



WELCOME to Camp St. Charles!

I hope that this newsletter will help you and your family to prepare for a great adventure at camp! See you soon, Laura Hall, Camp Director

PACKING FOR CAMP

Packing for your summer adventure is an important part of preparing for camp. Your family received a packing list to tell you what you will need. Most of the list is clothes, towels, pillow, shampoo and things that you would expect to pack for a trip.

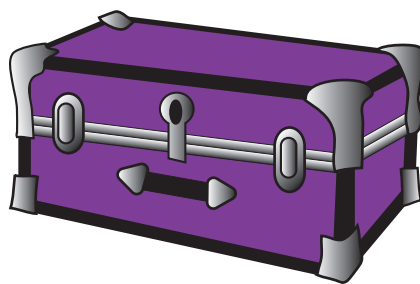
You will need sunscreen and bug repellent. I will be reminding you all the time to put it on. You will have lots of fun at camp but not if you get a sunburn or are eaten up by bugs! Plan to wear a hat and tee shirt most of the time.

Make sure that you leave any expensive toys and games at home. You will have lots of fun things to do at camp so you won't need to bring your electronics. You can bring books or cards that you can use during siesta or free time. We also have books for you to borrow.

If your family signs up for Bunk1, you can send and receive emails through that system. The camp office prints the emails and gives them to each cabin with the other mail. To write back, fill out the "bunk reply" sheets. Your parents have to send a sheet for you to write back. Make sure that you use a black or blue pen to write your bunk replies and turn them in to a counselor promptly.

If you would like a care package during camp, your parents can drop it off at camp when they drop you off. Your counselors will deliver the care package during your stay so you can have some extra goodies.

Lots of campers like to take pictures while they are at camp. Pack a disposable camera so that you can take pictures of your new friends. Make sure you put your name on your camera. Lots



Use a trunk, footlocker or truck toolbox to bring your things to camp!

of kids rip off the wrapper of their cameras and then we can't figure out whose is whose.

Label EVERYTHING with your full name so that your counselor can help you to keep track of your things. Even shoes, fishing poles and clothes should be labeled! Leave flip flops at home and wear sneakers, crocs or other shoes that cover your toes.

Camp is a good place for old towels, old sheets and old clothes. We will be very active.

At camp, we will be wearing masks every once in a while. It's very important to bring at least 5 comfy masks that you like.

Other information that is available on the website, (campstcharles.org)

- Packing List
- Parent Survival Guide
- Directions to Camp
- Photos of Camp
- History of Camp

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FIRST DAY OF CAMP

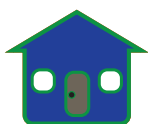
On the first day of camp, there will be a lot of things happening. When you arrive at camp, you will be greeted by some of your counselors and then you'll come to see me. We will check that we have all of your forms.

This is also where you and your parents will turn in any

medications with our nurse. I will direct your family to your cabin.

All of the girls will live in Cabins 1, 2 and 3 which are right next to the Mess Hall. All of the boys will live in cabins 4, 5, and 6. Cabins 4 and 5 are behind the Mess Hall. Cabin 6 is located across from the pool;

we call that area "the hill". Your cabin counselors will help you unload your belongings and you will say goodbye to your family. Your counselors will show you around the cabin and introduce you to the other kids that live in your cabin. You can choose your bed when you arrive. If you are 10 or older, you can choose a top bunk if you want to.



You will make your bed and set up your area. There will be kids of all different ages in your cabin, including some Mentors. These kids used to be campers and are here to help new campers to feel right at home.

Once you are settled in, you'll hang out at the cabin with all your new friends. We have a bunch of fun things to do like painting rocks and card games while we wait for all of our campers to arrive. Then, when everyone has checked in, we will meet in front of the Mess Hall to begin our day. I will introduce the counselors to you and tell you some important rules. Then, we will split up into groups and go around to different stations to learn all about camp. You'll go to places like the Archery Range, the Dock, and even Canteen for an afternoon snack.

You'll also go back to your cabin to change into your bathing suit and put on sunscreen. Be sure to put on your water shoes or crocs and grab a towel. Your cabin counselors will talk to you a bit about life in your cabin and also let you know which meal shift you are in. Then, we will have a practice fire drill before heading to the pool.

