Camp Heritage
Lake of the Ozarks, Missouri

Parent Pack

An Info-a-Palooza (now that's A LOT of information) for Parents

Welcome

Thank you for choosing Camp Heritage to be part of your camper's summer adventure! We hope that many of your questions will be answered by reading the following information. The Parent Pack explains the Camp Heritage experience and should give you a good idea of what to expect. If we can be of further assistance, we invite you to contact us.

Contact Information

Web Site: www.campheritage.org
Email: office@campheritage.org

Youth Department - Iowa-Missouri Conference of Seventh-day Adventists
PO Box 65665 (1005 Grand Avenue)
West Des Moines, IA 50265
(515) 223-1197 ext. 2130
Fax: (515) 223-5692
Office Hours: 8:00 AM to 6:00 PM, Monday through Thursday. (The office is closed on Friday.)

Summer Contact Information (May 31-July 27, 2023)
Camp Heritage
376 Camp Heritage Rd
Climax Springs, MO 65324
(573) 345-3760
Fax: (573) 345-4741

About Camp Heritage

Camp Heritage is a Christian camp, operated by the Iowa-Missouri Conference of Seventh-day Adventists. Registrations are accepted from boys and girls ages 7-17 without regard to race, religion, or political view. Church membership is not required, although it is understood that those who attend will abide by the standards of the Seventh-day Adventist Church. Camp Heritage is committed to providing a Christian atmosphere where campers can enjoy summer camp. Camp Heritage strives to operate in a professional manner and is held accountable in this goal through its memberships in the AACP (Association of Adventist Camp Professionals) and CCCA (Christian Camp & Conference Association). The camp director reserves the right to reject a registrant or send any camper home whose influence is considered injurious to the best interests of the camp or campers.

Getting the Most Out of Your Camp Experience

Consider Camp a Learning Experience - This is an opportunity for your child to explore a world bigger than his/her neighborhood and a chance for you and your child to practice "letting go." Letting go allows children to develop autonomy and a stronger sense of self, make new friends, develop new social skills, learn about teamwork, be creative, and more. This time also allows you as parents an opportunity to take care of yourselves so that you will feel refreshed when your child returns home.

Prepare for Camp Together – Decisions about camp, such as where to go and what to pack, should be a joint venture while keeping in mind your child's maturity. If your child feels a part of the decision-making process, his/her chances of having a positive experience will improve.

Listen and Talk About Concerns - As the first day of camp nears, some children are understandably uneasy about going off to camp. Rather than acting on what you believe his/her feelings to be, ask good questions such as: "We've been busy packing your gear. What are your thoughts about heading off to camp in a few days?" Communicate your confidence in his/her ability to handle being away from home and remind him/her about "small victories," successes he/she has experienced in other situations.

Have Realistic Expectations - Camp, like the rest of life, has high and low points. Not every moment will be filled with wonder and excitement. Encourage your child to have a reasonable and realistic view of camp. Discuss both the ups and downs your child may experience. Your child should not feel pressured to succeed at camp either. The main purposes of camp are to have fun, draw closer to God, and learn new skills.

When Your Child Comes Home - Give him/her time and space to get back into the routine of normal everyday life. Support the positive changes you observe. Reintroduce "house rules" with patience and awareness that your child has done some changing during his/her week at camp.

Registration Info

How to Register

Go to www.campheritage.org. Click on Summer Camps then click on Registration. There you will find detailed instructions on how to complete the registration process. If you would like assistance or need a paper copy of the registration forms mailed to you, please call (515) 223-1197 ext. 2130.
Online Registration Username & Password
If you or your child have/has been a camper at Camp Heritage previously, you have an online account even if you did not register online. If you do not know your login information, you have three options:

1. You can create a new account. (Previous campers can save quite a bit of data entry by choosing option 2 or 3 below.)
2. If you know the email address or cell phone number you supplied on a previous camper application or online account creation, you can click on "Forgot Your Login Information?," enter your email address or cell phone number and your login information will be emailed or texted to you.
3. You can call (573) 345-3760 opt. 3 and ask what email address or cell phone number is associated with your account and we will assist you.

