



## FORTUNE LAKE LUTHERAN CAMP

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## 2020 YOUTH CAMPER/ PARENT GUIDE

Welcome CAMPERS AND FAMILIES! We are excited that you will be joining us this summer at Fortune Lake Lutheran Camp! We are eager for you to arrive and are busy preparing to make your time here a fun, faith-filled and memorable experience. We are committed to providing a safe experience, filled with faith, hope, and love for each camper. This informational guide is your best resource in preparing you and your camper for camp at Fortune Lake Lutheran Camp. Included you will find information about:

- Arrival and Departure Times
- Camp Registration Fee
- Cancellation Policy
- Health & Medical Info
- Homesickness
- Connecting with your Camper
- Cell Phone Policy
- Special Program Elements
- Camp Store Information
- Miscellaneous Information
- Packing List

Please review this camp guide and save it for future reference. If you have any additional question that are not answered here, please contact Mary Ryan at officemanager@fortunelake.org. We are happy to help!

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### CAMP ARRIVAL

Camp Check-in is **3:00-4:30 pm (Central Time) at the Chapel on Sunday\* afternoon** (\*for On-Site Day Camp, see below). Please do not arrive earlier, as we are not able to receive, register or be responsible for campers before 3:00 pm (CT). If you will NOT be able arrive on time for check-in, please make alternative arrangements with the camp office in advance. Directions to camp can be found online at fortunelake.org. When you arrive, staff will greet you, guide you to parking, and give you further instruction on checking in your campers.

### CAMP DEPARTURE

Families picking campers up are invited to join us for our Closing Worship Service on **Friday\* beginning at 10:30 am** (CT) in the Chapel (\*for Mini Camp, Mighty Ones, and On-Site Day Camp, see below). Families are encouraged to come and learn about what has happened at camp and participate in the all-camp Worship (about 45 minutes in length). A free-will offering will be collected. All campers must be **signed out from their cabin leaders for departure no later than 11:30 am**, and will be released only to the persons authorized on their registration or Camper Health History Form, or pre-arranged with the office. The Canteen will be open to purchase souvenirs, snacks and beverages until approximately 12 noon. No meal will be served following Closing Chapel.

***\*Mini Camp Programs ending 7/15 and 7/22 – Closing celebration begins Wednesday at 6 pm (about 15 minutes in length), Sign-out and Departure by 6:30 pm***

***\*Mighty Ones Program ending 7/28 – Closing celebration begins Tuesday at 6 pm (about 15 minutes in length), Sign-out and Departure by 6:30 pm***

***\*ON-SITE DAY CAMP Program check-in is at 9:00 am daily (Monday to Thursday) outside of the Dining Hall; Check-out Monday to Wednesday is at 5:00 pm daily outside of the Dining Hall; Check-out on Thursday includes closing celebration at the Chapel starting at 4:45; families welcome!***

**Early departures** or time away from Camp for secondary obligations must be cleared through the Camp Office in advance. Campers participating in off-site events must signed in and out with a Camp Staff member by persons authorized on the Camper Health History Form. **No camper will be permitted to leave Camp without written parental/guardian permission on record.**

### CAMP REGISTRATION FEE

A **non-refundable deposit** is required at the time of registration.

**Discounts** taken on your registration will be audited for accuracy and eligibility (see website for full details and eligibility); discounts are voided if account is not paid in full by the June 1<sup>st</sup> due date.

If you anticipate a **Church scholarship** and have not yet sent the signed form to FLLC, please get it approved by your Church office and send a signed copy to FLLC as soon as possible. You are responsible for ensuring that this payment is submitted by the due date to reserve your camper's space. If the scholarship will not be submitted to Camp by June 1<sup>st</sup>,

you are responsible for paying the full registration fee on time, and seeking reimbursement of the scholarship amount directly from your Church.

**Your final registration balance is due by June 1<sup>st</sup> (or at time of registration if registering **AFTER June 1<sup>st</sup>**).** Contact the Camp Office with any questions.