At the pool, there will be a swimming evaluation. Don't worry if you can't swim, there will be other kids who are just learning. You will be given a colored swim band that will allow the lifeguards to make sure that everyone is in the correct area of the pool.

You will need to keep your wristband on the entire time you are at camp. You need the wristband to use the pool and dock. If you lose it, you can get a new one after breakfast or lunch. If you keep your wristband on the whole session, you will get extra carnival tickets for the last day of camp! So, try not to pull on it.

When the orientations are done, cabins in the first meal shift will go back to the cabin to change into dry clothes for dinner, while the other cabins will have some zone time. We will say grace in our cabins and then go into the mess hall to eat. You will sit with your team and your team counselor. This is where you will eat breakfast and lunch every day.

When the first meal shift is done, the cabins in the second meal shift will go

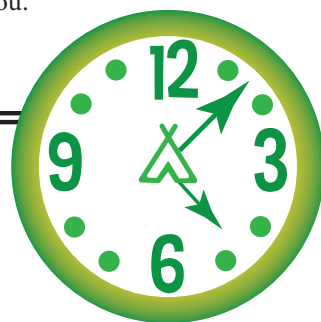


to their cabins to get ready for dinner. Cabins in the first meal shift will leave the mess hall and have their zone time.

After dinner, we will all line up at the flagpole for night activity. On the first night, we will have a welcome party and we will have a campfire. There you will meet more of the staff and sing songs. After campfire, we will take turns getting canteen (snack) and showering. If you take nighttime medication, the camp nurse will bring it to your cabin.

When everyone is done, it is time for lights out. The counselors in your cabin will lead a prayer and read or tell a story. Try to get some rest so you are ready for another big day at camp!

In the morning, you may wake up early because you're excited to start the day. Be sure to wait quietly for the wake up bell to ring so that your cabin mates can rest. You may get up and go to the restroom with a buddy but be sure to return to the cabin. Campers should not be outside (except for a bathroom break) until after the wake up bell, when counselors are ready for you.



TYPICAL DAY AT CAMP

This is the schedule for all of the "regular" days at camp.

<p>7:30am WAKE UP! Campers will begin cleaning. If you take medication, the nurse will come to your cabin to administer it.</p> <p>8:00am Breakfast. You will say grace in the cabin and go with your counselors to the mess hall.</p> <p>8:30am Cabin Clean Up Time. Campers return to their cabin for cabin clean up.</p> <p>9:10am Cabin Inspection & Line Up at the Flagpole. I will make announcements and read our morning devotion.</p> <p>9:30am First Activity</p> <p>10:35am Second Activity</p> <p>11:45am Clean up for lunch. If you take medication, the nurse will come to your cabin to administer it.</p> <p>12:00pm Lunch</p>	<p>12:30 Siesta. Quiet time in the cabin. Campers can read, write bunk notes, or rest. All mail will be delivered during siesta.</p> <p>1:30pm Third Activity</p> <p>2:40pm Fourth Activity</p> <p>3:45pm Canteen. The nurse will be stationed in the canteen area to administer medication.</p> <p>4:15pm Zone Time</p> <p>5:30pm Clean up for dinner.</p> <p>5:45pm Dinner.</p> <p>6:15pm Zone Time</p> <p>7:00pm Night Activity</p> <p>8:00pm Canteen & Shower Time. If you take medication, the nurse will come to your cabin to administer it.</p> <p>9:30pm LIGHTS OUT! Prayers and stories in cabins.</p>
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Each day a schedule is posted that indicates which activities are offered during each activity period. Throughout the camp session, all teams are provided equal opportunity to participate in all the activities. So, every camper will have the same amount of time at horses, the pool, archery, arts & crafts, canoeing, stand up paddleboards, hydro (tubing) and the other camp activities listed in the brochure. If bad weather forces us to cancel an activity, we will be sure to reschedule hydro, paddleboarding, horses and target sports.

Some activities are restricted during zone time to campers at a certain swimming level. All campers will have the opportunity to try all camp activities during scheduled activities. We restrict these activities because we do not have the resources to offer these to all campers and because campers need to be strong, confident swimmers in order to participate safely. For example, campers must be a level 3 swimmer to use a canoe during free time.

