



## Welcome to the Hopewell Experience!

We are excited that you have chosen Camp Hopewell for your child's camp experience. This handout will help prepare you and your camper for their time here at camp. Please read all of the information carefully. If you have any questions, feel free to call us.

Hopewell Camp and Conference Center  
24 CR 231 Oxford, MS 38655  
Voice: 662-234-2254  
Toll Free: 1-866-467-3935  
Fax: 662-234-4150  
E-mail: [info@camphopewell.com](mailto:info@camphopewell.com)  
[www.camphopewell.com](http://www.camphopewell.com)

### Learn about and familiarize yourself and your camper with Hopewell

Help your child discover what Hopewell is all about. Get to know or talk with other children who have been to Hopewell or will be going. Have your child come with a friend, if possible. Visit Hopewell. Attend the Hopewell Open House on April 6, 2008 from 2-5pm. Make arrangements for a tour of camp. Come and see the cabins, program areas, and meet some of the Hopewell staff.

### Prepare for going to Hopewell

Your child will be living in a cabin with Camp Counselors and other children his or her age. Each person will contribute to group living by making beds, sweeping, keeping track of personal belongings, hanging out wet towels and bathing suits, helping with setting and clearing tables at mealtime, and other tasks. To be ready for camp, your child should be able to shower and shampoo on his/her own, get dressed, tie shoes, make a bed, and help keep area neat. Prepare your camper to expect to compromise and make group decisions with other campers. Campers also write home during camp. Please prepare 1-3 envelopes or postcards already addressed and stamped, and familiarize your child with these items.

**Missing home** is a natural emotion that can occur when someone is separated from family or familiar environment. Children learn to manage these feelings as part of their maturing. Our staff is trained to recognize and help campers get over missing home if it occurs. You can help your child by taking steps to prevent missing home. If your child has not spent the night away from home, arrange for a sleepover with a friend or relative. This can make adjusting to being away at camp easier. Reassure your child of your love and your desire for him/her to have fun and learn a lot while at camp. **Do not promise to come get your child when they are missing home.** This will weaken the child's ability to work through uncomfortable situations. Talk to your child about how to deal with missing home. Give them suggestions on how to handle these feelings, such as writing letters or looking at pictures of family. Assure your camper that things will be taken care of at home while they are away. If there is a serious case, the Directors will get in touch with parents.

## Forms to be completed prior to arrival

1. Hopewell Camp Store- Please review the Hopewell Camp Store policy. The camp store deposit is optional. Please review the list of items in the store and fill out the deposit form accordingly.
2. Information for Counselors - This form has personal information about your camper that will benefit the counselor in getting to know your child and meeting their needs.
3. Camper Health Forms - These include the up-to-date health history, immunization record, and signed release for emergency treatment and participation in camp activities.

**All forms are to be completed and returned, along with the balance of your fees at least 15 days before your child's arrival at camp. Having these forms completed in advance allows for better preparation and a more efficient registration day.**

## Camper Health

For health and safety, we must have an up-to-date health history, immunization record, and a signed release for emergency treatment for every camper (Green Form). If your child is generally healthy and not under the continuing care of a physician, documentation of a medical exam is not required. If your child is of fragile health and/or under the continuing care of medical professionals for a condition requiring medications, special technology, treatment, or management...attach a health exam record from a physician with health care recommendations and instructions.

Separate all medications from other belongings so they can be turned in to the Health Care Manager at registration. Do not pack medications in with a camper's luggage. All prescriptions must be in their original container with clear instructions for dispensing them. The resident Health Care Manager will dispense medications according to doctor's orders. All campers will see the Health Care Manager or Camp Nurse during registration with a parent for a health screening. If your child is on medication for ADD/ADHD, please talk with a Director before taking the child off the medication while at camp.

Non-prescription drugs that may be administered in our Health Center by the Health Care Manager or the Camp Nurse include: Acetaminophen (Tylenol); Ibuprofen (Advil); Antacids (Tums, Pepto Bismal); Imodium AD; Allergy/Sinus medication (Benadryl, Sudafed, Tylenol Cold); Cough Syrup (Tussin); Antibiotic Ointments; Hydrocortisone Cream; Cleansers (Alcohol, Hydrogen Peroxide); and eye drops. If there are any restrictions for your camper, please note this on the health form. If your child develops a condition while at camp that needs the attention of a doctor, we will notify the parent or guardian.