### **CANCELLATION POLICY**

Please contact FLLC if a scheduling conflict arises with your camp session. We will work within our means to switch your session to accommodate your schedule. A camper's deposit and payment can be transferred to attend another camp session but are non-transferrable to another camper.

In the event you need to cancel your session at FLLC, please contact us immediately. A refund based on payments received less the deposit will be granted. If cancellation occurs less than 2 weeks before the camping session, no refund will be granted. Your deposit is non-refundable except for the following reasons:

1. A medical condition or death in the family prevents the camper from participating in the program. A written excuse from the camper's physician may be requested.
2. FLLC cancels the camp session and cannot find a suitable alternative. A full refund will be issued based on payments received.

We will not pro-rate fees for late arrival or for attending partial weeks. Departure from the camp program due to homesickness or dismissal for behavior problems is non-refundable.

### **HEALTH AND MEDICAL INFORMATION**

#### **Health History Form**

To complete your registration for Camp, the Youth Health History/Release Form must either be completed with online registration, or downloaded from the website, completed with all required information, and returned to the Camp Office with your registration. Sharing detailed medical and/or personal information with us about your camper will help our staff provide quality care and is required by the State of Michigan. All information provided will be shared on a *need to know* basis with appropriate staff and held in strict confidence. If medical or health information changes prior to the start date of the session, please contact the office for instructions.

#### **Medical Services**

FLLC has a Health Officer trained staff member on-site and in Vagland at all times for health needs and medication distribution. Routine First Aid will be provided by the Health Officer or Vagland Coordinator, or a camp staff member certified in First Aid/CPR as needed. Camp will be in immediate contact with you should there be a serious medical concern, illness, or incident. If medical problems occur, FLLC uses the local clinic and hospital in Iron River to treat medical conditions or accidents. Medical expenses will be billed to you through these entities. FLLC does not carry medical coverage for campers.

#### **Medications**

All camper medications should be listed on the Camper Health History Form including name of medication, dosage, frequency, and method of administration. Our Health Officer and Vagland Coordinator collect ALL medication at camp check-in and they are available to discuss any health-related question that you may have regarding your camper's medication and health while in our care. ALL medications must be in the original labeled container; bring just enough for your camper's time at camp. Label containers clearly with name of camper. Medications will be dispensed as indicated on the bottle unless documentation is provided by the prescribing physician.

We stock standard over the counter (OTC) medications for cold symptoms, minor aches and pains, etc. Do not pack these medications unless your child uses OTC medications DAILY.

#### **Food Allergies and Special Medical Needs**

Campers are fed well-balanced meals. Our food service staff are familiar with dietary needs. If your child has a food allergy or needs special accommodations, please list those needs on their Health History Form. In addition, please contact the Camp Director at least two weeks before your child's week of camp to discuss their particular needs. If you have questions about our ability to work with your child's need, please don't hesitate to contact us. Please note that while campers may arrange to bring special supplemental food items with them, no food is allowed in camper cabins during the week. All food items will be stored in our kitchens and pantries under the guidance of staff.

#### **Parent Notification of Health Treatment**

**Parents/guardians will be notified** of health treatment for a camper via a phone call from the Camp Director or Health Officer/Vagland Coordinator under the following situations: when a camper is vomiting or has diarrhea lasting more than 24 hours, a camper has a severely sprained limb or broken limb requiring advanced medical care, a camper has been removed from programming for 4 hours due to headache, fever, etc., anytime we suspect a communicable disease

requiring medical treatment, or any emergency situation where an ambulance is called. **We will NOT notify** parents/guardians for minor cuts or wounds requiring simple cleaning, minor bruises requiring ice and rest, a headache, vomiting or diarrhea lasting less than 24 hours unless combined with other symptoms.