Multiple Family Registrations

Please create a separate online account for each household. Signing up multiple family members on one account works great. However, when you sign up multiple campers from DIFFERENT households under one account, things get complicated. The primary contact on the account will receive all communications from the camp. In the case of emails this is not a huge problem. The primary contact can simply forward the email to the other parent(s)/guardian(s). However, if there happened to be an emergency at camp, valuable time could be wasted obtaining the appropriate contact information for a camper's parent/guardian. All forms and waivers, whether online or paper, must be signed by the camper's parent/guardian.

Camper Age Exceptions

The programs at Camp Heritage are specific to the camper's age group. We have found that campers tend to be happier and more interested with a program that is specifically designed for them. Exceptions are granted on occasion.

Cabin Mate Requests

Campers have the opportunity during the online registration process to request a specific counselor and/or cabin mate(s). Every effort will be made to accommodate the cabin mate requests. Our counselors are assigned on a random basis, rotating each week, so it may not be possible to honor all requests for a specific counselor.

Attending Multiple Weeks

As long as it is age appropriate, after April 16 at noon we will allow campers to register for multiple weeks of camp. Campers will not be able to "stayover" from one camp to the next. They will need to leave camp on Sunday at the end of their first camp and return on Tuesday for their second camp.

Financial Info

Outstanding Value

Many other summer camps that are comparable to Camp Heritage in quality charge up to three times as much as we do and still do not offer our incredible list of activities or our outstanding camper/staff ratio of 3 to 1. This is possible because we are a non-profit organization sponsored and subsidized by the Iowa-Missouri Conference of Seventh-day Adventists. Adventists believe that providing positive Christian experiences for kids is a high priority.

Camp Fees

Fees include lodging, meals, activities, secondary accident insurance, and 24-hour camper supervision. Camp store items are NOT included in the camp fee. All camps are five day sleep over camps.

Discounts

We do not offer any discounts at this time.

Methods of Payment

We accept VISA/ MasterCard/ Discover credit cards, debit cards and eChecks online. We also take money orders, cashier's checks, and personal checks via the mail. At camp we accept CASH (US currency only) as well as all of the previously listed forms of payment. We do NOT accept wampum or rupees. We apologize for any inconvenience this may cause. Monthly payment plans are also available. Simply register your camper online and choose your preferred payment method in the payment section. Any unpaid balance is due upon arrival at camp.

Financial Assistance

Camp Heritage believes that no child should be denied the life-changing experience of summer camp for lack of money. Camp Heritage has a Campership Fund, made possible by generous donations given specifically for this purpose. These funds are limited and are allocated on a first-come, first-served basis.

In order for a camper to be considered for assistance from the Campership Fund, a request form must be completed and returned to Camp Heritage. Scholarships will be applied you your account as they are approved. If there are not sufficient funds, the balance of the fee is due upon arrival at Camp.

Non-Sufficient Funds Checks/Declined Credit Cards

If a check is not honored by the bank on which it was written because of insufficient funds, a $35 service charge will be applied to cover the cost of additional handling and bank fees. If your credit card is declined, you will be notified and asked to make payment by another method.

Refunds

If your child is unable to attend camp for any reason and you give us advance notice, we will give you a full refund. No shows are eligible for refund, less a $20 processing fee. Once a camper has completed the check-in process at Camp Heritage on Check-In Day, no refunds will be given. Credit card charges can be refunded promptly back to the card. If the camp fee was paid by another method (check, money order, etc.), a refund check will be issued by the IA-MO Conference Office. Every effort will be made to issue refund checks for Cub Camp, Junior 1 Camp, and Junior 2 Camp at the beginning of July and for Family Camp, Teen Camp, Teen River Adventure Camp at the beginning of August.

Medical Info

Camper Health

Please do not bring your child to camp if he/she currently has, or has recently been exposed to, a contagious condition, i.e. pink eye, an infestation of lice, chicken pox, Covid-19, etc.

Health History & Medical Consent Form

One of the most important items we need from you is your child's Health History & Medical Consent Form. This form is completed online. We request that you complete/review the form about a week prior to your camper's session to make sure that all of the information, especially concerning medications, is still correct. Please resign the form using the e-signature at the time of your review. We have found an urgent care to be reluctant to accept a form with an e-signature from several weeks or months prior to camp.

Not sure where to find your child's uncompleted health form so you can finish filling it out or review it? Please login to your account online and click on your camper's name. Click on the plus sign next to Forms and you will be able to see the forms associated with your camper's account. Please review the Health History & Medical Consent Form and complete any other forms that say they are incomplete.

