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## Greetings Families of Campers!

**Thank you** for trusting us to care for your camper(s) this summer! We are going to have a great 2023 season. We know that now, more than ever, kids need to run, sing, laugh, play, swim, pray, build big fires, explore the woods, and just, you know, be kids. Summer camp is much needed for all of us...and we thank you for partnering with us to support this important ministry.

At Camp Johnsonburg, your camper will:

- Make new friends who may live, think, create and speak differently.
- Spend time with young adults (camp staff) who are focused on who your camper really is, not who your camper thinks they have to be.
- Encounter the love of Jesus Christ through a wonderfully diverse community in worship and play.
- Discover more about who they are and what gifts they have to share with others.
- Be unplugged for a full week, allowing their minds to rest and reset.

### **How do we do this?**

We train our carefully hired staff to foster community in their groups by building trust and helping each camper feel comfortable in unfamiliar surroundings. Campers are encouraged to share their ideas and be themselves. We teach our staff that scary stories, sarcasm, put-downs and other similar behavior may happen elsewhere, but that's not a part of what we do here at Johnsonburg.

We also teach our staff to ensure campers drink plenty of water, apply insect repellent and sunscreen, and wear the proper footwear for each activity. As a camp accredited by the American Camp Association, our staff are trained in nationally best practices for all camp activities, including archery, the ropes course, aerial silks, swimming, and boating. We take your camper's safety seriously!

### **We need your help...**

You know your kid(s) better than anyone! Of course, this makes you our number one resource to learn how we can help your camper best. While we equip our staff to handle situations as they arise, it is helpful to know as much as possible about our campers. Please fill out as much information on the registration site as you are able, and feel free to send an email to [tommy@campjburg.org](mailto:tommy@campjburg.org) with specific questions or more information that you would like to add to what we collect during the registration process.

If a situation with your camper arises, (homesickness, behavioral issue, healthcare concern), you will be contacted by one of our management staff (Leadership Team member, Associate Director of Programs, Executive Director, or medical staff). This is just so you stay in the loop about your campers experience at camp; occasionally we may ask for more background information or advice on how to make sure your camper is having the best time possible. Or, it could be as simple as us calling for additional funds in their camp store account!

If you have any questions or concerns, please call or email before camp, during camp or after camp! We want to hear from our families, and we always appreciate your feedback.

Looking forward to a great summer together- in God's peace,

**Elise Bates Russell**  
Executive Director

**Tommy Campbell**  
Associate Director For Programs

*P.S. You may find all of this information and more on our website!*

*Johnsonburg Camp and Retreat Center / 908.852.2349 / [campjburg.org](http://campjburg.org)*



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## Important Forms to Complete Before Camp

### Summer Camp Medical Form/ Dietary Needs

***Please provide this information online using the camp registration system. Log into your account and complete a “Summer Camp Medical Form” for each camper. Please have this completed at least two weeks prior to your arrival at camp.***

The Camper Medical Information Form is kept confidential and used by our healthcare staff. Your child’s counselors are provided limited information on a “need to know” basis as determined by the healthcare staff. Please fill out the form as accurately as possible. Sharing dietary needs in detail will help us best serve your camper (Johnsonburg is a nut-free facility). If you have questions or need clarification regarding the Medical Information Form, please contact us.

### Physician Signature Form

***Please print this file, have a healthcare provider complete, and upload it in the camp registration system. When you log into your account go to ‘My Summer Camp Details’ and you will see an upload document section where you can click the green upload button.***

Before your arrival, you MUST upload your camper(s) signed Physician Signature Form or personal physician results completed within the last 12 months of their camp session.

### Immunizations

***Please save these items on your computer, log into your account and go to ‘My Summer Camp 2021 Details’. There you will see an upload document section where you can click the green upload button.***

Before your arrival, you MUST upload your camper(s) immunization records (must be uploaded annually as we cannot retain them from previous years). If your camper has been vaccinated against COVID-19, please upload their vaccination card under “COVID-19 Vaccination Card”. This is an optional upload and not required for camp.

### Waiver

***Please provide this information online using the camp registration system. Log into your account and complete “Waiver” for each camper. Please have this completed at least two weeks prior to your arrival at camp.***

The waiver includes a Liability, COVID-19, and Media Release. Please read over and sign these statements. If you have any questions or concerns, please contact Camp Johnsonburg.

### Camp Store Account- *optional*

Log into your camper’s online account, go to ‘My Summer Camp Details’. On the right hand side you will see a Camp Store section, click on the “Add Deposit” button and then enter the amount you would like to add to your campers account.



