

# Program Information - Resident (Overnight) Camps

If you have a child registered for one of our Resident (overnight) Camps, this letter is for you. Resident Camp Programs: Journey, Co-ed, All-Girls, and our teen Legacy Camp.

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## **Check-in & Pick-up Procedures:**

All Resident Camp programs (Journey, Co-ed, All Girls, Legacy) run Sunday-Friday and have the same check-in and pick-up times. The helpful video below shows what to expect during arrival and pick-up; the process is also written below:

<https://youtu.be/GAImTVlwy4U?si=jWCrTdZOcdTiiHU0>

- Check-in is between 3:00-4:00 pm on Sundays.
- Pick-up is between 3:30-4:30 pm on Fridays.
- There's a closing ceremony Friday from 4:30-5:00 pm. No rsvp is required.
- The gate to the property won't open until 3:30 pm on Fridays. If you arrive early, you will need to wait in your car until it's opened.

**Arrival:** A staff member will be stationed across our bridge to direct you. If you have medications, you'll stop at the Welcome Center to check them in with the camp nurse. Otherwise/afterwards you'll proceed down the road to the Multi-purpose Building to park and check-in. At the Multi-purpose Building, you will sign-in and receive cabin assignments. Lice checks will also be conducted before campers head to the cabins. The check-in process may take up to an hour depending on when you arrive.

**Cabins:** We have three cabins: Longleaf Pine, Tulip Poplar, and the A&J Lodge. Campers will be assigned to rooms by their age and the gender that they were assigned at birth. At check-in our staff members will direct you to the cabin where your child will be staying. Please reference our cabin assignment and bunkmate policy at the end of this letter.

## **Check-in Procedures:**

**Time: 3:00-4:00 pm on Sundays**

1. **Medications** - park at the Welcome Center to check-in medicines with our camp nurse. (#3 and P2 on [Island Map](#))
2. **Park & Sign-in** - at the Multi-purpose Building (#11 and P4 on [Island Map](#))
3. **Lice checks, Care Package Drop-off, Add Canteen** (inside Multi-purpose Building)
4. **Cabin Assignment** - return to the sign-in table for your cabin assignment.
5. **Bag & Cabin** - get your bag from the car and walk to your cabin.
6. **Parent(s) Depart.**

**Medications:** All medications being sent with your camper must be listed on their medical form and checked-in/out with the camp nurse on the first and last day of the week.

Examples of medications that must be listed include: Epinephrine autoinjectors, inhalers, vitamins, ear drops, eye drops, topical ointments, allergy medications and sprays, and any other prescriptions. All medicines must be sent in the original prescription bottle or inside the over-the-counter box they came in (including vitamins). They cannot be free in ziploc bags or pill organizers. Prescription bottles must be labeled correctly and the exact name of the medication along with the prescribed dosage needs to be on the camper's Medical Form.

**Lice Checks:** Every resident camper is given a head check right after they're signed-in at Camp. Based on feedback, we have been able to secure more trained volunteers to help conduct tests, which should speed up the lines. However, if you're on a tight schedule, we have one additional option to present.

We are partnering with Pediatric Hair Solutions in Charlotte. Instead of waiting in the line here on Sundays, you can opt to book an appointment with Pediatric Hair Solutions the Thursday or Friday before your registered week of Camp (2-3 days before arrival). They're offering a discount on head checks (\$10 vs \$25) to our camp families. If your camper is negative, they'll give you a note saying he/she was checked and cleared, which you'd bring to camp. If your camper is positive, they'll present you with treatment options. Please click the attached letter for the dates they're offering the discounted checks to our families. We must stress, **you have to call to schedule an appointment in advance;** walk-ins or same day calls for appointments often can't be accommodated.

**Phone:** 704-909-9414 // **Website:** <https://pediatricairsolutions.com/>

**Pick-up:** please return to the Multi-purpose building for pick-up on Friday (same location as check-in). Please have your ID ready and go to the blue tent by the big tree. We will ask to see the ID of anyone who comes to pick-up your child. That individual must be listed on your camper's Authorized Pick-up List to sign-out your child. Don't forget to collect any medicines you sent. **Medication pick-up will be at the blue tent by the cabins for check-out (not at the Welcome Center).** Because some medicines are controlled substances, we're not able to store them long term. Unclaimed medicines will have to be discarded Sunday morning before the next Resident Camp checks-in; please contact our office by Monday if you've forgotten something.

