

Upward Bound Overnight Camp – General Information

Upward Bound Overnight Camp

Grades 3rd – 6th (Fall 2018)

June 3-8, 2018

Overnight camp is an experience that is imprinted in the minds and memories of hundreds of campers who have attended over the past twenty years. Many of those campers had their lives changed forever and some of those will even be at camp this summer as counselors to share their camp experience with this year's campers.

Overnight Camp provides a safe and comfortable environment for campers away from home for the first time as well as excitement and new challenges for returning campers.

Overnight camp is held at Camp Elim near Woodland Park, Colorado. Transportation is the responsibility of the parent to drop off and pick up at camp during the times below.

Upward Bound Overnight Camp:

****CHECK IN TIME: SUNDAY, June 3, 5-6 p.m. DINNER FOR CAMPERS WILL BE SERVED,****

Please DO NOT arrive before 5:00 p.m.

****CHECK OUT TIME: FRIDAY, June 8, 4-4:30 p.m. ****

Please DO NOT arrive before 4:00 p.m.

Please sign your child out at the end of camp. **Campers will be released only to a parent unless prior written authorization is on file designating their homeward transportation with another adult.**

***Please bring your Bible that you received if you have attended in the past. If you don't have a NIRV Bible, one will be provided.**

****Please label all belongings!**

**Do Not Bring: MONEY, CANDY OR FOOD, WATCHES, RADIOS, TV's,
ELECTRONIC GAMES OR EQUIPMENT, OR CELL PHONES.**

Physicals: Colorado law requires each child who attends overnight camp to have a physical examination. Without a completed form (**Medical Form** - Overnight camp packet), your child may not remain at camp. A school physical completed within the last twenty-four months may be submitted instead. Also, please notify the Children's Ministries Office if your child is exposed to any communicable disease during the three weeks before camp. We can use last year's camp physical if it's within the last twenty-four months. Please contact us before camp if you would like us to pull last year's Medical Form. The medical form will still need to be completely filled out with the exception of the Medical Examination.

First aid/Medicine: Qualified medical staff is on-site 24 hours a day. All medicine brought to camp must be labeled with child's name and in the original containers from the pharmacy and the Medication Form (Overnight Camp Packet) filled out and signed by a doctor (all over the counter and prescription medication). Camp medical staff will administer medications. This form is required for our staff to administer medication. One form per medication.

Mail call (UPWARD BOUND ONLY): All kids love to receive mail. Write to your camper in care of: **Upward Bound Overnight Camp, Camp Elim, 5567 County Road 78, Woodland Park, CO 80863.** If you would like to leave a letter with your child's counselor, your child can receive mail on the first day of camp. (If you would like to receive mail, remember to pack paper, envelopes, and stamps.) **PLEASE DO NOT SEND PACKAGES.**

Cabin requests - UPWARD BOUND Overnight Camp: Campers are encouraged to turn in a cabin mate request. This can be found on the Registration Form, please limit to 2 names only. While we will attempt to honor a cabin mate request, we cannot guarantee multiple or non-mutual requests.

Emergencies: If you should need to reach your child in case of an Emergency during camp you can call Camp Elim at 719.687.2030 and ask for Danny Shaw.

Staff: The staff for all camps is carefully screened and selected. Camper to staff ratio is approx. 5:1.

Lost and Found: Items will be held in the Children's Ministries Office at First Presbyterian Church until Sept. 7. If items are not picked up by that date, they will be donated to Goodwill. Call 719.884.6126 to inquire about missing items.

Camper Safety/Cooperation: It is our desire to provide a safe and secure camp environment for each child. Respect and cooperation will be expected from each camper. Most discipline situations can be resolved through one-to-one discussion with camp staff or with time out. Rarely, in extreme circumstances or as a last resort, parents will be called and an uncooperative camper may be sent home.

Camp Scholarships: Scholarships are available for camp. You can have an application sent to you by contacting the camp office or you can find the application on the Children's Ministries website. Your child will need to be registered for camp before you apply for a scholarship.

Camp Forms: Forms required for Upward Bound are the **registration form (online)**, the **medical form**, and the **medication form** (if your child is bringing any medication, over the counter or prescription). This form is required for our Camp medical staff to administer medication. One form per medication and signed by a doctor. Forms can be found online at www.first-pres.org.

Children's Ministries – 719.884.6126 or pwittrock@first-pres.org

UPWARD BOUND-Typical Daily Schedule:

7:30 a.m.	Rise and Shine	3:20 p.m.	Snack
8:15 a.m.	Quiet Time	3:30 p.m.	Rec. Time
8:30 a.m.	Breakfast	5:30 p.m.	Cabin Cleanup
9:15 a.m.	Short Chapel	5:45 p.m.	Silly Songs
9:45 a.m.	Bible Study	6:00 p.m.	Dinner
10:45 a.m.	Skit, Rec Set Up	6:45 p.m.	All Camp Games
11:00 a.m.	Rec. Time	7:45 p.m.	Chapel Time
12:20 p.m.	Lunch	8:00 p.m.	Camp Fire
1:00 p.m.	Rest Time	9:00 p.m.	To Bed
2:00 p.m.	Challenge Time	10:00 p.m.	Sleep

What To Bring:

- ___ Sleeping bag or sheets and two blankets
 - ___ Pillow and pillowcase
 - ___ Towel, toothbrush, soap, etc.
 - ___ Swimsuit and towel
 - ___ Thick pair of socks
 - ___ Two pair of shoes (tie)
 - ___ Clothes for a week including: extra socks, warm jacket, raincoat and jeans as well as shorts.
- (Please remember when packing that days in June can be chilly and occasionally rainy!)
- ___ Pen or pencil
 - ___ Hat or cap
 - ___ Flashlight and extra batteries
 - ___ Sunscreen
 - ___ Please include a sturdy laundry bag which may be hung from a bunk.