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## What Should I Do Now?

### 2 Weeks Before The Start Date of Camp

- Review the “Welcome to Camp” materials
- Complete these important forms:
  - Summer Camp Medical Form
  - Physician Signature Form (upload signed form)
  - Immunization Record (upload)
  - Waiver
  - Deposit money in camp store account
- Pay your camp fee balance by June 13th

### On Check-In Day

#### **Before you leave home, be sure:**

- Your child’s clothes are labeled and packed securely
- You have all forms uploaded and submitted online
- Medications are in the original labeled containers and readily accessible to turn in once you arrive (this includes all vitamins and over the counter medications)
- Plan to leave the family pets at home
- You know your way to Camp Johnsonburg or have a copy of driving directions from our website printed out and ready

**Check-In is from 2:30- 3:15 for all camps (Genesis and 4-day camps included)  
Campers and parents/guardians will be given specific drop-off times within that window.  
Multiple-camper families will have the opportunity to drop off all campers at one time.**

#### Stop #1: Office

- You will park in the upper meadow, then check-in with a Director or leadership team member. Campers and parents/guardians will be given information about who the camper’s counselors are, what group they are in, and where they will stay. We will also ask if you are picking up at the normal time at 4pm, or if you will need late pickup (7:00pm pick-up)
- Staff will ensure that camper families have turned in all of the required paperwork and payments.

#### Stop #2: Office - Health Center Staff

- Camper families will turn in the camper’s medications for the week to our medical staff and review camper’s Health History.
- Campers will have a lice check.

#### Stop #3: Archery Field

- Park in the spaces immediately next to the Archery field fence or in the grass in middle meadow. Grab your luggage and meet your counselors (each group will have an assigned spot). Give your camper a hug and say “Goodbye!”

#### Stop #4: Recreation Center

- ❑ Parents/guardians can use this opportunity to deposit any money in the Camp Store and/or purchase any apparel or souvenirs. Feel free to bring your camper with you, but also ensure that at whatever point you are leaving your camper, they are under their counselor's supervision in the archery field and it is clear to the staff member that you are leaving.
- ❑ Have a safe trip home!

### When Camp Ends

**For weeklong camps, plan to arrive between 3:45pm and 4:30 pm to pick up your camper. For shorter sessions, camp ends on that Wednesday at 11am.**

#### Stop #1: Office

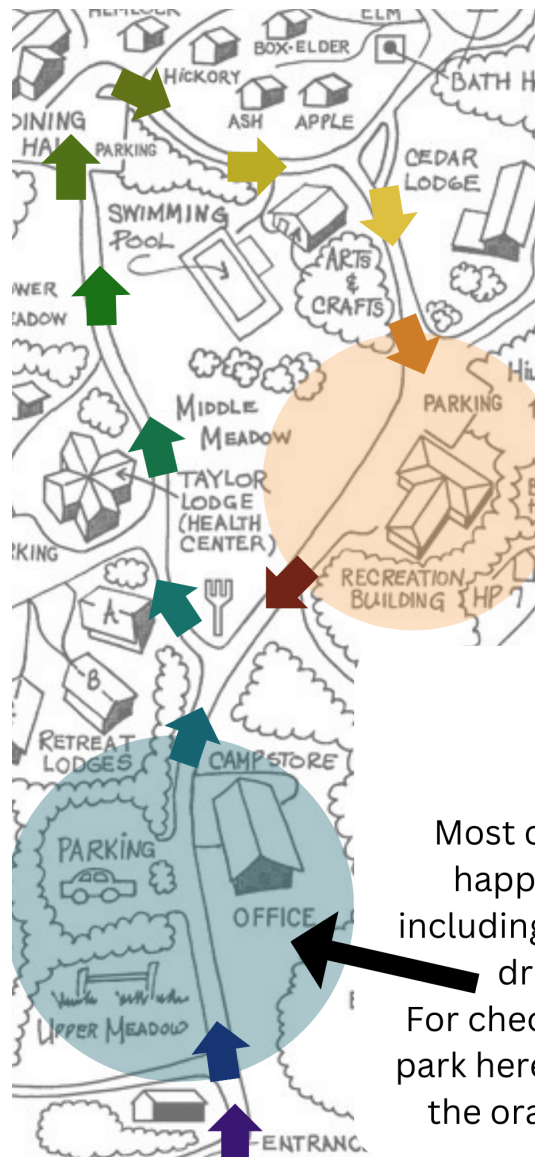
- ❑ Check in with staff.
- ❑ Park your car here. Have your ID ready to verify that you are an approved person who has permission to pick up.
- ❑ Wednesday departures will happen at the office or be directed to another location on site.
- ❑ Walk down to the Rec Center for our closing program.