Camper bags will be packed and on the front porch of their cabin; we encourage you to have them take a final look inside, on the porches, and at lost and found for their belongings. Put a great bookend on the week by joining us for a Closing Ceremony at the basketball court from 4:30-5:00 pm for camper awards. Horderves will be served; no rsvp required.

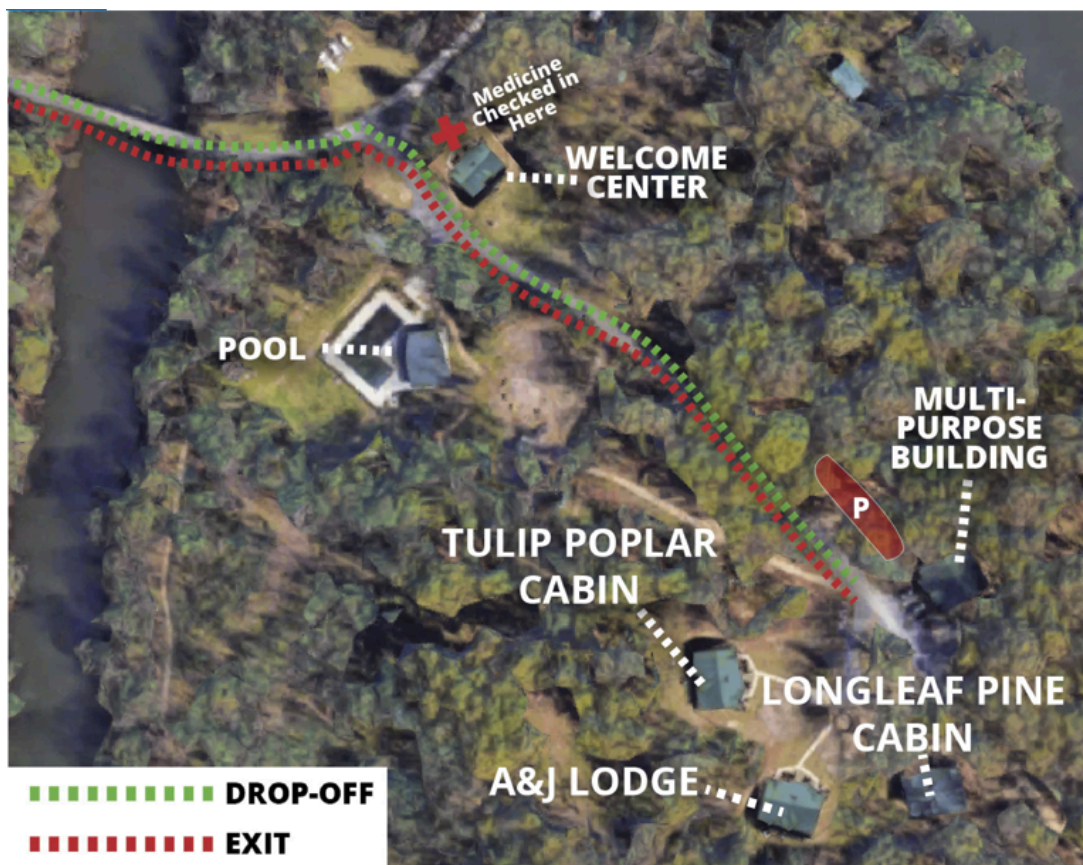
**If you have both a Day and Resident Camper, please pick-up your Resident Camp first** and return to sign-out your day camper after the Resident Camp closing ceremony ends.

### Pick-up Procedures:

Time: 3:30-4:30 pm on Fridays

1. **Park & Sign-out** - at the Multi-purpose Building (#11 and P4 on [Island Map](#)) (have your ID ready).
2. **Sign-out Medications** - for ease you'll pick-up your medications at the Multi-purpose Building where you sign-out.
3. **Camper & Bag** - your camper will leave the Multi-purpose building and head with you to the cabins to collect his/her bag.
4. **Closing Ceremony** - from 4:30-5:00 pm at the basketball court there's a wrap-up award ceremony. (Leave your day camper in program; pick-up your day camper after the ceremony.)