Immunization Records

You are not required to provide us with a copy of your camper's complete immunization record. You will simply have to indicate whether or not your camper's immunizations are up-to-date and type your e-signature on your camper's Health History & Medical Consent Form. We do ask for the date of the camper's most recent tetanus shot.

Insurance Card

You do not need to bring a copy of your camper's medical insurance card to camp on Check-In Day. Please fill out your camper's medical insurance information in the appropriate place on your camper's Health History & Medical Consent Form. If your camper is NOT currently covered by health insurance, please e-sign the appropriate waiver on your camper's Health History & Medical Consent Form.

Medications

Please send all necessary camper medications in their original pharmacy containers with labels indicating the camper's name, dosage, and directions. Provide enough of each medication to last the entire time the camper will be at camp. Medications will only be accepted if they are in original packaging.

Health and Medical Care

A health professional is on duty 24 hours a day to take care of minor ailments and dispense all medications. They will also provide first aid and/or refer a camper to more advanced medical care as necessary. Numerous staff members hold current CPR and First Aid Certification.

Parental Notification

Parents and guardians will be notified of a child's illness or injury at the discretion of the medical team with the following guidance:

1. Any influenza-like symptoms and any illness requiring transport to a more advanced medical facility (i.e. hospital, office of camp physician) will require immediate notification of parents/guardians.
2. Incidences requiring repeated evaluation will be documented and notification made to parents in a timely manner.
3. For minor issues that arise at camp that require minimal follow-up, parents will not be notified.

Medical Expense Coverage

Camp Heritage has limited accident insurance. This insurance will act as secondary coverage to a certain level and family insurance will be the primary insurance. Health insurance for personal health issues such as the flu, earaches, pink eye, etc. remains the family's responsibility as well as prescriptions needed for such events. Information on specific coverage and limitations is available from the Iowa-Missouri Conference.

General Camp Info A-Z

Accommodations

Campers share a cabin with up to seven other campers (five for Cub Camp) and a counselor. Cabins are carpeted and have air conditioning. Campers will sleep on bunk beds with safety rails installed on the top bunks. Bathrooms and showers are located in a nearby bathhouse.

Camp Store

Kids always enjoy shopping at the camp store. With the help of the friendly staff in the camp store, your camper will have the opportunity to buy things that can help them remember their fun-filled week at camp. The store is stocked with a wide variety of items including water bottles, key chains, stuffed animals, t-shirts, sweatshirts, baseball caps, and many other things that have the Camp Heritage logo on them! Snacks and miscellaneous items such as toothpaste, deodorant, etc. are also available. Soda will not be available in the camp store.

The camp store is typically open after lunch and supper. A schedule is made so that each cabin has a chance to visit the store at least two times during the week.

Typical camp store deposits range from $20-$50. You may deposit store money online or bring it to registration. To prevent loss or theft, we encourage campers to use the camp store as a bank and deposit any money they bring to camp into their account. Visit the camp store on Sunday morning at the end of camp to retrieve any money that is left in your camper's store account.

Campfire

Every evening your camper will go to one of our campfire areas with their cabin mates for a memorable program complete with a real live campfire. Campfire begins with the singing of Camp Heritage favorites, old and new; songs that campers remember for years after their week is over. Campers will sit back and relax as energetic staff put on a memorable program that creatively presents a character-building lesson. Each year campers report that campfire is their favorite part of camp.

Cell Phones

Campers are NOT permitted to have cell phones at camp. Cell phone reception at Camp Heritage is sketchy at best so using a cell phone to call or text is not practical. Essentially, investing in two tin cans and some string might prove more effective for long distance communication than using a cell phone. We want your child to enjoy their week at camp, interact with new friends, experience God's outdoors, and not be distracted by games, music, or apps on their phones.

Do You Have to Be a Christian to Attend Camp Heritage?

Camp Heritage is a Christian camp operated by the Seventh-day Adventist denomination. Children from all religious backgrounds are welcome to attend. The majority of our campers (even non-Christians) feel very comfortable with the program. It is not our intent to pressure campers to be Christians; however, the invitation to consider it will be made at some point during the week. There will be prayers before meals, at the beginning and end of the day, and a short cabin worship or story time each day. If you have further questions, please feel free to contact us.

