verified via CampInTouch
- Cabinmate Request Form
- Camper Details Form
- Medical Form
- Travel Form

PAPER FORMS

- Parent Authorization Form
- Physician Form
- Immunizations

If applicable to your camper, these forms are available as downloads:

- Anaphylaxis Form
- MESH Form

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The Camp Mission

The mission of Camp Lincoln and Camp Lake Hubert is to provide a high-quality camping and recreational experience for children and adults by enhancing the mental, physical, social, and spiritual well-being of everyone.

The Camp Core Values

As a leadership team, we have identified five core values by which we have agreed to base actions, decisions, and expectations of camp and our own internal relations. These values are not simply words we recite; we live by them. We continue to be leaders in the camp industry and believe that our success can be attributed to our “values in action.” We hope to instill these values in campers and staff members alike.

Community – You learn the true meaning of community while at camp. You will feel connected with and gain respect for each person. The camp community is one that is founded on accountability, caring/compassion, honesty, loyalty, and trust. We celebrate the uniqueness that everyone brings with them, but also realize the similarities we have in needs.

Excellence – We strive for the best and encourage others to do the same. We have high standards and bring with us a great deal of commitment, expertise, and knowledge. Camp requires a positive attitude and a great deal of cooperation. Safety must be kept as our top priority.

Fun – We offer many activities that encourage each participant to enjoy their stay. A cheerful outlook and enthusiasm at camp help to create an environment which yields lots of fun. Campfires, hanging out with friends (whether campers or staff members), skit nights, and special days bring with it, loads of laughter and smiles.

Personal Growth and Development – Camp is a place where one can continue to learn, no matter his/her age. We challenge each person as individuals and encourage healthy risk taking. Please take time to reflect upon who you are as a person at your core while encouraging campers to do the same. We aim to build confidence and self-respect in every individual.

Quality Relationships – Friendships at camp are based on a deep sense of caring and honesty. Camp teaches each participant about being responsible for his/her own actions. As a result, campers and staff members alike develop the most meaningful relationships that can last a lifetime.

CAMPINTOUCH

CampInTouch offers many benefits and features to our camper parents. The CampInTouch Online Account is the gateway to these enhancements, which include:

- Address Updates
- Invoice Access
- Online Forms
- Online Payments

You may access your CampInTouch Account by visiting our webpage and clicking on the “Parents Tab” at the top of the homepage. Once there, “Parent Login” will be one of the options. The e-mail address given during registration is your login e-mail. If you are not sure which e-mail address you gave, please call the camp office and we will assist you.

Bunk1

The camps have teamed up with Bunk1 to bring a special communication service to you and to your camper(s). In addition to viewing online photos of daily life at camp, parents have the option to send Bunk Notes to their campers. More information about this new feature is on Page 10 and on the Bunk1 Flyer downloadable from the “Forms and Documents” Section of your CampInTouch Account.

COMMUNITY

The Community of Camp

Camp offers a secure and welcoming community where campers can broaden interests, express themselves, feel a sense of belonging, make new friends, and try new activities. Living closely together allows for an experience of team building, which promotes life skills in compromise, cooperation, and sharing. Campers gain the pride of being a supportive member of their cabin group.

Although they are a part of a cabin group, each camper retains a sense of self-identity, with their own goals for which they will accomplish during the session. Independence and self-reliance develop as campers care for their own gear, help plan cabin meetings or campfires, help with cabin projects and tasks, and make individual activity choices. Campers do these all these things while our counselors monitor and supervise their progress.

We work with our campers and staff members to promote an environment free of bullying/disruptive behavior/emotional and/or physical abuse/harassment. This type of behavior is not tolerated, has strong consequences, and may lead to dismissal.

Beverages, Candy, and Food

We ask that no beverages (including bottled water), candy, and/or food, be brought or sent to camp for the following reasons:

1. Food in the cabin attracts chipmunks, flies, mice, and skunks.
2. It undermines the community if a few have food and others do not.
3. Snacks and limited amounts of dessert offerings are offered at camp.
4. Filtered water is available. **Campers SHOULD bring a water bottle to camp in 2023.**

Any food and beverage items brought or sent to camp will be disposed of at our discretion and will not be returned to the sender. Please discuss this policy with your child as well as with their friends and relatives prior to camp.

Camper Placement

When creating a cabin group, our goal is to create a community where all campers can feel a sense of belonging in their home away from home, make new friends, and rekindle past friendships. To create this cabin community, we take into consideration the current school grade, various geographic locations of each camper, and years at camp. Some facts about our cabins that may be helpful to know:

- Each cabin has three bedrooms, called chalets, with up to six to eight campers living in each in a typical summer.
- Each camper is placed in a cabin with campers staying the same length of session. Two-Week Campers live with Two-Week Campers and Four-Week Campers with Four-Week Campers, etc.
- Each camper is placed in a cabin with campers coming from a variety of geographic locations.
- We factor in current grade in school and social dynamics within the cabin group.

