



CLUE

All you need to know about attending camp this summer!

This summer's camp Spiritual theme: BE STILL AND KNOW

Fun theme: NATURE

Camper Check-in Day



Check-in is from 1:30pm to 4:45pm on Sunday. For check in your camper(s) will be assigned to a group. Please note your group check in (A, B, C, or D) in the email sent from the Registrar. If you anticipate arriving later than your designated time (or 4:30 pm), please call the Registrar at 206-390-7468 and leave a message stating your approximate arrival time.

Our check-in is done in a "Drive Through" manner. The **first stop** will be as you enter the campground where you will be given a map of the check points. The **second stop** will be near the top of the hill and is where the camper receives their camp T-shirt. The **third stop** will be by the basketball court and will allow check-in with waterfront staff and assigning of a lifejacket for use during the week. Moving on to the **fourth stop** at the other end of the Dining Lodge: This where you will check in with the Registrar, drop off any Tuck money for the camper's account, any mail, or packages that you may be bringing for the camper, and or special dietary items the camper may need during the week. The camper will also receive their name tag and cabin designation as well as cabin drop off location. The **fifth stop** will be at the nurse's station where you will drop off any medications the camper may need to take during the week and a brief health review will be done. Finally, you will be able to drive to a designated area in which to drop the camper and their luggage off by their cabin.

When dropping your camper and their luggage off, **please ensure that they keep their camp T-shirt with them as it will be needed for camp photos during the week.** Please leave any electronics (e.g., cell phones, MP3 players, etc.) in the car.

If you need restroom facilities prior to leaving camp, the restrooms near the pool will be available for your use.

Departure Day



Departure for campers is as follows:

Voyagers depart at 6:00 pm on Tuesday. Voyager parents will get a pickup procedure emailed to you in Monday evening's parent email.

All other campers will depart between 9:45 am – 11:15 am (depending on your assigned group) on Saturday. More information as to your assigned group will be emailed to you in the Thursday evening parent email.

If, for some reason, you need to pick your camper up at a time other than the designated departure time, please make this arrangement with the Registrar when you bring your camper on check-in day.

Checking out your camper will be done in a drive through, as well. The **first stop** will be by the Dining Hall/Lodge where your camper checked in with the Registrar. It is here where you will check out your camper and receive their camper envelope and any returned Tuck money. At this time, you will also receive a camp map indicating where you will pick your camper(s) up at their designated locations.

Your second stop will be near your camper's cabin area. You can go to your campers' cabin to retrieve them and their luggage. When you have picked up your camper, if you need restroom facilities you may use the facilities in their cabin or next to the pool. Once complete, please leave the campground promptly.

Please arrive promptly as your camper is anxious to share about his/her week's activities with you. If you foresee that you will be late by more than 30 minutes to pick up your camper, please contact the Registrar by phone/text at 206-390-7468.

Health and Safety



Please complete the online health form and camper release form by July 1. This helps us to plan for your child's health and safety while at camp. Please be sure to include the date of their last tetanus shot.

A copy of the camper's medical insurance card (front and back) is also required to be uploaded.

All medications (prescription and non-prescription) are given to the nurse during check in. The medications will be dispensed by the nurse during the week as prescribed. An exception may be made for inhalers or topical creams. When sending pills, please send only the number your child will use in the week, in the original labeled container. If the dosage you indicate differs from the pharmacy labeling, please bring a copy of your health provider's prescription for the correct dosage. All medications will be given following the prescription labeling or physician orders. No exceptions.

Our infirmary is well stocked with several varieties of pain relievers, decongestants, and antacids, so you need not send those. Please be sure you have indicated on the health form to allow us to give medications treating your child's condition as deemed necessary.

The nurse's primary responsibility is to care for the chronic medical conditions of campers and staff, treat acute illness and injury, and to ensure safety for all campers and staff. Therefore, we discourage parents from sending medications that are not for a specific, diagnosed medical condition.

If your child is exposed to chicken pox, Covid-19, or another communicable disease within two (2) weeks of his or her scheduled arrival at camp, please call the Registrar before you leave home. If your child is sick when he or she is due at camp, please call the Registrar to make further arrangements. If you have any questions about your child's special health needs prior to camp, please contact our Registrar/Healthcare Manager, Jayne Blackburn, RN @ 206-390-7468.

