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# Welcome to Camp St. Charles!

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I hope that this newsletter will answer some of your questions about camp, please call or e-mail me if you have any other questions. 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, shampoo and things that you would expect to pack for a trip.

You will need sun-screen 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.

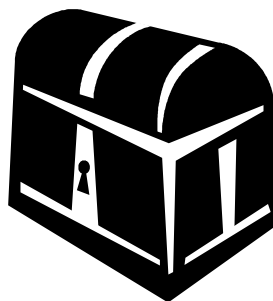
Make sure that you leave any expensive toys and games at home. You will have lots of fun things to do at camp so you won't need to bring your game boys, PSPs, cell phones, CD players, iPods or other electronics. You can bring books or cards that you can use during siesta or free time. But, don't bring Yu-gi-oh cards or Magic

cards if they are valuable. Some campers will bring a cheap, starter deck to camp and leave their best cards at home.

You will probably want to write letters to your family while you are at camp. Make sure you have their addresses, cards, paper, pen or pencil and stamps. Your counselor will put your letters in the mail for you.

If your family signs up for Bunk 1, 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.

Lots of campers like to take pictures while they are at camp. Pack a disposable camera



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

so that you can take pictures of your new friends. Make sure you put your name on your camera. Lots 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!



## 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 go the chapel to check in with me, the Camp Director. I will check that we have all of your forms. This is also where you will turn check in any medications to our health staff. If you take any medications that are pills, your parents need to bring it to the nurse in the original con-

tainer. You and your parents will check the medication with the nurse when you get to camp. The counselors will help you to remember when to go for medicine.

Then you will go to your cabin. Your family received a letter that tells what cabin you are living in at camp. If you forget, any cabin counselor can tell you where you will stay. All of the girls will live in Cabins 1, 2

and 3 which are right next to the Mess Hall. All the boys will live in cabins 4, 5, 6 or 7. Cabins 4 and 5 are behind the Mess Hall. Cabins 6 and 7 are located across from the pool, we call that area "the hill." You will meet your cabin counselors and 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.

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### Other information that is available on the website:

- [Packing List](#)
- [Parent-Survival Guide](#)
- [Directions to Camp](#)
- [Photos of Camp](#)
- [History of Camp](#)

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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, your family will say good bye to you. 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, you will go back to your cabin to change into your bathing suit and put on sun screen. Be sure to put on your water shoes and grab a towel. Your cabin counselors will talk to you a bit about life in your cabin. Then, we will have a practice fire drill. The whole camp will meet on the basketball court.

There, you will be put on a team. If you requested to be with a friend and you are in the same age group, then you will be in a group with that friend. Each team will have a picture taken and will meet their team counselor. Your team counselor will eat meals with you, spend night activity with you and some other events.

When all the teams are organized, we will line up at the flag pole. From then on,

we will always meet at the flagpole in our team lines. Then, campers will go to orientations for Archery, the Dock and the Pool. At the pool, there will be a swimming test. 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 wrist band 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, you will go back to your cabin to change into dry clothes for dinner. We will line up at the flagpole and then go into the mess hall to eat. You will sit with your team and your team counselor and your team table. This is where you

will eat breakfast and lunch every day. We usually eat outside for dinner but on the first day, we have a lot to talk about.

After dinner, there is a brief free time. All campers will go outside and play sports and hang out for a little while. When the bell rings, we will line up at the flagpole for night activity. On the first night, we always play capture the flag. After capture the flag, we will have a campfire. There you will meet more of the staff and sing songs. After campfire, it is time for canteen (snack) and getting ready for bed. First, all campers who take bedtime medicine will go to the infirmary. Then, the boys will be dismissed to get canteen and take showers. Once all the boys are finished with showers, the girls will go to canteen and to showers. We switch each night, so the next night, girls will shower first.

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!



## Typical Day At Camp

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

7:30am Wake Up! Campers will begin cabin cleaning. Campers who take morning medication go to the infirmary.

8:00am Line up for Breakfast

8:30am Cabin Clean Up Time. All campers go to their cabins for cabin clean up.

9:10am Cabin Inspection

9:30am First Activity

10:35am Second Activity

11:45am Clean Up for Lunch. Campers who take lunch time medication go to the infirmary.

12:00pm Line up for Lunch.

