

Camp Mitchell 2017

GENERAL INFORMATION

Please note: A copy of a recent physical and the front and back of your insurance card is required prior to or on the day of registration. Medical insurance is provided and covers the campers at the Camp Mitchell Summer Camps. The coverage does *not* include treatment of a pre-existing wounds or ailments. Camp insurance is secondary to Medicare and other insurance.

Arrival and Pick-Up Times

- **Arrival:** Camp begins on Sunday between 2:00-4:00pm. The staff will be busy preparing for camp prior to registration—no early admittance will be allowed.
- **Pick-up:** Campers should be picked up Friday at 11:00am. Families are welcome to join the Closing Serving which begins at 10:00am on Friday morning

In Case of Emergencies

- **In case of a family emergency,** please contact Jenny Knight (501) 772-1281 (Summer Staff Coordinator) or Camp Mitchell Staff at Camp Mitchell (501) 727-5451. Please leave a message if no one answers, you will be called back ASAP.
- **In the case of an emergency with your child,** you will be notified promptly.

Cell Phones

- **No cell phones are permitted.** If your child has a cell phone, please leave it at home. There will be a collection for all camper cell phones as you go through registration. They will be kept in a lock box in the Director's office for the week to insure it does not get stolen and the camp community is not disrupted. Breaking this rule is considered a serious offense to the camp community.
- **No phone calls or visits will be permitted during camp sessions** as it interrupts the schedule and often has a detrimental effect on the camper's morale. If you are concerned about homesickness or want to know encouraging ways to communicate with your child at camp, please continue reading the following sections.

Sending Mail to Campers

Mail is very important to campers, especially those away from home for the first time. We highly encourage you to send snail mail throughout the week asking your child about his or her experience at camp. Since camp sessions are short and there is usually a 2-day delivery, you might want to mail a letter before your child's session, leave a letter on the day of registration, or even fax a letter to (501) 727-5761. Mail delivery is usually around noon, Monday-Saturday. Keep letters upbeat and informative, rather than telling your child how much you miss them, this can very easily bring their morale down. Please do not send food or candy. Camp Mitchell is located in the woods and food left in the cabins attracts unwanted visitors into the cabins; if sent, these items will be kept in the office and returned to the campers before he or she leaves camp. Don't worry, your camper will be amply fed—three meals and three snacks are provided each day during camp!

Please address mail as follows:

Your Camper's Name

Camp Mitchell

Session Your Child is Attending

#10 Camp Mitchell Road

Morrilton, AR 72110

Homesickness

Homesick letters, particularly from first time or young campers, are expected and completely normal. More likely than not, your child wrote the letter in the down time of the day (rest time or bed time) when they aren't involved in constant activity. During these times, they realize Mom and Dad are not there and they get upset. Also, if they have had a full day at camp, they are probably extremely tired and might have a difficult time processing their emotions.

Campers of all ages will sometimes exaggerate to you about how they feel about camp. They will know which buttons to push and which signal phrases to use because they know you. Together, our goals as a camp and parents, are to teach our campers important lesson not only in a Christian sense but also in a life sense. We want them to adjust to different situations well, to learn how to make new friends, and adapt to new situations. When you pick up your child on Friday, hopefully they will have grown into a stronger individual who has learned how to deal with obstacles. You will only hear about how much fun camp was and hopefully what they learned in Christian Education that week.

It can be scary to get a homesick letter from your child. But do not worry, our staff is trained and capable of learning how to talk with your child to understand difficult emotions. Our staff can help your child find what they like about camp and what activities they are good at and enjoy. In our daily staff meeting, we bring up camper concerns (usually homesick concerns). With the entire staff knowing, we can watch out for those campers and look for ways to involve them.

If you feel it necessary, please call Jenny Knight, Summer Staff Coordinator (501) 772-1281, to discuss what your child is doing at camp and how they are coping with the new environment.

Remember, writing letters to your child about how much you miss them will most likely increase their homesickness. Instead, try talking about the fun things you imagine they are doing at camp. Give them goals for the day or week, like make a new friend, go down the water slide, etc. Let them know you are proud of them for being brave at camp. It will be Friday before you both know it! In the meantime, thank you for entrusting us with your child! We are doing everything we can to keep your child happy and healthy.

What to Bring to Camp

sturdy tennis shoes
rain gear
sweater/jacket
long pants
t-shirts and shorts (5 days)
underwear and socks
appropriate swimwear
bath towels/wash cloths/beach towels
laundry bag
sunscreen and bug spray
flashlight

pajamas
twin bed sheets/sleeping bag/pillow
stamps/envelopes/letter-writing paper
games (card games, books—no electronics!)
deodorant/hygiene supplies
hair brush
toothpaste/toothbrush
soap/shampoo
water bottle
camera
Medications*

***Medications**

Please do not pack any medications in your suitcase or bag. Instead, seal them with the camper's name and dosage instruction in a gallon size ziploc bag and have them with you at registration. The medical staff will need to check-in with your child about his or her medications. This includes any over-the-counter medications as well. Please note, our Medical Center is fully stocked with pain relievers, stomach medicine, allergy medicine, bug bite relief, etc.

What NOT to Bring to Camp

electronic games
cell phones
pets
knives/fireworks/firearms
alcoholic beverages

iPod/MP3 players
skateboards/bikes
food/drink
tobacco products
illegal drugs

Directions to Camp Mitchell

From I-40: take Exit #108 for Arkansas Highway 9 in Morrilton. Turn left (south) on Highway 9 and go approximately 8 miles to Highway 154 (gas station on corner). Turn right (west) onto Highway 154 and travel approximately 7.5 to the top of Petit Jean Mountain. Continue on 154 west, the Camp Mitchell entrance is on the left.

From Highway 10: Travel west on Highway 10 past Perryville and Perry. Turn left (west) onto Highway 154 and travel approximately 7.5 to the top of Petit Jean Mountain. Continue on 154 west, the Camp Mitchell entrance is on the left.

I look forward to seeing you this summer. Please feel free to email me with any questions you may have regarding summer camp registration at programdirector@campmitchell.org.

Sincerely,

Jenny Knight
Summer Staff Coordinator/Program Director
Camp Mitchell