### Visual of Check-in & Pick-up:



**Map of The Island:**

The Multi-purpose Building is located in the heart of the island--cross the bridge, fork right, proceed straight ahead for 800 feet and it's on your left (dark green building). The speed limit is 15 mph. Please give your cooperation and attention to the signs and attendants directing traffic to help the process run smoothly. (Map of The Island <https://campcanaan.org/about/island-map/>)

The Welcome Center is the first building on property. Cross the bridge, fork right, and straight ahead on your left is the Welcome Center (bright blue). It houses our offices, camp store, and nurses' office (infirmary).

**Virtual Camp Tour:** to take a virtual tour of Camp and the buildings click this link

<https://kuula.co/post/NxQBC>

**Early Pick-up Policy:**

If there's a mandatory sports try-out or other reason that you must pick your resident camper up during the week, we've selected the best times for an early pick-up during the week. Due to night activities and director's hours, all campers must be back on campus by 8 pm. If this cannot be arranged, the camper will need to stay at home that night and return in the morning during day camp check-in (7:30-8:15 am). Please consider letting your child be fully present in their week of camp. Pulling them means they miss the full camp experience and it's challenging given our environment (100 acre island with many program areas). If it can't be avoided, we understand and will assist you.

**Early Pick-up Requirements:**

- **Limited to:** early pick-ups are reserved for doctor's appointments, athletic and academic commitments, and family emergencies.
- **Notification:** early pickup requests must be emailed 24 hours prior to [info@campcanaan.org](mailto:info@campcanaan.org) (exceptions obviously for emergencies). **For emergencies please call our office at (803) 327-6932.**
- **Times:** random times are not allowed; you must pick from the times listed below for your program (**exceptions obviously for emergencies**).

**Resident Camp Standard Times:**

- **Monday-Thursday:** 7:30 am, 2:00 pm, or 5:00 pm
- **Fridays:** 7:30 am, 12:00 noon
- **Return by:** 8:00 pm Mon-Thur or you'll have to drop-off the following morning between 7:30-8:15 am when day camps check-in.

**\*FRIDAYS\* - On Friday's the latest early pick-up time is 12 noon for Resident Camps.** If you have an appointment or are going out of town, you must pick-up by or before 12 noon. Because ALL our programs check-out on Fridays, we have to be very strategic about when the gate to the property is opened. There are also closing activities and a ceremony that your camper won't want to miss. **(If you have both a Resident and Day Camper and need to pick-up early, you'll need to pick-up both at 12:00 pm.)**

If you have both a Day and Resident Camper, please pick-up your Resident Camp first and return to sign-out your day camper after the Resident Camp closing ceremony ends.

### **Lost & Found:**

Lost and found is located outside our Welcome Center on the back left. If a camper misplaces an item during the week, the counselors will help them look for it. At pick-up if your child realizes they're missing something, they can check with their counselor or at our main lost and found location by the Welcome Center. If you have to leave without something that's significant to you, please email us that weekend. With over 170 campers each week we don't have storage for forgotten belongings for long. Items that aren't identified/claimed after your week ends are typically donated to a second hand store by the Tuesday after.

**Camp Store:** You may recall seeing a section during registration that allowed you to add a camp store deposit for your child. With those funds campers can (1) purchase a snack/treat during canteen each day and/or (2) purchase merchandise from our camp store. You can add or top-off your camper's wallet anytime from your household account...

- Login to your registration account: <https://campcanaan.campbrainregistration.com>
- Click **View Details** under your Summer 2024 registration.
- Look for the **Camp Store** heading on the bottom right hand corner of the screen. Click the button that says **Add Deposit**. There you can see the current funds in the wallet and add more.

We do not accept cash for Camp Store deposits unfortunately; please add funds to your camper's account prior to arrival or in the evening for the next day. If you would like a refund for unused funds at the end of their time at camp, please send an email to [info@campcanaan.org](mailto:info@campcanaan.org). Credits will be processed back to the originating card.

### **Meals/ Food Allergies:**

We partner with a third party caterer to provide meals for our resident camps. We have set menus for the summer. They can accommodate gluten, dairy, and peanut allergies. If your child has a food allergy and you'd like to speak with us to discuss options and view the menu, please email us at [hospitality@campcanaan.org](mailto:hospitality@campcanaan.org).

### **Resident Camp Packing List:**

Resident Campers will need the following items for their week stay with us; Check-out this short packing list video made by our Resident Camp Director, Beth Dalton, to know what to pack for your Resident Camper. A summary is below.