Depending on your cabin's meal shift, the exact time for your daily schedule might be a little bit different, but here you can see the layout for a typical day at camp.

CARNIVAL DAY *A great way to wrap up our session at Camp!*

On the second Thursday of our two week sessions, we have a big celebration that we call Carnival Day. During siesta, campers are given tickets to use at the carnival. Campers who have kept their swimband on for the whole session will be given extra tickets!

Each year, the carnival is a little bit different. We have lots of fun food, ice cream, popcorn, snow cones and funnel cakes.

We have carnival games. We have a football toss, slip-n-slide, archery games, a BB game, and jello eating contest. You

might even have a chance to pie your mentor!

Campers can also use their tickets to get their faces painted and to hear their fortunes. Of course, we know that fortune telling is just for fun.

Campers can also take some time to prepare a skit for campfire and to collect contact information from friends.

After the carnival ends, we have dinner and prepare for the closing campfire and awards.



DAY CAMP OUT *MIDDIES ONLY*

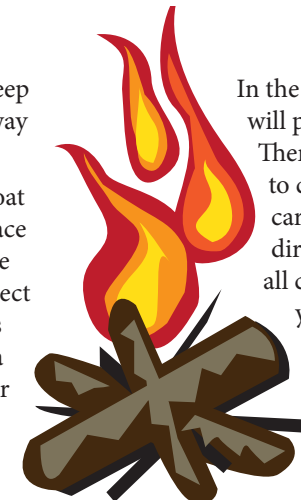
Middies are campers who are 6-9 years old. All Middies will get to go on a Day Camp Out. Each team of Middies will go on a camp out on a different day.

When your team is scheduled for Day Camp Out, you will eat breakfast and clean up your cabin like you would on any other morning at camp. After cabin clean-up, your team and 2 counselors will meet at the dock for camp out.

You should wear long pants, socks and shoes for camp out. This will help to keep the bugs off. Your counselor will put on

some bug repellent to keep mosquitoes and ticks away from you.

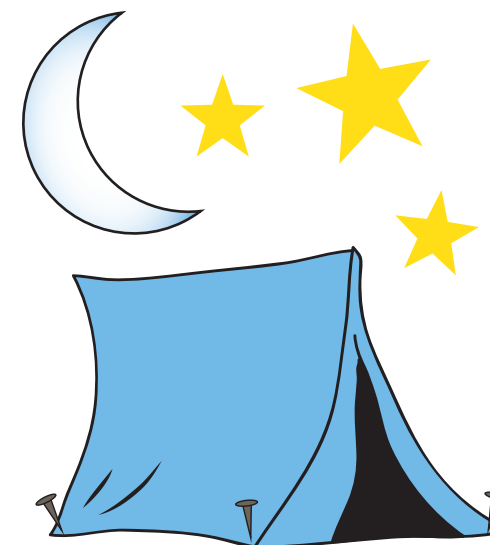
You will ride in a row boat with a counselor to a place called Skull Island. There you will take a hike, collect firewood, roast hot dogs and make s'mores over a campfire. Your counselor will be in charge of the fire, but everyone will help to collect wood.



In the afternoon, you and your team will pack up and clean up the campfire. Then you will take the row boats back to camp, take a shower and check carefully for ticks. Everyone will be dirty after Camp Out! When you are all cleaned up, your counselor will walk you to the canteen for your snack.

Be sure to write home to tell all about your adventure on Skull Island!

OVER NIGHT CAMP OUT *MINORS ONLY*



Campers who are 10 or 11 years old at camp are called Minors. Minors spend the night on Skull Island once while they are at camp.

On the day of your camp out, you will do regular activities all day and will have a special activity period to learn about and prepare for camp out. You will meet with your team after dinner to go on camp out.

You will wear long pants and long sleeves to help protect you from bugs. Your counselors will put some bug repellent on you to keep mosquitoes and ticks away. You will meet at the dock and help to load the supplies on the row boats. Your

counselors and Mentors will row the boats across the water to Skull Island.