12:30pm Siesta, Quiet time in the cabin.

Campers can write letters, read, or rest.

1:30pm Polywog, Campers can choose from a

list of open activities, pool and dock are always options, horses, archery, riflery (for campers 10 years and older), BBs (for campers under 10) are usually choices.

2:40pm Fourth Activity

3:45pm Canteen Time, Campers who take afternoon medication go to the infirmary.

4:15pm Dock and Pool Open, Free Time.

5:30pm Clean up for Dinner.

5:45pm Line up for Dinner.

6:15pm Dock is open, Bombardment (dodge ball)

7:30pm Night Activity Line Up

8:30pm Canteen and Shower time, Campers who take bed time medication go to the infirmary

9:30pm Lights out! Prayers and stories in cabins.

Each day a schedule is posted that indicates which specific activities are offered during each activity period. Each team is provided equal opportunity to all the activities. So, every camper will have the same amount of time at horses, the pool, archery, arts and crafts, canoeing, hydro (tubing) and the other camp activities listed in the brochure. If bad weather forces us to cancel an activity, we will reschedule hydro, horses and target sports.

Some activities are restricted to campers with a very high swimming level. Waterskiing is restricted to level 5 swimmers only. These are campers who can swim the butterfly. 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. We will announce when Level 5 swimmers can try these activities.

## Carnival Day

On the last full day of camp, 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 swim-band 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, plink-o, slip-n-slide, and jell-o eating contest.

Campers can also use their tickets to get their faces painted, play games and more.

Campers can also work on Spirit Shirts. Each camper brings a plain tee shirt to decorate. Campers will draw pictures of camp and get friends to sign them as a camp souvenir.

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



*The carnival day is a great way to wrap up our session at camp.*

The next morning, we eat breakfast and then pack up to go home. Parents arrive at 10am to pick up campers.

## Day Camp Out (Middies Only)

Middies are campers who are 7-9 years old. All Middies will get to go on a Day Camp Out. Each team of Middies will go on campout on a different day.

When your team is scheduled for day campout, 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 campout.

You should wear long pants and socks and shoes for campout. 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 fire wood and roast hot dogs and make s'mores over a camp-

fire. 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 campsite. Then you will take the row boats back to camp. Then, you will take a shower. Everyone will be dirty after camp out! When you are all cleaned up, meet your team by the flagpole and walk with your counselor 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. Some kids are nervous about staying over night so, over night campout is optional.

If you are a minor, then you can go on a night campout. On the day of your campout, you will do regular activities all day and will meet with your team after dinner to go on campout.

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 was an emergency.

In the morning, you will help your counselor to 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. Then, you will then head to your second activity! You might want to buy the tee shirt that says "I survived Skull Island!"

## Going to King's Dominion (Majors Only)

Majors are campers who are 12 and 13 while they are at camp. Majors are the only campers who will take a trip to King's Dominion, an amusement park located near Richmond, VA.

**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 8:30pm.

**Who?** Majors and their counselors will go. A couple of extra staff will 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.

**Why?** For fun, what a silly question?!

**How?** Majors usually ride on two school buses to King's Dominion. Boys' teams and their counselors will ride one bus and girls' teams and their counselors will ride another bus.

**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.

**Do we have to stay with a counselor all day?** Yes, you are still a camper even if you are away from camp. We want everyone to be safe .

**What if I want to hang out with counselor who is not my team counselor?** Go for it! Campers can ask to be in a group with any counselor going on the trip.

**Can I hang out with campers who aren't on my team?** Yes, you can form a group with boys and girls from any major team with a counselor.

**What about food?** We will pack lunch for you or you may purchase food.

**What about money?** When your family paid your camp tuition, they already paid for you to have spending money. When you arrive at the park, you will be given your ticket and \$20. Campers are not allowed to have extra money. it causes fighting and could be lost or stolen. It is fair if everyone has the same amount of money.

**Can we stop for McDonald's?** Usually, the buses will stop at McDonald's for dinner on the way home from King's Dominion. It is a

good idea to save some money for dinner if you want McDonald's. If you spent all of your money, you can eat from the cooler. Your counselors will not be loaning you any money. If you think that you might be tempted to spend all of your money, ask a counselor to hold \$5 for you for dinner.