Cabinmate Requests

If you are considering making a request for a cabinmate for your child, other factors you may find helpful:

- **ONE** cabinmate/friend request will be considered.
- Cabinmate requests are defined as for the same cabin, **NOT** the same chalet.
- Cabinmate requests must be received at least **THREE (3)** weeks prior to the session start date of your child to be considered.
- Cabin Placements are announced when the camper arrives at camp.

Camp Food Service

Three hearty all-you-can-eat meals are served each day. Each meal has fresh fruit, and a salad bar is available for the lunch and dinner meals. Cabin groups eat buffet or family style, share the responsibilities of setting and clearing their tables, and sit together. In 2023, meals served at each camp will be eaten both indoors and outdoors, weather permitting. A daily snack is also provided.

Special medical food concerns or needs including food allergies (e.g., gluten or lactose intolerant or nuts) and preferences (e.g., vegetarian, etc.) should be brought to our attention **PRIOR** to the summer.

No Care Packages, Please!

To continue to build a strong cabin community, we ask that you **NOT** send care packages of any kind. E-mails, faxes, and letters are the best way to let your campers know that you are thinking of them while they are at camp. Please discuss this policy with your child as well as their friends and other relatives prior to camp. Your cooperation is greatly appreciated.

If your camper forgets any of the items listed on the Camp Basic or Optional Packing List (located on Page 15), you may send them. **Items on this list will be the ONLY items accepted.** All other items will be disposed of at our discretion. A parcel will be considered a care package if it is anything other than a letter no larger than the standard one-ounce, first-class letter. When sending magazines, please keep in mind the mission of camp. Many magazines such as Cosmo, Maxim, Vogue, etc., are not appropriate for the camp environment. Mailable toys (i.e., AniMails™) are not allowed. A designated staff member will open the package in private and distribute the appropriate contents to the camper by the following day.

Please send any airline tickets, camp paperwork, and medications, directly to the attention of the **“Camp Business Office.”**

Birthdays at Camp

If your camper celebrates a birthday while at camp, there is a birthday cake served for sharing with cabinmates as well as recognition from the camp community. We encourage you to send birthday cards to your child, but no care packages will be accepted.

Camper Address List

A camper address list for your camper’s cabin will be mailed out at the end of the camp session. Your camper’s address will be included in this camper address list. Please let us know if you **do not** wish to have your contact information disclosed.

Body Piercing and Tattoo Policies

For safety reasons, all body piercings (apart from a single post or stud earrings) must be removed. Any camper tattoo that is regarded as harassing, inappropriate or offensive, towards fellow campers, staff members, or others with whom the camps conduct business, as determined by the camp director, will be required to be covered for the duration of the session. If this is not done, the camper may potentially be sent home. The director will have the final say in which tattoos meet this criterion.

Alcohol, Drug, Tobacco, Vape, and Behavior Policies

Camp offers a safe, substance-free environment. Positive values set the tone at camp and are role modeled by our staff members. There shall be no chewing/smoking/vaping of tobacco, drinking of alcoholic beverages, use of illicit drugs, or other abusive/harassment behaviors at camp. We reserve the right to dismiss any camper or staff member whose actions, attitude, or behavior, in our judgment, is contrary to the best interests of the camp or other campers and staff members. Please discuss these policies with your camper prior to their arrival.

Laundry Service

Laundry is done twice for four-week campers and is not provided for the two-week campers except in an emergency. Please pack accordingly for the time that your camper is with us.

Please mark your child's name, **NOT** their initials, on each piece of clothing as well as on each laundry bag. A local service does our camper laundry and the fee for this service is charged to the camper's account each time laundry is done. Camp will not be responsible for damaged, lost, or stolen articles.

Camp Store and Online Store

Supplies can be purchased at the camp store on a limited basis. Examples include activity manuals, batteries, flashlights, postcards, rain ponchos, song books, stationery and stamps, tennis balls, toothbrushes, and toothpaste. All purchases are charged to the camper's account and deducted from their expense deposit. Please see the order form in the "Forms and Documents Section" of your CampInTouch Account.

Our Online Store is also up and running. You can purchase some camp gear including polo shirts, shorts, sweatshirts, t-shirts, and other camp merchandise. Please order early so that your camper can come to camp with some of the special gear. Please go to our website (www.lincoln-lakehubert.com) and follow the store links located near the bottom of the homepage.