You will take a hike, roast marshmallows and tell stories at night. You might tell some scary stories. The counselors have a radio to call camp if there is an emergency. In the morning, you will help your counselor make breakfast. You will all work together to clean up and pack up from camp out.

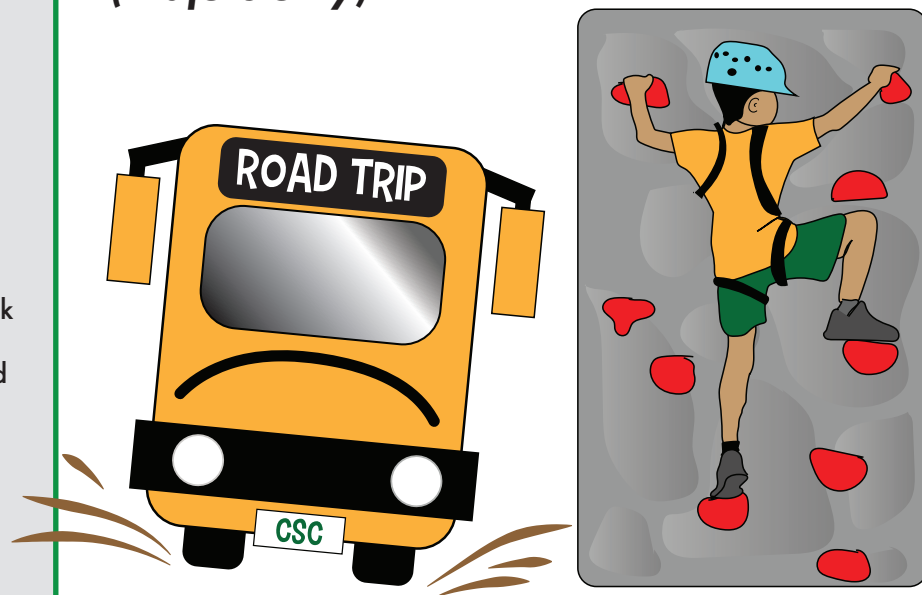
When you get back to camp, you will need to hit the showers! After you are all cleaned up, you will receive your special "I Survived Skull Island" tee shirt! Wear it proudly, you earned it!

BASIC CAMP RULES

Here are the main, major Camp St. Charles rules that you need to know:

1. Wear shoes at all times. This includes trips to the bathroom, walking to the pool, even in the pool (water shoes). No flip flops allowed. Crocs are popular at camp.
2. Stay where a counselor can see you. Stay away from the river bank and where a counselor can't see you. So, stay out of the woods and go to your assigned activities with your team.
3. No Chewing Gum. Because of the horses, there is no gum allowed at camp.
4. Drink lots of water. You will also receive a refillable water bottle. The camp staff will wash it and fill it each day.
5. Wear sunscreen. Put on sunscreen each morning, siesta and afternoon. More often if you burn easily.
6. No bullying allowed! No name calling, bad language or fighting. This means don't be a bully and don't let anyone get bullied. If you see someone being a bully, tell them to stop it and/or talk to a counselor. We are all at camp to have fun!
7. If you find something at camp, it belongs to someone. Leave lost and found at the flag pole or give it to a counselor.
8. No one is allowed in another person's trunk or cabin. Not even your brother, not if they say it is ok, never.
9. No throwing sticks, rocks, walnuts, etc.
10. Signs Up! When a counselor puts up their hand, it means get quiet.
11. Listen to the Bells! 9 bells = fire drill, 5 bells = Go to your cabin, 3 bells = normal activities.
12. Ask for help! If you need something, talk to your counselors. We can help.

GOING TO TERRAPIN ADVENTURES (Majors only)



Majors are campers who are 12 and 13 (or first time campers who are 14) while they are at camp. Majors are the only campers who will take a trip to Terrapin Adventures, an outdoor adventure park that features high ropes courses, ziplines, and low ropes courses that expand on the CSC's challenge course.

WHEN? The trip is always scheduled for the second Tuesday of camp. Majors will leave camp after cabin clean up time and will return to camp at about 6pm.