## Camper Mail

Write some letters encouraging your child to have fun and inquiring about new friends and new things being learned. Tell your child how proud you are of him/her and how much you love them, while avoiding references to how much they are being missed. Bring these with you on registration day. Indicate which days you want each letter delivered, and we will give them to your child on that day. You could also FAX letters to (662-234-4150) or mail to Camp Hopewell, Camper's Name, 24 CR 231, Oxford, MS 38655. *All mail and faxes are delivered at 1 pm daily. Anything received after 1 pm will be delivered on the next day.* For a fee, you may also wish to use Bunk1.com's one-way email service. You may access this service via our website ([www.camphopewell.com](http://www.camphopewell.com)) by clicking on "Keep in touch with your camper". *Emails sent from parents after 1 pm on the last full day of the camp session will not be delivered to the camper.* **Do not send snacks. The camp will provide all snacks.**

## How To Pack

Space is limited in the cabins and campers will need to keep their things well organized in their suitcase or small trunk. A laundry bag will help keep up with dirty clothes. Do not send new or valuable items, such as personal sports equipment that you do not want to risk getting lost or damaged. Please know that Hopewell cannot be responsible for loss or damage to any personal items brought to camp. Also, do not bring electronics (radios, tape or CD players, games, cell phones, etc.). Pocketknives or other weapons are not permitted at camp. Campers are not allowed to have pets, alcohol, drugs, or cigarettes at camp. Please do not send cash with your camper. Make a store deposit for camp spending, if you like. *See camp store form.*

**Identify your child's things by using nametags or a laundry marker.** This will help your child keep up with belongings. Involve your child in packing for camp so they will know what they are bringing. Items found left at camp will be held for **three days**. You have until then to make arrangements to pick up lost items. Any items requested to be mailed will be done at the expense of the person making the request. Unclaimed items will be donated to charity.

## Suggested What to Bring List

- |  |   |
|--|---|
| <input type="checkbox"/> Pillow                      | <input type="checkbox"/> Bathing Suit   |
| <input type="checkbox"/> Sheets, 2 twin size         | <input type="checkbox"/> Short sleeved shirts (one per day)                   |
| <input type="checkbox"/> Blanket, Quilt or Comforter | <input type="checkbox"/> Shorts (1 pair per day)                              |
| <input type="checkbox"/> Sleeping Bag                | <input type="checkbox"/> Long Pants, 1 pair                                   |
| <input type="checkbox"/> Towels, 2-3                 | <input type="checkbox"/> Pajamas  |
| <input type="checkbox"/> Washcloth                   | <input type="checkbox"/> Underwear (one set per day)                          |
| <input type="checkbox"/> Soap in holder or body wash | <input type="checkbox"/> Socks, (1 pair per day, plus 1)                      |
| <input type="checkbox"/> Toothbrush and Toothpaste   | <input type="checkbox"/> Shoes, 2 old pair, 1 being sneakers                  |
| <input type="checkbox"/> Comb/Brush                  | <input type="checkbox"/> Water shoes (no flip-flops)                          |
| <input type="checkbox"/> Deodorant                   | <input type="checkbox"/> Laundry bag  |
| <input type="checkbox"/> Shampoo/Conditioner         | <input type="checkbox"/> Bible  |
| <input type="checkbox"/> Toilet Articles as needed   | <input type="checkbox"/> Writing kit (paper, pre-addressed stamped envelopes) |
| <input type="checkbox"/> Sunscreen                   | <input type="checkbox"/> Flashlight   |
| <input type="checkbox"/> Insect Repellent            | <input type="checkbox"/> Camera & film (optional)                             |

- Medications (remember to give to Camp Nurse or Health Care Manager at registration)

## For Specialty Camps

### For Rock Climbing:

- 1 pair of long pants
- Good shoes for climbing
- Backpack

### For Aquatics Camps and Adv. Canoe:

- 1 extra bathing suit
- 1 extra towel
- Additional sunscreen

### For Whitewater Rafting:

- Warm jacket
- Rain gear (raft rain or shine!)
- \$30 spending money (not a store deposit)

**No trunks for rafting trip!** A sports duffel will work best.

### For Missions Camp:

- Work clothes you don't mind getting dirty

### Note for Adv. in Leadership:

◇ Campers are **not permitted** to drive a vehicle to camp.