Money and Valuables

Money and valuables are not needed at camp, are collected on the first day, and are kept in the camp office. We encourage campers to lock all valuables (e.g., electronics, jewelry, etc.) in the camp office for the duration of their stay at camp. Camp will **NOT** be responsible for items not stored in the camp office.

Visiting Camp

In 2023, both Camp Lincoln and Camp Lake Hubert will be hosting tours for Prospective Families **ONLY**. These tours should be made by calling the camp office so that we are fully prepared to showcase our camps. Parents, family members, and/or relatives of campers enrolled for Summer 2023 will **NOT** be able to visit their campers or tour either camp during their session. Should you wish firsthand information about your child, we highly encourage you to call the camp office and we will be happy to take a message and have your camper's staff member return the call, usually after the next meal. If your camper's staff member is unavailable, a member of the leadership team will contact you.

PRE-CAMP CONVERSATION CHECK LIST ABOUT COMMUNITY AT CAMP

Please discuss with your child . . .

- that care packages are not allowed. Please make a list of realistic items that your child would like to have at camp to make their stay comfortable. (Please see Camp Packing Lists on Page 15 for guidelines).
- that there is not a designated visiting day while at camp.
- the importance of appropriate behavior while at camp and the consequences for inappropriate behavior.
- the importance of inclusive behavior. Making friends at camp is an important aspect of the camp experience, yet this is best achieved by open interaction with **ALL** campers and staff members.
- the importance of making good food choices while at camp, as well as the fact that desserts are very limited while at camp.
- the importance of making new friends and talking to their counselors or camp director right away if they encounter any problems.

FUN

Activity Choices

Over 40 land and water activities are offered, giving campers a wide variety of exciting activities to try. Prior to camp, please encourage your child to be open to trying new activities, and when possible, to choose a good variety of activities for a well-rounded summer of fun. Exposure to a wide variety of activities oftentimes can plant the seed for a newfound passion to last a lifetime! If you have some specific program expectations for their participation, please discuss this with them as well, and note this on the Camper Details Form (Online Form).

Special Days and Events

In addition to our daily activity program, “Special Days” add excitement, festivities, and variety to our camp life. Special Days give campers a chance to take part in and celebrate a theme such as Camp Olympics, Color Wars (CL)/Color Games (CLH), Western Day, or by being in a lip sync or skit performance.

Banquets and Campfires

Each session begins with an opening campfire and ends with a farewell campfire. At the end of each session, awards banquets are hosted to celebrate the accomplishments of campers within the camp community. Banquets and campfires allow for a community celebration and recognition of goal accomplished and skills learned.

PRE-CAMP CONVERSATION CHECK LIST ABOUT FUN AT CAMP

Please discuss with your child . . .

- that they will be recognized for their achievements in activities throughout the session and at the awards banquet.
- that while at camp, special activities and events will happen throughout the session.
- what activities they would like to participate in while at camp as well as what activities you would like them to try at least once or not participate in at all. A list of activities is available on the website (www.lincoln-lakehubert.com).

EXCELLENCE

Accredited Camp

Camp Lincoln and Camp Lake Hubert are accredited by The American Camp Association (ACA). The ACA Accreditation covers over 300 plus standards in areas such as administration, health and sanitation, program, safety rules, and staff member selection. Standards are evaluated and updated yearly. The Minnesota Department of Health also inspects and licenses each camp yearly.

Contact from Camp

Your child will be encouraged to write home at least twice a week. Parents of our two and four-week campers will receive a "How's Your Camper Adjusting" E-mail several days after your camper arrives, and a final letter after the end of camp. Parents of four-week campers will also receive a mid-session "update" letter. **E-mail updates will be sent to both you and your spouse's Login/E-mail Address associated with your online camp account (CampInTouch).** If you would like to change your login e-mail address, you can change it under "Update Addresses/Phone Numbers" and "Login Details." If you feel it necessary to call camp, a message will be taken, and a staff member will call you back after the next meal. If your camper's staff member is unavailable, a member of the leadership team will contact you.

Dedicated Camp Counselors and Staff Members

Camp Lincoln and Camp Lake Hubert carefully select the men and women of our staff group for their commitment to and interest in working with children. Each staff member meets a high standard of dedication and skill. Staff members attend an intense 8 to 10-day orientation which emphasizes activity skills, counseling skills, group dynamics, and safety procedures/protocols. Our counselors form a strong, committed team with a single focus: A safe summer filled with fun, growth, and learning opportunities for each camper. **Camp policy does not allow "gratuities" or "tipping" for any staff member. Your cooperation is greatly appreciated!**

Safety at Camp

Safety is given top priority at camp. Facilities and policies have been constructed to provide a consistent and thorough safety program. During Orientation and Staff Development (OSD), counselors are trained in safety expectations and rules for all aspects of camp life. Safety regulations are posted and practiced by all campers and staff members. Please talk to your campers about the importance of following safety rules and appropriate risk-taking.