Communicating With Your Camper

Phone Calls – Please remember, campers are NOT permitted to have cell phones at camp (see Cell Phone section for more details). You are welcome to call, but we prefer that parents only use phone calls as a form of communication with their camper if there is a family emergency. The three main reasons for this are:

1. Our schedule is very full and there is simply not a good time for campers to make or receive phone calls.
2. For some campers, phone calls from home can actually cause homesickness..

Be assured that we will allow your camper to call home if they want to, but do not take it personally if they are having so much fun they simply forget to.

Snail Mail – All campers like to receive mail. Please mail your letters or packages early to make sure they arrive while your camper is at camp. (Include a return address just in case.) Please do not send anything from our Do Not Bring List (see Packing List section). Mail and packages should be addressed as follows:

Camp Heritage
{Write your camper's name on this line}
376 Camp Heritage Road
Climax Springs, MO 65324

Packages containing fresh baked chocolate chip cookies should be sent to the above address; however the second line should read: Director, For Immediate Consumption.

Camp Heritage Delivery Service - Postage can be expensive, so you may bring your letter(s) and/or package(s) on Check-In Day, tell us what day(s) you would like them delivered, and we will be glad to take care of them for you. On Check-In Day you can also purchase items at our Camp Store booth and create a personalized package for your camper and we will deliver it on the day of your choice.

Email - Through your online account you can send your camper emails! Your emails come to our camp office and are printed and delivered to your camper. Emails received by 10:00 AM will be distributed during the lunchtime mail call. Emails received after that time will be held until the following day. (Emails sent after 12:00 PM on Saturday will not be delivered.) **Please know that this is one-way email. Your camper cannot respond to the emails.**

Printing and distributing email is a labor-intensive activity for our staff. We ask that you send no more than one email per day and messages should be worth the paper they are printed on.

If you would like to allow family members or friends to email a camper, you can log into your online account, click on the Email a Camper link, choose Create Friend Accounts (right hand side next to email form), and follow the instructions.

Tips for Letter/Email Writing - Summer camp offers kids and parents the chance to develop a rarely practiced skill -- letter writing. Write as often as you want. Keep in mind that this is your child's connection to home and family. Give your child pre-addressed, stamped envelopes or postcards so that they can keep you informed of camp activities. Your letters should be upbeat. Although there are benefits in keeping your child informed of what's going on, don't go into great detail since the young adventurers might feel they're missing something back home. It's fine to write that you miss your child, but don't include things like the house is so quiet without you or that the dog and cat miss them. These kinds of statements could cause your child to feel homesick. Instead, ask specific questions in your letters about your child's activities... cabin life... friends, etc. This will help him organize his letters home.

Daily Camp Schedule

A typical day follows the schedule listed below.

7:00 AM	Reveille and Clean-up
8:00 AM	Flag Raising
8:15 AM	Breakfast
9:00 AM	Camper Duties
9:30 AM	Camp Council
10:00 AM	Camper-Selected Activity #1
11:15 AM	Camper-Selected Activity #2
12:15 PM	Lunch Line Call & Mail Call
12:30 PM	Lunch
1:15 PM	Camper Duties/Camp Store
1:45 PM	Quiet Time
3:00 PM	Camper-Selected Activity #3
4:15 PM	Camper-Selected Activity #4
5:30 PM	Supper
6:15 PM	Camper Duties/Camp Store
6:45 PM	Flag Lowering
7:00 PM	WooHoo (Group Activities)
7:45 PM	Campfire
9:00 PM	Reflections & Lights Out

Directions

For GPS or turn-by turn directions use 376 Camp Heritage Road, Climax Springs, MO 65324. Go to our web site for a map, links to turn-by-turn directions, and more.

Directions from Highway 7 to Camp: Turn north onto Highway Z. Go 2.3 miles and turn right onto Coffman Bend Drive (Hwy Z-2). Go 1.9 miles and continue going straight onto the unpaved Parkers Point road (the paved Coffman Bend Drive will go to the right). Go 0.1 miles and at this point you should be able to see our large Camp Heritage sign. Take a slight left onto Camp Heritage Road and continue down the hill into the camp.