Cedarbrook will follow the Covid-19 precautions as indicated by the Washington state guidelines for overnight camps. Should a camper or staff member appear to have symptoms of Covid-19, they will be immediately quarantined from the others and tested. If the rapid test is positive the camper or staff member will be immediately sent home by the nurse and camp health care manager, no exceptions.

If another type of communicable disease (i.e., chicken pox) shows up at camp, all unimmunized campers and staff will be sent home immediately for their protection.

A parent or guardian will be notified if off-site medical care has been administered in case of illness or injury. A parent

or guardian will also be notified if your child is unwell enough to be in the infirmary for more than 4 hours.



Horsemanship

Campers sign up to take the Horsemanship activity when they register for camp. This activity is for campers attending the Classic Camp week.

Trail rides may be offered to any camper during free time (ages Pathfinder and older) for a fee of \$20 (no horse experience is necessary to go on a trail ride). ** Horse Specialty Campers have a trail ride included in their session's cost already. The cost of the trail ride is deducted from the camper's Tuck account. If trail rides are offered, campers are guaranteed one (1) trail ride and possibly a second during the week, depending on the number of interested campers.

Campers taking Horsemanship or a Trail Ride are required to have the Horsemanship waiver signed (this is part of your camper's registration) by a parent/guardian, wear long pants and have shoes with a defined 1/2" heel. The wranglers do have a limited number of boots in various sizes (up to adult size 10) that campers may borrow for use. Boots will be sanitized between use.



Foot Care

Closed-toe and closed-heel shoes such as tennis shoes **are required** for camp. Socks are highly recommended. Aqua socks or flip flops may only be worn in the cabin or at the waterfront area. Shoes with a 1/2" heel are required for those campers taking Horsemanship.



Tuck Shop

The camp store, also known as the Tuck Shop, is open to campers each day during their free time. Campers may purchase two candy items and one soda item daily from *Wet Tuck* and any items from *Dry Tuck* that they wish, providing there is money in their account. We also offer fruit, chips, ice cream and nuts in Wet Tuck. Dry Tuck items include stationery, stamps, toys, hygiene items, journals, backpacks, water bottles, totes, and stuffed animals. Most campers bring \$25-\$50 to spend in the camp store. Remember to add an additional \$20 if your camper is interested in taking a Trail Ride.

All expenditures are tracked daily. Any remaining amount will be refunded Saturday morning prior to the camper leaving.

Homesickness and Telephone



A little homesickness is to be expected of most campers. However, most campers get so busy within minutes of their family's departure that their homesickness dissipates as they become fully engaged in the camp experiences. Our counselors and staff are trained to help campers at times when they are particularly missing home. We have found it best for campers not to receive or make phone calls during their week at camp as that can worsen homesickness. Be assured we will not hesitate to call you if it is necessary. If you would like an update during the week, please inform the Registrar before the week begins or at the time of check in. You may also email the Registrar during the week to receive an update.

Our Registrar also sends out daily prayer and praise requests to parents and provides a little insight as to what's happening at the camp. Be sure the Registrar has your correct email address so that you can be kept up on the activities occurring at camp and become a prayer partner. If you wish for another parent to receive the emails as well, please notify the Registrar. Daily postings with pictures will also occur on the [Cascade Camp Cedarbrook Facebook page](#). Sign up to *Like* CCC and get daily updates this way as well. CCC also has an Instagram account [@cascade.camp.cedarbrook](#) which you can follow camp activities as well. We will be posting photos throughout the day here.

You can help to minimize the homesickness that your camper feels by assuring the camper that they are going to have a wonderful time at camp and that you will be praying for them to have a great week. In addition, we suggest sending a letter via US mail or a bunk note via UltraCamp or Bunk 1 (see the camp website for details). These messages help to assure campers that they are doing well at camp. UltraCamp and Bunk 1 messages are downloaded and distributed once daily.



Mail at Camp

It is always fun to get mail at camp! At least three to four days before your camper leaves home, mail a letter so they will receive it early in the week. Fill it with cheerful, positive news. Do not send food or candy. Please note: If sending parcels via Federal Express or UPS, waive the signature requirement of the recipient. The camp address is:

Cedarbrook @ Camp Koinonia 850 Camp
Koinonia Lane
Cle Elum, WA 98922

Please be sure to put your camper's name somewhere on the front of the envelope/package.