PRE-CAMP CONVERSATION CHECK LIST ABOUT EXCELLENCE AT CAMP

Please discuss with your child . . .

- how important safety is at camp.
- how to address an envelope when writing to you.
- that the staff members will be writing you periodically to share their progress while at camp.

QUALITY RELATIONSHIPS and COMMUNICATION

Partnering with Parents

We pledge honest and open communication while your child is with us and ask that you do the same in disclosures before camp and a willingness to collaborate with our staff members to make your child's experience a success.

We ask that you offer encouragement to your child around issues concerning adjustments, the camp community, or conflicts, should they develop. If you have any questions, please contact a director or your child's staff member immediately.

Address Update and Camper Details Form

Please login to your online camp account (CampInTouch) and click on the "Update Addresses/Phone Numbers" Link under "Your Family." Your camper's counselor will use this information to send you updates and contact you should they have any questions. E-mail updates will be sent only to your Login/E-mail Address as well.

The Camper Details Form is also located online (under the "Forms and Documents" Link in CampInTouch). This form will be reviewed directly by your camper's counselor. Comments, expectations, goals, and program requests all serve as a guide for your child's experience. Specifics you share are a valuable resource allowing your child's counselor to get to know them better.

Letters Are Important!

Please send cheerful letters with a focus on camp, **NOT** about what they are missing at home. So that they will have mail waiting for them when they arrive, please write a letter to your child before they leave home at the address below minus the cabin name, which will be made known after your camper's arrival to camp. Please write your child at least 2 or 3 times a week! For more information on writing quality letters to your camper, please read Dr. Chris Thurber's "Summer Camp Handbook."

Again, cabin name will be known after your camper arrives at camp. Please add this information to letters sent after your camper has arrived at camp.

Please write to:

CAMPER'S NAME

CABIN NAME (will be made known after arrival)

CAMP LINCOLN/CAMP LAKE HUBERT

P.O. Box 1308

Lake Hubert, Minnesota 56459

Faxing to and from Camp

Faxes are delivered with the regular mail usually the next day. Please remember to put your camper's first and last name on each page.

Our fax number is:

218-963-2447

Bunk1

Bunk Notes and Bunk Replies is a service provided by Bunk1.com that offers parents an alternative to the U.S. Postal Service for delivering Bunk Notes and receiving Bunk Replies.

From our homepage upper menu bar, please click on “Parents,” then on “Bunk1 Photos and Notes”. To create a new account, click on “Need an Account or Have an Invitation”.

To see the invitation code for Camp Lincoln and Camp Lake Hubert, please see the Bunk1 flyer in your CampInTouch account, under Forms.

Bunk Notes will be delivered to camp by 9:00 am Central Standard Time each day. We will hand them out to the campers daily after lunch.

Once your account is created, you can add family members from the main dashboard. Click on “Invite Family Members” and enter their information. They will receive an e-mail inviting them to create their own account, which will be linked to your camper(s). Your guests will have their own account and they will **NOT** be able to use your Bunk Notes Credits.

Bunk1 also has a Bunk Notes Replies Feature. Parents may purchase special stationery for their camper. Campers write on the stationery and turn it in to the camp office. The camp office will then scan these letters to Bunk1, who will in turn, deliver it to the parent. Please note that Bunk1 **DOES** charge for each piece of stationery, regardless of whether it is used or not. **Please be sure to speak with your camper about using the stationery if this is how you would like them to communicate with you.**

Telephone Contact

Once your child has arrived at camp, they will place a phone call home to tell you that they have arrived safely and where they will be living while at camp. If you are not available, they will leave a message. Other than to call you when they arrive at camp, we do not allow campers to use the telephone or to call home except in the case of an emergency.

Should you wish first-hand information about your child, we highly encourage you to call the camp office and we will be happy to take a message and have your camper’s staff member return the call usually after the next meal. If your camper’s staff member is unavailable, a member of the leadership team will contact you.

UPS/FedEx Shipping Address

If you would like to send something via a service instead of the United States Postal Service, please send it to:

Camper Name, Cabin (if known)
Camp Lincoln or Camp Lake Hubert
23416 Camp Lincoln Road
Lake Hubert, Minnesota 56459

Cell Phones

Today, cell phones are a common part of daily life. We recognize that both campers and parents may rely on a cell phone for comfort while traveling to and from camp. We require that all camper cell phones be turned into us upon their arrival at camp so that they may be securely locked and stored in the camp office. Cell phones turned into the camp office will be charged and returned to the camper for their trip home.