## When You Arrive

**Registration begins at 3:30pm.** If you arrive before this time, please feel free to tour around camp. We will begin at the pavilion at 3:30. You can then pick up your camper's name tag, meet your camper's counselors, drop off all letters, and visit the Camp Nurse or Health Care Manager with your camper for the health screening. Your camper's cabin assignment will be on their nametag. You may visit the cabin, but we ask that you do not make your child's bed at this time. When all members of a cabin group arrive, the group will go together and choose their beds as a group. Please leave your child with his/her counselor at the pavilion area when you are ready to leave. If a camper has not arrived by 4:30pm, a call will be made to determine if/when the absent camper will be brought to camp.

## While Your Child Is At Camp

Our staff is asked to pray for each camper each day that they are at camp. We also encourage parents, grandparents, friends and church members to pray for your child each day. Ask the Lord to use this experience to bless and teach him or her. Also remember the staff, asking God to show His Grace through them to your child.

Your child will be eating 3 very good meals a day while at camp. Snacks will be provided in the afternoon and in the evening. Please let us know of any dietary needs of your child.

Campers will participate in Bible Studies in the morning and worship services in the evening, including a very special worship service on the last night of camp after the dance.

Campers will also be camping out during their stay at camp, with the experience varying depending on the specific camp your child will be attending. If inclement weather should occur at any time during your child's stay at camp, staff will follow the safety procedures established and taught to them at Camp Hopewell. The camp office has a weather radio and hand-held radios for communication between staff.

Your child may participate in strenuous active games, indoor and outdoor activities, such as swimming, water games, wading, challenge and ropes course, archery and other such activities as scheduled. Please let us know of any restrictions that your child may have in any activities typical for camp.

## Departure

On the last day of camp, **we will close our session with a worship service in the Hopewell Church at 9:30am.** Parents are invited and encouraged to attend. Your child will participate in the service, sharing something they have learned during their time at camp. Immediately after the worship service, parents may check out their camper at the pavilion. You will need to sign-out your camper, pick up their medication, if any, camp photo, if one was purchased, and any arts and crafts that they have from the week. Please inspect the lost/found table for your camper's belongings. Also, discuss your child's experience with his/her counselors and the directors. We are anxious to share our adventures with you!

**If someone other than the parent who registered and brought your child to camp will pick up your child, we must have written instructions identifying the person to whom we may release your child. Proper ID is required to pick up all campers. All campers must be picked up by 10:30am on the last day of camp.**

If a situation arises that requires a camper to be picked up early, please notify the camp office at 662-234-2254. Any parent arriving for an early pick-up must report to the camp office.

## **The Homecoming**

God often makes the Hopewell experience a powerful growth event for campers. While the fun and crazy things are talked about most, there are deeper insights that may not be realized until some time after camp is over. Life-long friendships and memories will continue to enrich your child.

Welcome your child warmly and actively listen to all the camp stories. Ask questions to encourage sharing. We expect that older campers will have a heightened awareness of their Christian faith and may want to become more involved in the church. Guide and encourage your child as he/she discovers new ways to live and give expression to their growing faith.

Your child may want to help with duties around the home similar to the way they did at camp.

Encourage and celebrate any increased participation in family life.

The Directors desire to hear from parents about their child's camp experience. You will be receiving an evaluation form shortly after the camp season. We want to keep doing what is good and to improve the program everywhere we can. If you become aware of a negative experience at camp, please let us know as soon as possible.

## **Additional Information about Adventure Camps**

### **Adventures in Whitewater Rafting**

Adventure rafters will spend Sunday at Hopewell doing team building and preparing for the trip. Monday they will drive to the Nantahala Outdoor Center, near Bryson City, NC. Tuesday-Thursday will be spent rafting on different rivers in the area. The group will return to Hopewell on Thursday and participate in the other usual camp activities on Friday. We will be using the services of Nantahala Outdoor Center and all their rules and restrictions apply. The group will prepare some meals on the trip. Participants will share responsibilities for chores.