WHO? Majors and their counselors will go. A couple of extra staff may also attend to help out. Sometimes there are campers who are not permitted to go on the trip. If a camper has not been following the rules at camp, they may not be permitted on the trip. We want all of our campers to be great representatives of CSC!

WHY? For fun, what a silly question?!

HOW? We will travel on school buses to the park.

WHAT DO WE WEAR? Each Major will be given a green Camp St. Charles team shirt. The shirts look like the staff shirts but have "Major" printed on the back. You will get your shirt on the morning of the trip. Additionally, you will need to wear closed toe shoes to participate.

DO WE STAY WITH A COUNSELOR ALL DAY? Yes, we will enjoy the day together.

WHAT ABOUT FOOD? Included in the trip is a pizza lunch at terrapin adventures.

WHAT IF I GET SICK OR HURT AT TERRAPIN ADVENTURES? You will be with a counselor so they can help you.

CAN I LEAVE THE PARK? Nope!

WHAT IF I DON'T WANT TO DO CERTAIN PARTS OF THE COURSE? Just like at Camp St. Charles, Terrapin Adventures is 'challenge by choice', meaning you can always say no. However, we encourage campers to use this opportunity to step out of their comfort zone.

DO MY PARENTS NEED TO SIGN ANYTHING? Yes! In order to participate, your parents must fill out the online waiver prior to the trip. A link can be found on the camp website.

WHAT IF I GET SICK OR HURT AT CAMP?

Most campers have a happy, healthy two weeks at camp. But it is a good idea to know what to do if you aren't feeling good at camp.

Sometimes campers get headaches or stomach aches because they are not drinking enough water. We will give you a water bottle and you should drink a lot of water. You will be outside most of the time and will need water to cool off and keep hydrated. Your counselors will remind you about this often and we will refill your water bottle twice per day.

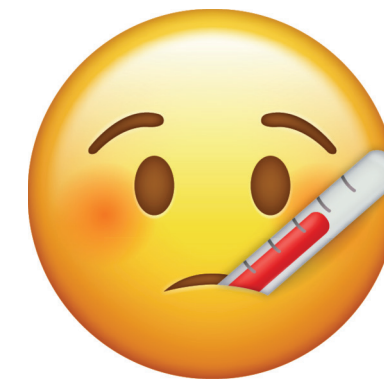
Camp is a lot like school when it comes to your health. If you were not feeling well at school, you would probably go to the nurses' office. At camp, if you are not feeling well, you will talk to a counselor. They may send you over to see the camp nurse. Sometimes campers just need a little rest, sometimes they need some medicine.

If you got a cut or scrape at camp, we would clean it up and give you a band-aid.

If you needed to spend some time in the infirmary because you were sick, we would call your family. If you got hurt at camp and needed to be checked out by a doctor, we would call your family. Sometimes we take campers to the hospital to be checked and then bring them back to camp.

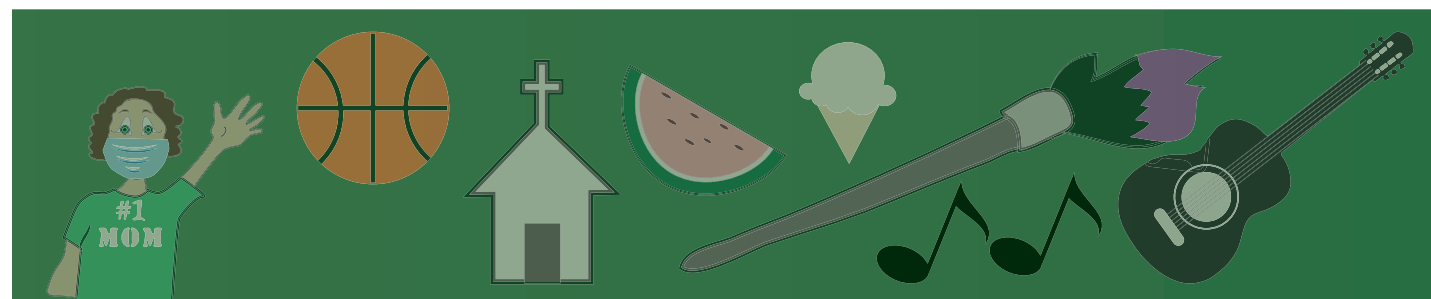
If you lost your glasses or contacts, you would go to the infirmary and we would call your family.