Campers are NOT allowed to have or use cell phones while at camp. If a camper is found in possession of a cell phone at any time, it will be collected and **mailed home to the parents at their expense.** We ask that you please support us in our decision to not allow cell phones and discuss with your camper the importance of this policy so there is no misunderstanding when they arrive at camp. Should you have questions on this policy, please contact our camp office.

PRE-CAMP CONVERSATION CHECK LIST ABOUT QUALITY RELATIONSHIPS AND COMMUNICATION AT CAMP

Please discuss with your child . . .

- that cell phones are not allowed at camp.
- that they will not be able to call home while they are staying with us and how they can stay in touch with you while they are away.
- your plan for staying connected with them while they are at camp (how often will you write e-mails, faxes, letters, etc.).

PERSONAL GROWTH AND DEVELOPMENT

Campers Missing Home

Missing family members (even pets) and home are natural for children. Our staff members are trained in working with children and helping them to deal with missing their family members.

It is common that the first letters you receive may indicate a trace of sadness. **Ninety-five percent of campers experience a short adjustment period during the first few days of camp.** Soon, campers get caught up in the excitement of activities, camp adventures, and new friends. Your support of this normal process is critical to your camper's success.

How can you help your child adjust to being away from home?

- Practice overnights with family members/friends to help first time campers get used to being away from the comforts of home.
- Please send pictures of family members and friends with your camper to camp.
- Set the goal of staying the whole session. **Please do not tell your child that they can come home or that you will pick them up if they are homesick as it sets them up for failure instead of success.**
- Start while your camper is still at home and help them be proud of being independent and ready for camp. Please review our camp video with them and reinforce their excitement/interest about camp.
- While your camper is at camp, please send cheerful, upbeat letters that focus on how much fun they are having and less on what they are missing at home.

What About When You Miss Your Child?

We know it is difficult for parents to be away from their child during camp, which is completely normal. We want to work together to make the experience positive for you and for your child! Here are some tips, from other camp parents, on what you can do:

- Before your camper leaves, make a list of things you are going to accomplish while they are enjoying their camp experience (like things you have not gotten around to before now!).
- Remind yourself about why you chose our camps - try watching the camp video again to remind you of the development, growth, and independence you want for your child.
- Talk with another parent who has experienced the same feelings when their child left for the first time.
- Take time for yourself! Just like your camper is trying new things and experiencing personal growth, please be sure you do the same so that you can be reenergized when they arrive home with all their stories.
- Write your child an encouraging e-mail, fax, or letter daily.

Spirituality

Spiritually, our camps are Christian-oriented, but we maintain a nonsectarian approach to our Sunday Services and spiritual programs. We have children and staff members of many faiths at camp, and we respect individual beliefs. Campers and staff members plan and present these programs and are all expected to attend all such functions. Themes of these services focus on our core values of community, excellence, fun, personal growth and development and quality relationships.

PLEASE NOTE:

Camp Lincoln Campers are asked to wear Camp Lincoln Apparel on Sundays. This includes jackets, joggers, shorts, sweatshirts, t-shirts, etc.

Camp Lake Hubert Campers are asked to wear all white clothing to chapel. This includes sweatshirts, if needed.

PRE-CAMP CONVERSATION CHECK LIST ABOUT PERSONAL GROWTH and DEVELOPMENT AT CAMP

Please discuss with your child . . .

- the camp philosophy on spirituality.
- the importance of being at camp to try new things.
- what they are going to do when they miss home while at camp and how they are going to work through this situation should it arise.

ELECTRONICS

In a continued effort to maintain a more “unplugged” atmosphere, camp is a place to connect with fellow campers and staff members and to play outdoors. Therefore, we do not recommend that electronic devices be brought to camp. They tend to be expensive, fragile, and bringing these valuable items is done at your own risk. Camp is **NOT** responsible if any of these items become damaged, lost/misplaced, or stolen. Certain electronic devices are prohibited, including smart watches (e.g. Apple Watches, etc.). Electronic devices and games and capable of the following **ARE Prohibited:**

- 1) communicating via the internet,
- 2) connecting to cell towers and/or operating as a cell phone,
- 3) viewing or storing videos.

These devices can be brought to camp for use during travel but will be placed in the camper’s valuable envelope while they are at camp.

Please Note: CD/MP3 Players/iPods (non-video models), if brought to camp, are restricted to cabin use only.

e-Readers will be permitted based on model type. However, e-Readers permitted cannot have any type of cellular internet access. Nor can they have the ability to access apps, games, or movies during the camp session.