<https://www.youtube.com/watch?v=ZKpGJelPwSQ>

- Luggage/Suitcase
- 2 Reusable water bottles (w/camper's name on them!!)
- Pillow & Sleeping Bag or Twin Sheets, Blanket and Pillow
- Laundry bag for dirty clothes (trash bag)
- Toiletries:(Body/face soap, conditioner/shampoo, toothbrush, toothpaste, deodorant)
- Bug Spray and Sunscreen

- Rain jacket and a jacket or sweatshirt
- 6 pairs of shorts, 6 shirts, socks and underwear for 8 days
- 1-2 Swim suits (it's nice to have a dry one)
- Paintball registrants: bring a pair of jeans and long sleeve t-shirt
- Tennis shoes/sneakers must be worn every day (required)
- Flip-flops (recommended for showers) (Crocs - only as pool shoes)
- River shoes (closed-toe for kayaking with heel strap)
- Towels: bath towel and 2 pool towels
- Flashlight or headlamp w/ batteries
- Bible/ journal/ book/ Pen or pencil

**Items that aren't allowed at Camp include:**

- No cell phones, electronics, smart watches, tablets, etc.
- No cameras, pocket knives, or weapons of any kind
- No cash, gum, energy drinks, toys, trading cards

**Additional Packing Notes:**

**Water Bottle:** the summer time is roasting hot and we make it a top priority to keep every camper hydrated throughout the day. Campers will need to have a labeled water bottle with them at all times; please send 2 bottles in case one gets dirty or misplaced.

**Clothing:** please make sure that your child wears appropriate clothing for outdoor summer weather: shorts, t-shirts, socks and tennis shoes. Closed-toed shoes and socks must be worn every day and are required to participate in activities. Happy feet equal happy campers; fashion shoes are cute but with lots of walking (dirt, gravel, sand), running and playing campers need shoes that provide protection and support. Blisters can greatly affect your child's experience. Breathable and quick drying clothing goes a long way. Hats are good protection from the sun too. Because of the nature of our activities, campers shouldn't wear short shorts or shirts that won't stay in place or provide protection (harnesses, sun, being active, etc.). Finally, Please examine your camper's selection of clothing and determine if it has offensive symbols/ language. If we decide that something worn or brought to the camp is not tasteful, we do require for it to be replaced with temporary clothing.

**Swimming:** pack swimming attire: 2 swimsuits, 2 pool towels, sunscreen and water shoes. Note: shoes for water activities should have heel straps (no flip flops) and be closed-toed to protect their feet.

**Care Package Policy:**

This policy helps ensure a better experience for families. We have heard many stories from parents who live down the road from us who mailed their care packages the week before camp only for it to show up on the last day of camp or not at all. We want to make sure your camper receives their care package!

If you're a returner, don't worry, nothing has changed. If you're new at Camp Canaan, please note that **we do not accept or allow mailed Care Packages.** The reason being that the Post Office, at times, can deliver things extremely late, sometimes even missing an entire week of camp. To avoid possible disappointment, we ask parents to bring the Care Packages with them and drop them off when they arrive on Sunday. In the Multi-Purpose Building, you'll see three bins labeled **Monday, Tuesday, and Wednesday.** Please place it in the bin for the day

you'd like a package delivered to your camper. **We do not deliver packages on Thursday or Friday.**

Don't have time to build a care package? Don't worry, we can help! If you'd like us to build a care package for you, simply click the following link: <https://campcanaan.square.site/shop/care-package/7>, select the Care Package you like and we'll deliver it to your camper's cabin. **In the Customer's Note section, please include your camper's name, session and any note you'd like me to include.** We have lots of new items this year spread out between our 5 Care Packages:

- **Plush Care Package** - Starting at \$20
- **Water Bottle Pinata Care Package** - \$30
- **2024 Blanket Burrito Care Package** - Starting at \$49
- **S'more Care Package** - \$34 (Our Most Popular Care Package & Supplies are Limited!)
- **Whole Kit & Caboodle Care Package** - Starting at \$115

If you have any questions, please feel free to give us a call at 803.327.6932 or email me at [robbie@campcanaan.org](mailto:robbie@campcanaan.org).

We will accept Canaan Care Package orders through the Wednesday your child is at camp. Care packages purchased while your camper is here on the island will be delivered the same day if purchased before 10 am. Purchases after 10 am will be delivered the following day. These packages are extremely popular! Supplies are limited so we encourage you to purchase ASAP.