#### Stop #3: Dining Hall - Cedar Meadow (follow signs)

- ❑ Pick up your camper and their luggage. Be sure you have everything!

#### Stop #4: Recreation Center

- ❑ Enjoy the closing program.
- ❑ Make sure to grab your child's belongings.
- ❑ Camp store will be open and available.
- ❑ Make sure to check the Lost and Found for any missing items!
- ❑ Our health staff will have a table to return medications to you. *Please ensure you do not leave without your child's medication.*
- ❑ Listen with interest and ask lots of questions on the way home and afterwards about your camper's experience.
- ❑ Post a review online and share Camp Johnsonburg on social media! Other parents want to know!



You'll meet your counselors and have an opportunity to hit the store here. We'll do our closing program here when camp ends.

Most of check-in happens here, including medication drop off. For check out, you'll park here and walk to the orange circle.

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## Helpful Packing Tips

### Pack With Your Camper

Packing with your child is a great opportunity to build excitement about camp and to talk about any concerns your camper may have about their upcoming camp experience. Plus, you can make sure they pack everything that they need to bring and leave the stuff that should stay home, at home.

### Use the “What to Pack” Checklist

Use the checklist when you pack. Once you are all packed, tuck the checklist in your campers luggage and instruct them to use it when they pack their stuff at the end of the week. That way, they have a way to make sure they’ve got everything they came with and are leaving nothing behind.

### What to Pack Your Stuff In

Pack your stuff so that your camper(s) can carry it a short distance to their cabin. Storage space in the cabins is limited. Soft-sided luggage, like a duffle bag or backpack, that can be easily stuffed under beds or in small spaces is ideal.

### Label Everything

Put your camper’s first and last name on everything using a permanent marker. Be sure to label your camper’s luggage. If your camper loses something, it may turn up in lost and found. Unclaimed items are disposed of or donated to charity two weeks after your campers session ends.

### Pack Appropriate Attire for Camp

Pack clothing that is comfortable in hot weather, suitable for outdoor play, and has the potential to get wet and dirty. Campers should not pack suggestive or revealing outfits nor articles of clothing that promote alcohol, tobacco, drug use, sexual behavior or contain inappropriate language.

### A Note About Swimsuits

It is recommended that female campers wear one-piece suits and that male campers wear swim trunks or board shorts. Campers may wear T-shirts in the pool or lake over their swimsuits if they would feel more comfortable doing so. *Remember that campers will be participating in activities at the lake on inflatables and in the pool that require climbing and jumping.*

### If You Are Bringing Medications to Camp

**All medications** (prescription, non-prescription, and over-the-counter) remain with and are dispensed by our Healthcare Staff. Please pack your medications separately from your luggage so you will be able to easily access them and turn them into the Healthcare Staff during Check-In.

## What to Pack for Camp

### Essential Clothing Items

*Campers will need clothing for 6 Days*

*An extra set of clothing is always useful!*

- Raincoat/ Poncho or Rain Gear
- Underwear and socks
- Short sleeved shirts
- Shorts
- Long pants or jeans
- Long sleeved t-shirt
- Sweatshirt for cooler weather
- Pajamas
- Hat
- Swimsuit(s) appropriate for camp
- At least 1 pair of closed toed shoes (sneakers, boots)
- 1 pair of sandals with backstrap for getting wet or closed-toed water shoes

### Optional Items

- Bible
- Sunglasses
- Goggles for pool/lake
- Inexpensive or disposable camera
- Paper, pen, pencil, stamps, pre-addressed envelopes
- Guitar or another musical instrument (especially MAD campers!)

### Things To Leave At Home

- Electronic items: Apple Watch, Cellphone, digital music players, e-readers, etc....
- Food, snacks, or candy
- Alcohol, drugs, tobacco products, e-cigarettes, firearms, and fireworks
- Expensive items, sentimental items
- Clothes that you wouldn't want to get dirty
- Extra spending money, wallets, purses
- Anything that would cause upset if it were lost, broken, or got dirty

### Other "Must Have" Items

- Small backpack
- Twin bedding (pillow and sleeping bag or sheets and blanket)
- Laundry bag for dirty clothes
- Flashlight and extra batteries
- Insect Repellent
- Sunscreen
- Water bottle
- Any medications you are taking (will be turned in to Health Center Staff)
- Hand sanitizer

