



# Camp Soles

## A Parent's Guide to Overnight Camp

Dear Parent/Guardian,

Thank you for joining our Overnight Camp community. You have taken a very important step in helping your child develop to their full potential. Let us assure you that we are dedicated to making every child's experience at camp a positively impactful one. This guide will help you prepare your child for a safe, exciting, fun, and adventurous experience. If you have any questions or concerns, please feel free to contact us at 412-213-5321 or [fun@campsoles.org](mailto:fun@campsoles.org).

### Preparing Your Camper(s)

Here are a few tips for you to help them get ready for the adventure of camp:

- Involve them in shopping for camp and you can even do some packing together.
- Pack a favorite personal item, like a T-shirt, cap, or small stuffed animal.
- Have them "practice" showering, sleeping over at friends or relatives and writing letters.
- Talk with them about the fun things they are looking forward to doing at camp.
- Parents should share stories about their own first times away from home. (Keep it positive!)
- Parents can point out what a child does well and how that will be an asset at camp.
- Post a letter to your new camper one or two days before he/she departs for camp, so that it will be there on their first full day at camp.

It also helps to have a few conversations with your child, before they head off to meet their new friends. Here are a few things you can say--not all at once, but a little over time in the week before they go:

- Every camper is part of a group and as your parents/guardian, we expect you to cooperate and help others.
- If you get homesick, that is completely ok and natural. Just remember all the fun you are going to have while you are at camp. If it helps to write us a letter and/or talk to your counselor, do it!
- If you are having a problem, your counselor is there to help you. Don't wait to tell us, you can tell your counselor. Be honest and ask for what you need.
- Clean-up is **part of camp!** You do it every day; we expect you to participate.
- There are many new things at camp, and you may not like them all or be as good at some as you are at others. **We expect you to try!**
- Go about making a new friend or two. If you are timid about meeting someone new, ask about what they like and be a good listener.
- Not everyone has to be your friend, and you don't have to be everyone else's friend. If you have one or two good friends at camp, that's great! We do expect you to be respectful to everybody.

- Have fun and tell us all about it in a letter home!

## **Arrival and Departure Times**

Campers are to arrive at camp on Sunday between 1:45-3:45 pm. Check out starts Saturday at 9:45 am. For the safety of your child, picture identification is required to check out campers.

## **Camp Fees**

All fees are due no later than June 1st and should be paid through our CampBrain registration portal at <https://campssoles.campbrainregistration.com>. The deposit is not refundable, and your child's week will only be reserved upon receipt of these fees. There are no refunds for late arrivals, homesickness, or any child removed for disciplinary reasons. Visa, MasterCard, Discover and eChecks are accepted through CampBrain. Contact the office if you need to make other payment arrangements such as cash or paper check. There is a \$25.00 charge for returned checks.

## **Camp Store**

We will be operating the store ONLY during check in and check out. That's the time to purchase branded Camp Soles gear. Campers will not need money during the week.

## **Electronics**

A summer camp experience promotes group unity, cooperation, and teamwork. To help achieve this, campers are asked to not to bring cell phones, radios, or any other valuables. Campers in possession of electronics will be asked to turn them over to the camp administration for safekeeping. Camp Soles is not responsible for any damages or lost items.

## **Keeping Camp Informed**

Please keep us informed of any changes in your child's life, such as illness in the family, divorce/separation, etc., that could affect their stay at camp. While we respect every family's privacy, accurate information will allow us to be more sensitive to your child's needs and ensure they have a good time at camp.

## **Lost and Found**

While our staff will make every effort to help your child keep track of their belongings, Camp Soles is not responsible for your camper's personal possessions. Unidentified items found at camp after check out will be kept at the camp office until the end of the camping season. Thereafter, items in decent condition will generally be donated to a charitable organization and the others discarded.

## Health Information

Your camper's health and well-being is of most importance to us. We will have staff certified in First Aid and CPR on site during their stay. Camper medications will be distributed as prescribed and directed. Minor ailments and injuries will be handled at camp. You will be notified by phone if your camper requires extended or repeated stays in the Health Center, requires care by a Physician, or in the case of an emergency or injury that requires transport to an urgent care facility.