** Also note, it takes 3-4 days mailing time from Seattle to arrive at camp if sending something via the post office.



Emergency Information

Should an emergency require you to contact your child while at camp please use one of the following numbers:

Jayne Blackburn, Registrar: 206-390-7468
Camp Emergency Phone: 509-674-5767

What will a day at camp look like?

Mornings begin with flag raising, breakfast and personal devotion time with God. This is followed by activity time and Bible Exploration. Lunch is next followed by Kickback. Two more activity times occur in the afternoon as well as free time and a chance to go to the Tuck Shop. The evening starts with dinner and is followed by divisional evening programs, snacks, and campfire talks. The day ends with the cabin wrap up before lights out.



Driving Directions

From Western Washington

Take I-90 eastbound. 25 miles east of Snoqualmie Pass, take Exit 78 (Golf Course Road). Turn right (south) and cross the railroad tracks. Continue up the hill and take the first right. The entrance road to Koinonia, on the left, starts at the first bend in the road. Watch for Cedarbrook/Koinonia signs. Driving time is approximately 2 hours from Seattle.

From Eastern Washington

Take I-90 westbound. Approximately 10 miles west of Cle Elum take Exit 78 (Golf Course Road). Turn left (south) and cross the railroad tracks. Continue up the hill and take the first right. The entrance road to Koinonia, on the left, starts at the first bend in the road. Watch for Cedarbrook/Koinonia signs.

Driving time is approximately 3 hours from Spokane.



Packing List

Please label everything with your camper's name or initials.

- Sleeping bag, pillow, and pillowcase
- Sleepwear, layered to allow for the fluctuations in environmental temperatures.
- Undergarments and socks – 8 each
- Modest shorts and shirts – 4-8 each
- Jeans or pants – 2 pair (*more if taking Horsemanship*)
- Light jacket or sweatshirt
- 2 pair sneakers or closed-toe/closed-heel shoes.

- Modest swim attire (string bikinis, thongs, or Speedos will not be allowed; cotton shorts and t-shirts are not allowed in the pool)
- Comb, brush, shampoo
- Toothbrush, toothpaste
- Plastic cup or water bottle
- Soap, washcloth, and 2 towels
- Plastic bag to take home wet/dirty clothes.
- Bible, pen, pencil, paper Addressed postcard or stationery to write home (*these items may also be purchased in the Tuck Shop*)
- Spending money for the Tuck Shop (this can be uploaded onto your camper's UltraCamp account before arriving)
- Book or puzzles to do quietly during Kickback (***I-Pads or Kindles may be brought for the purpose of reading a book only. No internet access will be allowed, or the electronic device will be confiscated and secured with the Registrar until the camper leaves for home.*)
- Insect repellent – non aerosol
- Sunscreen
- Flashlight
- A copy of the camper's medical insurance card (front and back) if it was not uploaded to the UltraCamp registration.
- Shoes with a defined 1/2" heel (*if taking horsemanship*), if you own a riding helmet and gloves, you are encouraged to bring those, also, for your camper's personal use.
- Watch
- Camera and memory card
- An extra plastic bag for your camper to pack their many camp treasures in at the end of the week.
- A life jacket if your camper owns an appropriately sized one. *Cedarbrook provides life jackets for use, and aims to have one camper per jacket, versus shared life jackets. Personal life jackets will not be shared. Cedarbrook lifejackets are sanitized between campers.*

Do NOT Bring:

- Radios, iPods, MP3 players, CD/DVD players
- Cell phones or electronic games
- Chewing gum
- Cigarettes, tobacco, alcohol, marijuana, or illicit drugs
- Guns or fireworks
- Clothing with inappropriate slogans or pictures
- Unwholesome books or magazines
- Pocket knives, Leatherman all-in-one tools
- Aerosol cans or fragrances
- Other items that could be construed as weapons.
- Pets (certified service animals ok)

We discourage campers from driving themselves to camp. If they do so, car keys must be turned in to the registrar at check in and campers will not have access to their vehicle until the end of the session.

Personal sports equipment is brought at your own risk. It is the owner's responsibility to care for and keep track of it. Personal equipment will be subject to the regulations that apply to similar equipment owned by the camp and may not be used until the appropriate activity specialist has inspected them for adherence to applicable safety standards. Regulations may require that they be kept under camp lock and key. (For example: personal bows and arrows.)

We look forward to seeing you and your child at check in. Please do not hesitate to contact the Registrar if you have any questions.

www.cascadecampcedarbrook.com