### **Adventures in Canoeing**

Adventure canoe campers will camp out along the river. Hopewell will provide the tents. Campers will spend time learning the skills they will need for doing the canoe trip. The canoeing difficulty will be chosen based on the skill level of the group. We normally canoe down a river in Missouri, such as the Eleven Point or Spring River. All the other usual camp activities will also be available.

### **Adventures in Rock Climbing**

After team building and practice in climbing and rappelling, spend 2 nights and 3 days in central Tennessee hiking and climbing some of the most beautiful rock formations. No prior climbing experience needed. All climbing gear will be provided by Hopewell.

### **Adventures in Mission**

In Adventures in Mission, campers will head out from camp each day and offer services to others, working together for the greater good. They will experience fun and joy while taking care of other's needs. While away, we will "play" together, as well as experience the usual camp activities here at Hopewell.

### **Adventures in Leadership**

A Christian perspective will be placed on all activities, with Bible studies and reflections included in the daily routine. Participants will also plan & lead selective activities with younger campers. All the other usual camp activities will also be available.

## Frequently Asked Questions About Hopewell

### How is the health of my child cared for?

A health history is required for every camper and a health screening is done after arrival at camp. All medications brought to camp are kept safely in the Health Center and dispensed by our Health Care Manager. A physical exam by a physician is recommended but not required. Our Health Care Manager works under the direction of our camp physician who is on call. Baptist Memorial Hospital is only 15 minutes away. Basic accident and illness insurance is carried on all campers. All camp staff is certified in first aid and CPR. Parents or guardians will be called in the event of any illness or injury that warrants the attention of the doctor.

### How are staff selected and supervised?

All counselors are 18 years old or older. Most have completed one or more years of college. All have a firm Christian faith. All prospects complete a written application, are interviewed by a director, and undergo a background check. For some positions, like lifeguards, we require proof of certification and require a skills test performed at Hopewell. For other positions, such as Challenge Course Lead, we require special training and review skills on our course. All staff is required to attend two weeks of counselor's training. A director is at camp during all camp sessions. Staff is observed daily. The directors conduct formal performance reviews. Site Director, Darren Ashmore and his wife, Program Director, Allyson Ashmore live with their children at the campsite and share responsibilities for care of campers and staff.

### Are scholarships available?

Many churches support the camp experience by paying some or all of the fee for their members. Hopewell has a scholarship fund to give additional support when needed. Call or write to request a scholarship application.

### May siblings or friends come together?

YES! Even though camp programs are separated by age and special interests, there is something for all ages almost every week. There is also a **family discount**. The oldest camper pays the full fee, and younger siblings will each get \$10 off their fee. We try to honor requests for a cabin mate. We ask that you only request ONE cabin mate. It may be impossible to put multiple requests all together.

### May I visit?

Experience has shown that visits during a 6-day camp can detract from the child's experience and often will trigger missing home in other campers. We ask that parents and friends not plan on visiting during camp. If a visit is necessary, please make arrangements through the directors before arriving at camp. Upon arrival, all visitors must check in with the camp office to sign a register and receive a visitor's pass. Anyone on the campsite without a pass will be immediately escorted to the office. No visitors are allowed on camp property after 9:00pm, except in case of an emergency.

### What is the staff to camper ratio?

Our ratios for staff supervision of campers are as follows: Ages 6-9 is 1:6 (staff to camper) and ages 10-16 is 1:8.

### Can my child take swimming lessons?

Swimming instruction is not a part of our camp program. Campers will be taught safety procedures for the swimming areas. They will also be orientated on swimming procedures, but will not be given formal lessons as for certification. A "Swim Check" is performed for each camper shortly after arrival at camp to assess their abilities to insure a most safe and enjoyable experience for them.



Camper applications are accepted without regard to ethnicity, race, church denomination or religion, on a space available basis in the order they are received with deposit. We will discuss with parents the best way to serve a child with disabilities.