It is very important that you talk to a counselor if you are not feeling well. Sometimes campers are nervous about telling someone that they aren't feeling well. We would like to help you to have a great time at CSC!



Part of our routine at camp includes both a member of camp's leadership visiting each cabin in the morning and doing a daily health screening, where they'll check in with you about how you're feeling. The nurse will also be around the cabins frequently to distribute medication, so you'll have plenty of opportunities to let someone know if you're not feeling well.

Camp will be providing covid testing every Thursday so we can make sure everyone stays healthy at camp and when they return home.



WHAT IF I GET HOMESICK?

Most campers are a little nervous at the beginning of camp. It is perfectly natural to miss home and your family. Camp is a wonderful opportunity to try new things that you can't do at home.

So, what should you do if you start to feel homesick or nervous?

Make Friends!

Other campers are nervous too and talking to them can help you to feel better.

Talk to a Counselor!

Some of them are far from home and have felt homesick too. They can help you to feel better and enjoy camp.

Stay Busy!

The best thing to do when you feel sad is to find something to do. You will feel worse if you sit around and mope. Find some kids to play with or ask a counselor what you can be doing. Participate in all of your activities.

The first few days can be tough for some campers but then, as you get used to the routine, camp starts to feel like home.

Sometimes campers get homesick because they had an argument with a friend or something else is bothering them. Talk to your counselors so that they can help you. It is not tattle-tailing to talk to a counselor about a problem that you are having.

Look ahead!

Think about Super Sunday, Color Wars, Manic Monday and Carnival Day. You don't want to miss those fun days.





Camp St. Charles

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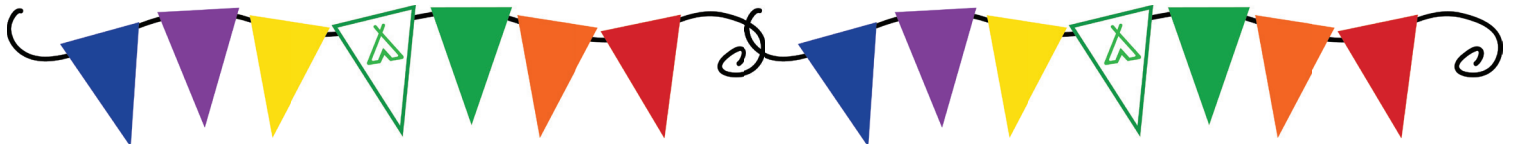
Phone: 301-934-8799

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email: director@campstcharles.org



Visit us online for more information
www.campstcharles.org



BUNK1.com... ONLINE PICTURES & MAIL AT CAMP

**CAN I TALK TO MY PARENTS
WHILE I'M AT CAMP?**

**CAN I RECEIVE PICTURES OF MY
PETS AND FAMILY?**

**CAN I SHARE ALL OF THE FUN
ACTIVITIES I'M DOING?**

The answer is yes, and we do it all through a company called Bunk1.

First, your parents will need to sign up with Bunk1.com. There is a link from the camp website. All they need to do is type in the pre-approved code and fill out the appropriate information to have access to many new digital pictures each day!

When you arrive at camp, we will be taking lots of digital pictures and posting them online. Your parents will be able to view them each day. They can even select their favorite pictures into a folder that you can see when you get home.

They can also send you emails at camp. All of the camper emails (called bunk notes) will be printed and delivered with the daily mail. Parents can buy bunk note credits in order to send bunk notes.

There is even a way for you to reply to a bunk note. Your parent can send you a bunk reply form. On the form, you will write a letter. Then give it to your counselor. It will be faxed to Bunk1.com and they will send it as an email to your parents. Make sure you use a dark pen (sorry, no pink, yellow or pencil) so that your messages come through clearly to your parents.

When you get home from camp, you can look through the pictures and order prints of your favorites. You can even have photos put on mugs, tee shirts, and other stuff.

Parents have told us that they really enjoyed watching their children enjoying all the great activities at camp! Don't hide from the photographer, your parents want to see you having fun and when you get home, you can see all the fun memories!