Homesickness

This summer, millions of children will get their first taste of independence at a summer camp. For many, it will also be their first experience with homesickness. Most kids need a few days to adjust to life at camp and being away from home. During this time, kids miss their parents, pets, friends, and familiar surroundings. Most kids cope with these concerns and, with the help of camp staff, build support systems. Communicate your love and confidence in your child's ability to work through problems. Remind them, if necessary, that they have made a five day commitment. Overcoming a longing for home, dealing with upsets in the cabin and learning to care for oneself are important challenges to be faced at camp. For some specific suggestions you can use to prepare your child for or help your child cope with homesickness, go to the Tips for Dealing with Homesickness page on our web site.

Lost & Found

Any items your child may have lost or forgotten during the week will be collected and waiting for pick up at check-out time. If your camper leaves something at camp, call the camp office and ask that a Lost & Found Form be filled out. You will be charged for the actual postage plus a $5 handling fee for any lost and found items, medications, and/or any other item you ask us to mail. You can help to minimize these extra charges by taking a few extra minutes at check-out to make sure you are returning with all your camper's necessary items. Camp Heritage is not responsible for lost items.

Meals

Your camper will enjoy three healthy meals each day during their stay at Camp Heritage. The meals are vegetarian (meatless), but do include eggs, cheese and dairy products. The menu is camper friendly and nutritional balance is always considered. Special requests for allergies may be accommodated. Please call or email the camp office if your camper has dietary concerns.

Music

Many people ask where they can get the words or music to the songs we sing at camp. To honor the artists' rights to their work we do not sell or give away copyrighted music. As the summer progresses, we intend to post a list of the songs we regularly sing on our web site. Many of the songs we sing at camp can be found and purchased from iTunes and Amazon, and can be listened to on websites like Spotify and Pandora.

Photography/ Videography

We often photograph and film our campers and visitors for promotional purposes. Your presence at Camp Heritage grants us permission to use this material in online and physical media.

Photo Gallery

While the primary function of our camp staff is to make a great experience for your camper, we will try to post photos to our online Photo Gallery a few times during each camp session. This has been something we have struggled to accomplish in previous summers, but we plan to make a valiant attempt again this year. We do not guarantee that we will post a photo of your camper, but you will get a good overview of what camp is like.

To view the Photo Gallery you must log into your online account. If you do not remember your username and password, please DO NOT set up a new account. You are only able to view photos for the session your child is registered for. You may create Friend Accounts in the Photo Gallery so your friends and extended family can view the photos too.

Check-In Times

Camper Check-In is from 11:00 AM-1:00 PM on Tuesday. We are not set up to provide early Check-Ins. Please plan to stay until your child has completed the Check-In process. Your camper's first meal here is Tuesday lunch and their last meal here is Sunday breakfast.

Pick-Up Times

Campers may be picked up on Sunday from 9:00-10:00 AM in the Wilderness Pavilion. Please be on time. Your children are anxious to see you and tell you all about their week.
Because your child is important to us, campers are only allowed to leave with adults who have been designated as Authorized Pick-Ups within your online account or on your paper registration form. The authorized pick-up must present a valid photo ID and sign them out. To help us avoid awkward situations and unnecessary delays, please alert us if other pick-up arrangements have been made. Should you desire or need to take a camper from camp prior to our scheduled pick-up time, arrangements must be made with the camp office.

Staff Selection

Each year the camp receives applications from dozens of applicants who are interested in working at camp. Our staff members have been referenced multiple times, undergone a personal interview, and have completed a national background check. In addition to this process the staff members are evaluated by their interest in working with children and by their individual skills in the outdoors and activities provided by the camp. Many of our staff members are CPR and First Aid trained, and hold other additional professional certifications.

Teen River Adventure Camp Two-Day Float Trip

Want a little more info about the Teen River Adventure Camp float trip? Here you go! On day one of our trip, we will load our gear into a trailer, eat breakfast, make a sack lunch, have worship, load up on buses and head out.

When we arrive at the river, we will eat lunch and then launch out onto the world famous Current River. Campers are assigned rafts. We float approximately 11 miles on day one.

At the end of day one, we will camp out at a U.S. Parks Service campground. While we will be eating supper and having worship together, the boys' and girls' camping areas are in separate group campsites. Typically, we will camp under the stars on large sheets of plastic. Campers are welcome to bring tents, if they so desire.