The Approved e-Readers List:

- Kindle Basic
- Kindle Paperwhite (Wi-Fi only)
- Kindle Voyage (Wi-Fi only)
- Kobo e-Reader Touch
- Nook Glow Light
- Nook Simple Touch
- Sony eBook Reader Tablet E Ink Pearl

Each approved model must be the version without cellular (3G, 4G, 5G, etc.) connectivity. Directors reserve the right to make any adjustments or changes to the e-Reader Policy to have it comply with our expectations, mission, and policies. Should an e-Reader become a distraction or be used improperly, it may be removed or restricted by the camp staff member.

AirTags

Apple AirTags and other tracking devices are becoming increasingly popular. We kindly ask that all AirTags and similar devices are stored in a camper's luggage or turned into the office on Camper Arrival Day, along with cell phones and other valuables. These devices are **NOT** to be in a camper’s backpack or physically on a camper at any time during the session. Camp is not responsible for damaged, lost/misplaced, or stolen tags, the replacement of tags, etc. or similar devices.

PRE-CAMP CONVERSATION CHECK LIST ABOUT ELECTRONICS AT CAMP

Please discuss with your child . . .

- the camp’s electronic/technology policies.
- the importance of being at camp to try new things and that most electronic equipment will be stored in the camp safe.

PACKING LIST

Bedding

- 2 blankets***
- 1 pillow and 2 pillowcases***
- 4 sheets (flat)***

Clothes

- jacket/windbreaker
- 2 long sleeve cotton shirts
- 1 nice outfit for the awards banquet and special events**
- 5 pairs of jeans/pants/sweatpants
- 5-6 pairs of shorts
- 2 pairs of tennis shoes/athletic
- 1 pair of Teva Type Sandals/Aqua Sox*****
- 3-4 pajamas/1 robe
- full rain gear/poncho
- 10 short-sleeved t-shirts
- socks (enough for 2 weeks)
- 2 sweatshirts/sweaters
- 2-3 swimsuits
- underwear (enough for 2 weeks)

Miscellaneous

- addresses/stamps/stationery
- backpack (carry-on)
- flashlight and extra batteries
- flip flops for showers
- hat or visor
- insect repellent
- 2 laundry bags (that tie shut)
- 1 pair of riding shoes/boots with heels*
- sunglasses
- sunscreen/lip balm
- water bottle

Toiletries

- 3 bath or beach towels
- brush/comb
- shampoo/soap/soapbox
- hand sanitizer – personal size
- toiletries basket/case
- toothbrush/paste

Optional

- ball glove
- books/reading material
- camera (We suggest disposable.)
- masks – 2-ply+ (2-week supply)
- board games/non-electronic games/playing cards
- small fan
- tennis racket
- watch (**Please do not send a smart watch with your camper.**)

Camp Lincoln Only

- Camp Lincoln Gear (jackets, joggers, shorts, sweatshirts, t-shirts, etc.) for Camp Church

Camp Lake Hubert Only

- Crazy Creek-Style Stadium Chair
- White shirt, shorts, and sweatshirt for Sunday Chapel

* A shoe with a heel (like a hiking boot, riding boot, etc.) is helpful for horseback riding. Athletic shoes with an indentation will also work.

** Outfits are generally blouses, dresses, pants, and skirts for girls, nice shorts, and collared shirts for boys.

*** Rent Camp Bedding or pack your own. Please see Bedding on the following page.

***** **Some type of foot covering is required to participate in ALL Waterfront Activities.**

Please Mark Your Clothing and Equipment

Please mark each piece of equipment and clothing sent with your child. Flyers from equipment and name tag companies that have worked well for campers in the past are available on the website under “Forms and Helpful Links.”

Please mark each article of clothing so that the camper's name will be visible when the article is folded. The collar or waistband of most clothing articles and inside hats/shoes work well. For blankets/comforters, laundry bags, pillowcases, sheets, and towels, please place two name tapes on opposite corners. Please mark names clearly on items such as cameras, fishing poles, flashlights, teddy bears, and tennis rackets. Please do not forget to mark duffel bags, too! We ask that you please use full names and not initials. 😊

At camp, some clothing/items may be misplaced, left at camp, or packed into another child's bag. Thus, proper “ID” on all clothing and equipment will greatly assist in the return of articles to their proper owner. In the fall, unclaimed/unmarked articles are donated to local charitable groups.

Please remember that any personal equipment brought to camp must comply with the American Camp Association and the State of Minnesota Safety Standards.