### **Sample Schedule:**

Below is a sample schedule for all our resident camp programs. Please note this schedule is to provide you an overview of a typical day; it does not depict every transition, activity, snack, break, etc. and may be changed based on weather or other factors as needed.

7:00	Wake-up
7:45-8:15	Breakfast
8:30-9:15	(Morning Madness- skits, games, songs)
9:30-11:30	First Activity Block
11:30-12:30	Pool/Lake
12:45-1:20	Lunch Time
1:20-2:15	Cabin Cleanup Competition
2:15-3:00	Canteen
3:00-5:00	Second Activity Block
5:00-6:00	Free Time
6:00-6:45	Dinner
6:45-7:30	Speaker
7:30-8:00	IOT (Bible Lesson)
8:00-9:30	Night Activity
9:30-10:30	Shower and Bed

(Co-ed & All Girls) Adventure electives: our staff will help assign adventure electives to campers. During their stay, campers will have time for three to four adventure electives. Those electives will include High Adventure Course, Zipline Canopy Tour (9 zips—75 lb minimum),

Giant Swing, Leap of Faith, Climbing Tower, and Kayaking on the River. (Add-ons: if registered for--Paintball, Rock climbing at Crowders, and Wakeboard/WakeSurf)

(Co-ed & All Girls) Sport/Free time electives will be chosen by them; these include things like: fishing, sharp shooting, crafts, sports at the basketball court, archery, archery tag, disc golf, paddle boarding and/or kayaking in Lake Canaan, and field games.

(Journey Resident) Adventure and sport electives: as a disclaimer, there won't be time for your camper to do every adventure elective we have at Camp, but we'll do our best to get them into their top choice(s). Journey Resident includes elective options such as the Climbing Tower, Single-zip, Leap of Faith, Kayaking on Lake Canaan, Giant Swing, SprayGrounds, Safe Archery, Field Games, Arts & Crafts, Scavenger Hunts, Slip and Slide, and swimming in the Pool and Lake.

(Legacy Camp): Legacy campers will have a similar schedule to resident camp, but are in a different program entirely. They will share the same meals and evening speakers with regular Resident Camp. However, their activity blocks will be separate and they'll only be in program with their fellow Legacy campers. They will also have a full day at Lake Wylie on Thursdays, which is solely for their program. Our goal is to help them feel like they are gaining more independence and getting some special "privileges" that regular resident campers don't.

### **Bunkmate Requests:**

In our opinion, one of the best things about summer camp is the opportunity to meet and make new friends. We have three camper cabins and therefore have to pre-assign children to cabins. It's our intention to create an environment that's inclusive and for all campers to feel comfortable and welcomed among their roommates.

We do accept bunkmate requests, but the purpose is to be able to know 1 or 2 people in your room who can act as a safety net as you meet new people. We want to foster an inclusive community, not cliques. **Please remember bunkmate assignments are only for bedtime, not for activities.** Bunkmate request limitations include:

- Maximum group request size of 3 children; that means a camper may be paired with up to 2 friends, creating the maximum room request of 3 people.
- Based on the number of beds and requests, we may be only able to pair you with one of your listed friends.
- Boys and girls are always assigned to separate cabins.
- Campers will be placed in rooms based on the gender that they were assigned at birth.
- **Legacy Camp:** has 1 bunk room per/gender so there's no need to submit a request for those campers.

To make a bunkmate request, click the electronic link below. **All requests must be made before 5 pm on the Wednesday prior to the session you're requesting the assignment for.**

<https://www.cognitofirms.com/CampCanaan1/CampCanaansBunkmateRequestForm2024>

### **Additional Cabin Assignment Notes:**

Along with gender and bunkmate requests, we also consider age as we are assigning cabins.



Journey Resident campers will be with kids who are 8-9 years old. On All Girls and Co-ed weeks, kids are grouped by similar age (10-11 yr olds and 12-13 yr olds) (as possible with bunkmate requests). Legacy campers are 14-15 yr olds. **Legacy camp has 1 bunk room per/gender so there's no need to submit bunkmate requests for them.**

On weeks where we have both boys and girls, there are 3 bunk rooms per gender. On All Girls week there are 5 bunk rooms for all the campers.

At check-in your camper will receive their room assignment and be directed on where to go.