### Toiletries

- Toothbrush and Toothpaste
- Shampoo and Conditioner
- Soap in a container/body wash
- Something to carry toiletries in
- Bath towel and washcloth
- Beach towel to use at pool or lake
- Deodorant
- Comb and/or brush
- Flip flops for the shower
- Feminine necessities

### Adventure Trek Extra Items

- Please make sure you have a sleeping bag even if you brought sheets
- Canoe dry bag (optional)
- Personal tent/hammock (optional for those that already have one they love)

**Note:** Drugs, Alcohol, Tobacco Products, and E-Cigarettes are prohibited by the Camp Board. Anyone found possessing these substances will be asked to leave the program without refund. Those with illegal substances are liable under the penalties of the law. Weapons, especially guns or firearms of any kind, are not allowed. Also, please no knives longer than 2 inches.



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## Communication With Your Camper

### While At Camp

#### Should I Write to my Camper?

YES!! Nothing makes a camper's day like receiving a letter from home. Parents are encouraged to write to their campers regularly while they are at camp. To help you save on postage, you can "pre-write" your message and drop them off with us on Check-In day. We deliver mail collected at Check-In throughout the week. Mail is distributed daily at lunch. To mail your camper a letter use the following address:

Camp Johnsonburg  
Camper Name, Camp Name, & Cabin  
822 Route 519  
Johnsonburg, NJ 07825

#### Can I send an email to my camper?

We provide a "One-Way Email" service at no cost. Instructions for using this service will be handed out to you at Check-In. Email is delivered everyday at lunch. We find that the best messages are ones where you tell your camper how proud of them you are and how you are looking forward to hearing about their time at camp. Refrain from telling your camper how much you miss them, or other phrases that might make them homesick. It's always good to close with "See you Saturday!" (or whatever day your camper's session ends). Remember, campers do not have access to a computer at camp and won't respond to your email (unless they write a letter home). *Note: we can only print text, no pictures please. Please be environmentally sensitive and know that every email you send uses at least one full piece of paper.*

#### Can I send my camper a care package?

Care packages that do not contain candy or food are great! Campers are served delicious and nutritious meals and snacks throughout the day while at camp. Including food or candy in care packages only encourages insects and critters to find their way into cabins and other places where they don't belong, and may contain allergens that other campers are sensitive to. Suggestions: embroidery floss for friendship bracelets, glow bracelets/sticks, facepaint to share, items for a cabin party, etc.

#### What are the policies related to telephone calls and campers having cell phones?

During camp, we work hard to build a sense of community among campers. We design the program, activities, and experiences for campers so that they can "get away" from the distractions and the "busy-ness" of the everyday world, be in a place apart, and connect with the Holy Spirit in nature. Camp is also a time of self-discovery and testing out one's independence. Experience has shown us that allowing campers to have telephone contact with friends or family in the "real world" detracts from the camp experience, is counter-productive to our mission goals, and disrupts our ability to build community at camp. For these reasons we do not permit campers to carry cell phones or make or receive phone calls (unless accompanied by a staff member after consultation with the camp director).

Know that if a situation involving your camper arises that warrants parental involvement, be it severe homesickness, a behavioral issue, or a healthcare concern, we will contact you as soon as possible. If you have an emergency and you need to contact your child, please call the camp office at 908-852-2349.

#### Can I visit my camper at camp?

For many of the same reasons outlined above related to our policy on telephone calls, we strongly discourage visitors to camp during our camp sessions. Parents and other would-be visitors are welcome and encouraged to tour Camp Johnsonburg prior to your camper's session. Call the office to schedule a tour!



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## Why We Do Camp and How We Do It

### Small Group Camping

At Camp Johnsonburg, we focus on building community and the give and take that goes along with it. To that end, the small group is at the core of our program. Upon arriving at camp, campers are placed in groups that are typically comprised of 2 cabins of 7-8 campers, and 2 counselors. This group remains together for the duration of the camper's time at camp, participating in activities and eating together. We find this model allows the campers to form meaningful friendships and the counselors to really get to know their campers. A genuine sense of close-knit community forms along the way among the members of the group. Within the group, each person has the opportunity to find their role, and contribute to the well-being of others. Campers learn to recognize and appreciate the uniqueness and value of each individual in the group.