Pack In Duffel Bags

Duffel bags are the preferred camp luggage as they are easy to carry and easy to store. Please remember to put the child's name on duffel bags using the camp provided tags.

Clothes To Have Fun In!

Please send clothing items that campers can really play in every day. Campers will get involved in a “hands-on” way and their clothing may show the wear and tear. Please do not send expensive clothing to camp. **Camp will NOT be responsible for damaged, lost, or stolen articles.** This includes activity/sports equipment.

Toiletries

As our bathrooms and shower houses are shared spaces, storing toiletries in them is **NOT** possible. Please be sure to bring a toiletries basket, caddy, or case for carrying your toiletries to and from the bathroom and shower house.

Bedding

For health and safety reasons, we require the use of blankets, pillows, pillowcases, and sheets (top and bottom) for beds at camp. Please see the Camp Packing Lists for suggested quantities. Pillows/cases, sheets, and wool blankets may be rented at camp. Rental is \$9.00 per week. This can also help save on a second bag fee, if flying. Please make bedding requests on the Camper Details Form (Online Form).

CAMP HEALTH INFORMATION

Medical Form (Online) and Physician Form (Paper)

It is important that we have a complete and detailed health history on each child. ***PLEASE*** return the completed Medical and Physician Forms at least **THREE (3) weeks** prior to their session start date. **Your child may not attend camp without their completed Medical Forms.**

Required Information:

1. Medical Form – All sections to be completed by parent or legal guardian.
2. Physician Form – Should be completed by your physician/nurse practitioner.

Please notify the camps if the camper is exposed to any communicable disease within 21 days prior to camp and if their health conditions change after the date on which the Health Form is signed.

There are two supplemental forms – Anaphylaxis and/or Mental, Emotional, Social Health (MESH) – available in your CampInTouch Account, if applicable to your camper. You may also call the camp office at 218-963-2339 to request any of these forms.

Camp Health Service

The camp health center is overseen by 2-3 health care staff members at each camp. Please note that each camp is 30 minutes from the nearest hospital and other medical clinic services, if needed. General care and first aid supplies are available at camp free of charge. Clinic/hospital illness related charges, other items not covered by our insurance policy, prescriptions, special medications, and trips to town (if needed) are charged to your child's account and/or to your personal insurance coverage. Campers who show flu-like symptoms, have a fever, need a private bathroom, and/or require constant attention, will be isolated in the health center. Once the camper's condition improves (either by medicine or rest), they will be allowed back into the camp program and their cabin according to doctor's orders.

If your child is prescribed prescription medication, stays overnight in the camp health center, or should otherwise need any emergency care, a camp health care staff member will call or email you.

Medications and Prescriptions

For the 2023 Camp Season, we will be transitioning from having our Camp Health Care Staff Members repackaging medications to using external medication packaging services. This summer, all campers will have the option of either bringing medications to camp, in their original packaging, or camp families can utilize one of two medication packaging services: CampMeds or PillPack by Amazon Pharmacy. In 2024, all campers will be required to use a medication packaging service.

Below are the directions for families that choose NOT using a medication packaging service this summer. The directions for the medication packaging services will arrive in a separate document.

All medications (brought or sent to camp) must be kept in the health center and will be administered by our Camp Health Care Staff Members. Medications must be clearly labeled with the camper's name, the dosage, the name of the medication, and the physician's instructions. **If the medication is for an international camper, all information must be translated into English before the camper and the medication arrives at camp.** The dosage and instructions on the container must match any parent or physician notes made on the health form. Please have your physician/pharmacist correct the instructions on the container if the dosage has changed.

If your child is on behavioral medications, PLEASE plan to have your child remain on this medication while at camp. As with all medications, please send enough for the entire time that they are with us.

For medications that may be taken at any time during the day, please transition to taking them at breakfast. Breakfast is the preferred time to be passing out medications. If a medication is to be taken at another time, we will make it happen for your camper.

Please only send medically required medications and prescriptions to camp with your camper. Also, please keep all medications, prescriptions, and/or vitamins in their original packaging. These items should be stored inside a Ziploc Bag with your camper's name written on the outside. This will be collected on the first day your camper arrives at camp by a Camp Health Care Staff Member and stored in the health center.

Please repeat these instructions on the Medical Form. **If you send medication in your child's luggage, please instruct your child to give this medication to the cabin staff member or to a Camp Health Care Staff Member upon their arrival.**

The health center is stocked with multiple types of typical over-the-counter medications. There is no need to send these items unless your camper is on a doctor-prescribed regimen. For the safety of all campers, no medications, supplements, or vitamins are allowed in the cabins except emergency medications that are pre-approved by a camp director (i.e., inhalers).