**What if I get sick or hurt at King's Dominion?** You will be with a counselor so they can help you.

**What if I get lost?** It will not be easy to get lost. You will be with a group of kids that are all wearing the same shirts that say Camp St. Charles. Counselors will also have their bright yellow staff shirts on and will be looking out for you. Look for the bright yellow staff shirts!

**Can I leave the park?** Nope!

**What if I win a really huge prize?** That would be really cool...until you have to carry it around all day and try to pack it onto the bus.

We expect you to follow the same rules at King's Dominion as at camp. You will be representing Camp St. Charles so we expect good behavior.



## 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).
- 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. We need to know where you are in order to keep you safe.
- 3. No Chewing Gum.** Because of the horses, there is no gum allowed at camp.
- 4. Drink lots of water.** Carry your water bottle and drink a lot of water.
- 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. Everyone gets to have fun at camp and getting picked on isn't fun!
- 7. If you find something at camp, it belongs to someone.** Leave lost and found at the flag pole.
- 8. No one is allowed in another persons 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, they are here for you.

## 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 water 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.

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 the infirmary (health room). They will take care of you. 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 bringing 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 good. But, we can't help if we don't know that you aren't feeling well.

## 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.



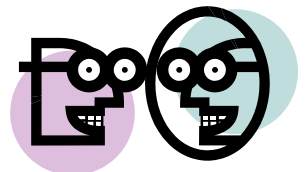
**Talk to a counselor!** Some of them are far from home and have felt homesick too. They can help you to feel better and enjoy camp.

**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 Visiting Sunday and Carnival Day, you don't want to miss those fun days.



## Visiting Sunday

In the middle of each session, we have a special day when families can visit campers at camp. Visiting is held from 12 noon until 5 pm. Most campers will have visitors. Your grandparents, aunts, uncles, cousin Joe...whoever, can visit you at camp. Some families even bring their dogs to visit. Friendly dogs who are on a leash are welcome to visit.

Mass is held at noon in the campfire area. Parents will connect with campers at the basketball court. After mass, the pool and

dock with open for visitors and campers. Campers will need to tell their visitors about the camp rules

Many campers' families will bring a picnic lunch to enjoy at camp. Camp also sells delicious chicken lunch that can be purchased by your parents on the day they drop you off. Other families will go out to eat on Visiting Sunday. Only a camper's parent can take them from camp, so your parent will need to sign a permission slip if someone else would like to take you out for lunch.

After parents leave, we have a special night, **Super Sunday night**. We have a big camp wide competition. Campers can stay up until midnight watching a movie or working on their arts and crafts project. The crazy schedule continues into the next day, **Manic Monday**. Campers don't have to clean their cabins and can choose their activities all morning. Early in the morning, Campers can sign up for hydro trips and canoe trips. Sign ups are held in the mess hall. It is a crazy couple of days. Ask a Mentor or other returning camper about it!



## Camp St. Charles

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*This newsletter is for campers!  
(parents-- no peeking!)*

**Visit us on-line for more  
information  
[www.campstcharles.com](http://www.campstcharles.com)**

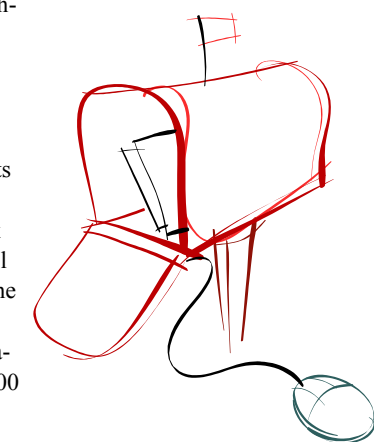


## Bunk1.com...Digital Pictures and E-mail at Camp

Many campers write letters and postcards home. How about e-mail at camp? How about getting e-mail without being at a computer? Even writing an e-mail without sitting down at a keyboard? It is true, we work with a company called Bunk1.com to do it.

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 80-100 new digital pictures each day!

When you



*Your parents and friends can send you e-mails  
while you are at camp!*

arrive at camp, we will be taking lots of digital pictures and posting them on-line. 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 e-mails at camp. All of the camper e-mails (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 e-mail to your parents. Make sure you use a dark pen (sorry girls, no pink) 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. Great Christmas Presents for Grandma!

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!