### The Day-To-Day Schedule and Small Group Camping

Each day campers have a schedule that includes group choice and individual choice activities. In Camp Johnsonburg's small group camping model, an element that is sometimes frustrating for campers is that each camper will not "get their way" all the time! (For example, a camper may not want to go to archery when some of the other members are excited to go). With the guidance of their counselors, campers learn to consider the needs, desires, and perspectives of all members of the group. Through check-ins with the group, team building challenges and other group activities, counselors and campers learn to work together towards compromise, reaching agreements and creating win-win solutions in the situations where different opinions and personal priorities are in play.

Campers are encouraged to participate enthusiastically and to the best of their ability in all aspects of camp life, even if the activity or decision made by the group is "not their favorite." Ultimately, while we do require campers to remain with their groups at all times, no camper will be forced to participate in any activity they don't want to, or are not comfortable with. We call this "Challenge by Choice".

#### Sample EPIC Schedule (Elementary)

7:30am	Wake Up
8:00am	Breakfast
8:30am	For the Good of the Community (cleaning cabins & bathrooms)
8:55am	Morning Worship
9:30am	"JAM" - Jesus and Me
10:00am	Team Building
11:15am	Leap of Faith
12:30pm	Lunch
1:15pm	FOB (Rest Time)
2:30pm	Free Swim- Lake & Pool
3:30pm	Change
4:00pm	Arts & Crafts
5:00pm	Camper's Choice
6:00pm	Dinner
6:45pm	All Camp Game
8:15pm	Vespers
9:00 pm	Showers, Check-in, & Bedtime

#### Sample Middle School Mayhem Schedule

7:30am	Wake Up
8:00am	Breakfast
8:30am	For the Good of the Community (cleaning cabins & bathrooms)
8:55am	Morning Worship
9:30am	"JAM" - Jesus and Me
10:00am	High Ropes
11:15am	High Ropes
12:30pm	Lunch
1:15pm	FOB (Rest Time)
2:30pm	Free Swim- Lake & Pool
3:30pm	Change
4:00pm	Archery
5:00pm	Camper's Choice
6:00pm	Dinner
6:45pm	All Camp Game
8:15pm	Vespers
9:00 pm	Karaoke
10:15 :pm	Showers, Check-in, Bedtime





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## More Helpful Tips For Parent/ Guardians

### 5 Things You Can Do to Help Your Camper Succeed at Camp

**1. Discuss the camp's policies with your camper beforehand.**

Make sure your camper understands what the policies are and that they have to honor them.

**2. Talk with your camper about their concerns and what they are looking forward to.**

Acknowledge your camper's concerns positively. Let them know that you understand that if they are anxious, unsure, or nervous and that it is okay to feel that way. Resist the temptation to "rescue" your child from homesickness. Acknowledge in a positive way that you will miss your camper and you are confident that they will be able to complete the camp session.

**3. Pack together with your camper.**

Pack things with your camper that they will be comfortable wearing. Pack a flashlight with lots of extra batteries. Pack a favorite stuffed animal or storybook for bedtime. Use the packing list included in this packet.

**4. Let your camper know that the camp staff is there to help them.**

Make sure they understand that if they have a problem, they should let their counselor know.

**5. Prepare your camper for spending time away from home at camp.**

Visit the website with your camper and look at pictures. Encourage your camper to ask questions about camp. Practice being away from home overnight. Have a sleep out in the backyard or at a friend's house.

### Avoid Doing These 5 Things Before Your Camper Comes

**1. Avoid making deals or bribes.**

For example, avoid saying, "If you don't like it, Mommy will come and pick you up" or "If you stay at camp, Daddy will get you a new bike when you come home."

**2. Avoid statements or actions that conflict with camp policies.**

Avoid saying things like "If you get homesick, you can call me", when camp has a policy that does not permit campers to call home, or allowing your child to pack a digital music play, e-reader, or cell phone when the packing lists says leave it at home.

**3. Avoid sending your camper to camp during a disruptive home situation.**

For example, in situations where a Grandparent died last week or parents just got a divorce, it's best to give your camper time to adjust. Check with us to see if it's possible to switch to a session later in the summer.

**4. Avoid keeping helpful information from camp staff about your camper.**

By providing our staff with as much information as possible, you help us help your camper. Having information ahead of time saves us from having to "troubleshoot" a puzzling situation in search of a solution. Instead, we can be proactive. As their caregivers for the week, please share what we should know (e.g. bedwetting, preferences, fears, etc.)

**5. Avoid taking your camper off of prescription medications for their week of camp.**

Camp is a less structured environment that your child may be used to at school. Children are more active and stay up later at camp. If your camper requires medication while at home under normal circumstances, it is beneficial for them to remain on those medications and continue a routine the body's metabolism is familiar with!

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