Day 2. Following breakfast, preparation of sack lunches, and worship, we will break camp and head back to the river. Day two will include the opportunity to observe a couple of cold, refreshing springs. Submerging themselves in the river just downstream from the spring should wake your campers right up! We will float approximately 11 miles on day two. At our take out spot we will remove all trash from our rafts, change clothes and have supper. Then it's time to load the buses and head back to camp!

A couple bonus notes: Generally, all of our staff, including our life guards, will be on the trip. Our camp nurse is also on the river with us. For the past several years, most Missouri caves have been closed due to White Nose Syndrome, a disease that affects bats. If this closure is lifted, campers will have the opportunity to enter a cave on our trip. All campers and staff entering a cave are required to wear helmets, which the camp brings on the river.

Ticks & Chiggers

Unfortunately Camp Heritage seems to have more than its fair share of ticks and chiggers. Be sure to send insect repellent with your campers and encourage them to use it. Teach them on how to prevent tick/chigger bites before they get to camp (i.e. don't walk through tall grass or forest undergrowth if it can be avoided, shower each evening, perform a tick check before bed, etc.).
If your camper develops symptoms of a tick-borne disease (i.e. rash, fever, flu-like symptoms, etc.), seek medical attention promptly. Be sure to tell the health care provider that your camper attended summer camp where he/she may have been exposed to a tick bite. Most cases can be successfully treated with specific types of antibiotics, especially if treatment is started early.

Transportation to Camp

Most campers arrive at camp in their family vehicles with their parents or carpool with family friends. Others may arrive on the Iowa Shuttle.

Iowa Shuttle Service

For the convenience of our campers from the Des Moines, Iowa area, we offer a shuttle between Des Moines and camp on Tuesday and Sundays. Fares are $70 round trip ($35 each way). Space is limited so reservations are required. Shuttle reservations are made as part of the online registration process. Other pick-up/drop-off locations along the Highway 65 corridor may be arranged. Please contact the camp office to work out the details.
The shuttle pick-up and drop-off location is at the Des Moines First Seventh-day Adventist Church at 2317 Watrous Avenue. The shuttle will depart from Des Moines at 7:45 AM. Plan to arrive by 7:15 AM so that we have adequate time to complete our check-in process. Campers can be picked up from the same location on the following Sunday at approximately 12:30 PM.

Your camper's check-in at the shuttle pick up location and later at camp will be much simpler if their balance is paid in full and all their paperwork has been completed properly online.

Visiting Camp

In the best interest of our campers, we invite parents and other guests to visit only on the opening and closing days of camp.

Weather

Summer days are generally hot and humid with daytime temperatures ranging from the low 80's in early June to the upper 90's in July. At times heat indices can be over 100 degrees (higher likelihood in July). Sunscreen is a must. Occasionally we may experience rain or thunderstorms (higher likelihood in June). It is wise to pack a light jacket for such cool or wet weather. Surface water temperatures on the lake average about 80 degrees in the summer. In the event of extreme heat or rain, we will adjust our schedule and programming as necessary.

What to Bring

Any personal effects that are brought to camp need to be in good working condition and are the responsibility of the camper. It is a good idea to label personal items with the camper's name, especially clothing, towels, and washcloths. Camp Heritage cannot take responsibility for lost, stolen or broken items.

Packing List

Clothing

- ☐ Modest Everyday Clothes (8-9 outfits) - see Clothing Guidelines below for more information.
- ☐ Modest Dress Clothes (1-2 outfits) - for Friday evening program and Saturday church services
- ☐ Underwear
- ☐ Socks
- ☐ Pajamas
- ☐ Modest Swimsuit – one piece for girls, boxer-type for guys
- ☐ Long Pants/Jeans - required for horseback riding
- ☐ Light Jacket or Hoodie
- ☐ Rain Gear (optional)

Footwear

- ☐ Close-toed shoes (i.e. tennis shoes) - required for some activities (i.e. horseback riding and rock climbing) and recommended for group games
- ☐ Sturdy Sandals/Shoes – for general camp activities
- ☐ Water Shoes (i.e. aqua socks) – for the waterfront
- ☐ Flip Flops - for the shower

Linens

- ☐ Pillow
- ☐ Sleeping Bag or Sheets/Blanket
- ☐ Beach Towel
- ☐ Towel/Washcloth