Accident Insurance Policy

A Group Accident Reimbursement Policy is provided as an added service to camp families at no additional cost. Camp Lincoln/Camp Lake Hubert exercises the greatest care and supervision for all campers.

The Group Accident Reimbursement Policy covers your child:

1. Anywhere on the campgrounds.
2. While traveling under supervision with other campers to and from approved and scheduled camp activities.
3. While traveling directly between home and camp and directly before or after the camp session.

Accident Medical Coverage has a maximum benefit of \$3,500.00 per camper. The camp will administer this coverage for the convenience of parents.

Not Covered

This accident insurance policy does not cover cosmetic or plastic surgery except as necessary for the repair or alleviation of damage due to dental work or dental treatment on natural teeth, eyeglass replacement, injury, medical examinations not incident to treatment, pre-existing conditions, pregnancy, prescriptions, preventative medicines, self-inflicted injuries, sickness or illness, or war or act of war.

Any expenses for services by a clinic or hospital regarding non-covered services will be billed directly to the parent or to the parent's health care coverage policy.

EXPENSE DEPOSIT

Expense Deposit for Miscellaneous Expenditures

An additional deposit for Miscellaneous Expenditures, paid in advance, is required for your child's stay at camp. Items charged against this account may include bedding rental, cash withdrawals, laundry, medical illness and prescriptions expenses, store purchases, yearbook (sent in December), etc. The first statement will include the estimated deposit necessary for the session in camp as explained in your 2023 Enrollment Agreement.

Campers who write or draw on the cabin walls will be charged a \$25 or \$50 Fee, depending on severity, for removal each time their name or drawings appear.

Any balance remaining will be refunded, or an overdraft will be billed. A Final Statement summarizing all charges and credits for the camp session is sent in late September.

CAMP DATES

CHECK-IN TIMES, IF DRIVING

1:00 P.M. TO 4:30 P.M.

CHECK-OUT TIMES, IF DRIVING

8:00 A.M. TO 10:30 A.M.

**** Please note that most campers have left camp via the buses, or their parents have picked them up by 10:00 am.**

4-WEEK

(4 Week 1) Thursday, June 15th – Monday, July 10th

(4 Week 2) Thursday, July 13th – Monday, August 7th

2-WEEK

(2 Week 1) Thursday, June 15th - Tuesday, June 27th

(2 Week 2) Wednesday, June 28th – Monday, July 10th

(2 Week 3) Thursday, July 13th – Tuesday, July 25th

(2 Week 4) Wednesday, July 26th – Monday, August 7th

CAMP TOURS

In 2023, both Camp Lincoln and Camp Lake Hubert will be hosting tours for Prospective Families **ONLY**. These tours should be made by calling the camp office so that we are fully prepared to showcase our camps. Parents, family members, and/or relatives of campers enrolled for Summer 2023 will **NOT** be able to visit their campers or tour either camp during their session. Should you wish firsthand information about your child, we highly encourage you to call the camp office and we will be happy to take a message and have your camper's staff member return the call, usually after the next meal. If your camper's staff member is unavailable, a member of the leadership team will contact you.

Other Cote Family-Owned Places to Stay While Your Child is at Camp or Anytime:

GRAND VIEW LODGE

Resort, Golf Course, and Tennis Club

The Grand View Lodge Spa and Golf Resort has been providing guests with memorable vacations since 1916. It is our mission to continue the legacy of a high standard of service and a unique atmosphere that has been upheld for over 100 years. Located in the Brainerd Lakes Area, the resort's main property is located on Gull Lake and offers activities galore, deluxe accommodations, eight dining venues, full event, and wedding facilities, two championship golf courses, and a world-class spa. The resort is growing and now features two indoor pools and waterslide facilities, an outdoor pool, a year-round outdoor hot tub, a 60-room boutique hotel, and over 300 different accommodation styles. It is hard not to find a reason to come to Minnesota's largest resort!

800-432-3788

www.grandviewlodge.com

While Your Family is in Tucson, Arizona

TANQUE VERDE

GUEST RANCH RESORT

Tanque Verde Ranch (TVR) has been providing guests with adventure and everlasting memories for over 150 years. Located at the base of the Rincon Mountains and overlooking the rolling foothills of Saguaro National State Park, Tanque Verde Ranch offers charming, southwestern lodging, and is among one of Tucson's top destinations for our horseback riding, and other outdoor activities. TVR is also a premier location for events, meetings, and weddings. Our all-new meetings and event venue, The Barn, is sure to be the enchantment of Tucson. Whether you spend your days relaxing poolside, at the spa, or exploring new horizons by horseback – the memories created will be the reason for your return.

800-234-3833

www.tvgr.com