## Medication

All prescription and over the counter medications must be in their original containers and turned in to the Health Officer during check in. Prescribed and over the counter medication will be administered as directed on the bottle and must be clearly marked with the child's first and last name. All prescribed medications must have the name of medication and name of physician labeled on the bottle. You will be asked during the check in process when the last dosage occurred. This will assist us in ensuring medication is administered in a timely manner.

## Allergies & Dietary Restrictions

Our camp does not offer any nut products to our campers; however, we do offer sunflower butter. Please note any food or environmental allergies along with any dietary restrictions such as vegetarian, vegan, gluten free, etc. on your camper's health and information forms.

## Care Packages

Your child's safety is our top priority therefore we are asking families to **not send** any personal care packages with food to campers due to the risk of potential allergens and attraction for critters.

## Bunk Notes

Bunk notes is our one-way system to email campers. Simply send emails to [campmail@campsoles.org](mailto:campmail@campsoles.org). **Please put your camper's first and last name, and cabin if you know it, in the subject line so we know who it's for.** We'll print the emails daily and deliver them to your camper. This is a one-way email system and campers will not be able to respond. We do provide postcards for campers to write home, but the camper may arrive home before the postcard. Encourage them to write home early!

## Photos & Publicity

We try to take and post photos of campers and activities daily. Some photos may also be used for marketing and publicity purposes. As it is not possible to filter out individual campers, you will be required to sign the Publicity Waiver form to allow your child's picture to be taken and published.

You can search for your camper at our photo hosting site <https://waldo.photos/@campsales>. Find your gallery named \_\_\_\_\_ and enter the join code \_\_\_\_\_. It is up to you if you choose to share this information with friends or family, but please do not share this information on social media or any public forum.

## Camp Out Night

Weather permitting, all campers will camp out at least one night with their cabinmates at one of our campsites on the property. Campsite locations are age-progressive to allow for the best experience possible for each age group. All campsites are near indoor spaces in case of bad weather.

Cabins will spend quality time together around a campfire and under the stars and may even cook their dinner over a campfire. Campers will be asked to carry their own belongings (sleeping bag, pillow, etc.) **Please help your camper out by sending a backpack if possible**, and make sure they have the starred (\*) items on the Packing List below.

## Packing List

Below is a list of suggested items to bring to overnight camp. Please plan enough items to last the entirety of your camper's stay. **Please label all items with your child's name. Starred (\*) items are important to Camp Out Night.**

|                                   |                                      |
|-----------------------------------|--------------------------------------|
| Beach towel                       | Shampoo                              |
| Comb/brush                        | Sheets for twin size mattress        |
| Day bag/book bag *                | Shirts                               |
| Extra White T-Shirt for tie-dying | Shorts                               |
| Flashlight *                      | Soap                                 |
| Goggles if used for swimming      | Socks                                |
| Hat                               | Sleeping bag *                       |
| Insect repellent (non-aerosol) *  | Sunscreen (waterproof)               |
| Jacket/sweatshirt *               | Swimsuit                             |
| Long pants                        | Toothbrush and toothpaste            |
| Pajamas                           | Towels and washcloths                |
| Pillow and pillowcase *           | Underwear                            |
| Rain gear *                       | Walking shoes                        |
| Sandals (for shower and swimming) | Water bottle (name clearly marked) * |

**Please DO NOT BRING: Cell phones, hand-held gaming devices, mp3 players, tablets, weapons of any kind, alcohol, tobacco products, fireworks, pets, or personal sports equipment.**

## **Questions**

If you have any questions regarding your child's stay at Camp Soles, please do not hesitate to call us at 412-213-5321 or email us at [fun@campsoles.org](mailto:fun@campsoles.org) and we will be happy to assist you.

**Please upload all forms to your CampBrain account at <https://campsoles.campbrainregistration.com>, or email them to [fun@campsoles.org](mailto:fun@campsoles.org) 30-days prior to your camper's session**

## **Attachments**

Essential Eligibility Criteria

Camper Profile

Release and Waiver of Liability and Indemnity Agreement includes Publicity Release

Camper Behavioral Agreement

Camper Agreement & Pick Up Authorization