Toiletries

- ☐ Soap
- ☐ Shampoo/Conditioner
- ☐ Brush/Comb
- ☐ Toothbrush/Toothpaste
- ☐ Sunscreen
- ☐ Insect repellent
- ☐ Lip Balm (with sunscreen)

Miscellaneous Items

- ☐ Bible
- ☐ Camera – write camper name on disposable camera
- ☐ Flashlight
- ☐ Hat/Cap
- ☐ Laundry bag
- ☐ Letter Writing Materials/Stamps – for letters home
- ☐ Medications (if applicable)
- ☐ Small Bag/Shower Caddie – for trips to the bathhouse
- ☐ Store money - $20-$50 suggested
- ☐ Sunglasses
- ☐ Water bottle
- ☐ A good friend to share the fun
- ☐ Good attitude

Clothing Guidelines

Don't buy a whole new wardrobe (or get an expensive hair treatment) before coming to camp. Camp life is more rugged than life at home. Having well-worn clothes and familiar possessions will help your camper to feel more comfortable in his/her new environment. This is especially important for first-time campers.

Camp Heritage values modesty and appropriateness. While it is difficult to state exactly what is and isn't appropriate, we ask for your help in selecting appropriate clothing for your camper. These guidelines may be helpful in your selections:

Both Guys and Girls:

Shirt/Tank Top Shoulder Straps – two-finger width minimum
Shorts - Bermuda length (longer than camper's middle finger with hands by side)
Underclothing (bras, underwear) - should not be visible
No inappropriate messages on clothing

Guys:

Boxer-type swimsuits

Girls:

Midriff and cleavage should be covered at all times
Modest, one piece swimsuit

When in doubt, leave it at home and no questions will be raised. Thanks for packing selectively. In the event of a dress code violation, the camper will simply be asked to change his/her clothing to something more suitable. Thanks for your help!

What Not to Bring

- ☐ Bad attitude
- ☐ Electronic devices - including but not limited to cell phones, Mp3 players, hand-held video games, 2-way radios, laptop/tablet computers, and DVD players. We like our campers to focus on building relationships with new friends rather than isolating themselves with music, games, or cell phone conversations.
- ☐ Jewelry - It is very easy for jewelry to break or get lost at camp. Dangling earrings, hoop earrings and necklaces can become hazards in several of camp's activities
- ☐ Fireworks, matches, lighters, butane
- ☐ Junk food or candy
- ☐ Tobacco, alcohol, illegal drugs
- ☐ Weapons of any kind (knives of any length, utility tools, chains, firearms, etc.)
- ☐ Clothing that doesn't fit dress code
- ☐ Cultic items (i.e. tarot cards, Ouija boards, inappropriate books)
- ☐ Personal vehicles of any kind
- ☐ Any clothing or possession that promotes non-Christian values
- ☐ Valuables (i.e. expensive cameras) - Camp insurance policies do not cover loss of camper belongings.

Search and Seizure

Should the camp administration suspect that a camper has brought prohibited items, Camp Heritage reserves the right to search the camper's belongings and seize prohibited belongings. At the end of the week, if there are any items that were taken and are legal, they will be given back to the parent or authorized pick-up person prior to leaving camp.

Ways You Can Help

This summer, our staff will invest over 6,000 hours into the ongoing evangelism efforts at Camp Heritage…EVERY WEEK! Collectively, our staff will pour their hearts and souls into over 46,000 hours this summer, trying to help campers experience a clear picture of a loving Savior who wants to have a relationship with them.

Our donors help us do what we do best – work with campers. Whether by investing in campers through our Campership Fund or helping maintain and grow our facilities through a building project on our grounds, our donors are helping Camp Heritage meet its foremost goal, Connecting Campers with Jesus in the Great Outdoors!

During the online registration process (or at any time via your online account), you will have the opportunity to donate to Camp Heritage for the following areas.

Camper Assistance Funds

Campership Fund - This fund is used to help campers attend camp who otherwise could not afford camp.

Facility Improvements

Multi-Purpose Housing – This fund will help build a multi-purpose housing unit that would provide lodging, meeting space, and cooking (warming) facilities for a retreat group of up to 72 people. It would also provide additional housing during family camp, church retreats, Pathfinder events, and even summer camp.

Camp Operations

General Fund - Donations given to the General Fund will help with the day-to-day operations of our camp ministry.

Thank you so much for partnering in ministry with us at Camp Heritage!