## **HOMESICKNESS**

Homesickness is a very normal and often temporary response to being away from home. Proper preparation and preventative measures can start long before your camper's arrival at camp. With sensitive handling by you and trained camp staff, most homesickness can be prevented or overcome, leading your camper to feelings of independence, pride, and self-assurance. Talk with your child before they leave for camp to help ease the transition. Speak of how exciting camp will be, new friends they might make and how proud you are that they are willing to try something new. Further, let your child know that if they are feeling sad, afraid, or lonely, there is always someone at camp they can talk to, whether it is their cabin leader, Health Officer, or even the Camp Director. Please see the Fortune Lake website for more tips!

Please do NOT tell your child they can call home or can be picked up early. These statements can often make homesickness worse and can prevent campers from fully investing in the camp experience. We agree to contact you in the case that your child is experiencing a more difficult than average adjustment to camp. We will call you to inform you and ask for your input. Our staff is trained in handling these situations. We know that campers are most likely to feel a longing for home during mealtimes and just before bed. We find it much more successful to work with your child to acknowledge that their feelings are normal and to provide support for them as they participate in the Christian community at FLLC.

## **CONNECTING WITH YOUR CAMPER**

### **Phone Contact**

Campers are not able to call home during the week. Parents/guardians may contact the camp, if necessary, by calling the camp office. If you have an emergency that requires you to speak with camp staff or share information with your camper, please call the camp office. Normal business hours are between the hours of 8 am – 4 pm. In the event no one answers, please leave a message and we will return your call as soon as we are able.

In the unlikely event of a camp-wide emergency or severe weather disturbance at camp, a representative of FLLC will contact you as soon as possible.

You can maintain non-emergency communication with your child by a letter. At camp, youth have a quiet time set aside each day where they have the opportunity to rest, read, or write letters home. You can encourage your child to write letters and share their daily experiences with you. Campers can mail letters or postcards out from camp, so feel free to send pre-addressed, stamped envelopes along to encourage their letter writing home to you, family, and friends.

### **Mail**

There is nothing better than a letter from home when you are away at camp. Please make sure your camper's mail will arrive by Wednesday if your camper is attending a full week of camp. Due to the rural nature of our mail service, we strongly discourage the mailing of packages to camp. FLLC does not accept emails for campers.

## **CELL PHONE POLICY**

Campers are NOT allowed to bring cell phones to camp. We understand that cell phones provide parents and children with security and comfort of unimpeded contact anytime, anywhere. We take the safety and well-being of our campers—your children—very seriously. Cell phones are expensive and can get lost, stolen, or broken. Cell phones also serve as a distraction to campers. The success of your child's camp experience is largely built on the fact that individuals come to camp, away from the demands and distractions of the outside world, to build intentional Christian community. The use of cell phone and text feature is a distraction and often campers do not focus their energy and attention on building community. When found, camp staff will remove cell phones and other tech devices for the remainder of the camp session. These items will be returned at the close of the session.

The groundwork for building the camp community begins at home. Talking with your child before they leave for camp will help to ease the transition away from cell phones and other electronics. Let your child know that if they are feeling sad, afraid, or lonely, there is always someone they can talk to at camp, whether that is their cabin leader, the Health Officer, or the Camp Director. Remember, you can maintain non-emergency communication with your child using cards and letters!

## **SPECIAL PROGRAM ELEMENTS FOR OLDER YOUTH CAMPERS**

All camp programs and activities are designed to enhance the camper experience. Some of our programs involve giving campers an opportunity to step outside of their comfort zone. It is important for parents/guardians to be aware of certain special adventure activities included with some of our programs for older youth.

### **Tube Trips**

Vagabond, Venturer, High School programs, and LIT participants may participate in tube trips on a river near camp. Each camper is taught basic rules and is outfitted properly with a life vest. Campers are required to wear old tennis shoes, water shoes, or sandals with backs on them. Campers are accompanied by trained lifeguards who are familiar with the river. On all trips a staff member carries a first aid kit as well as a cell phone to ensure contact with appropriate authorities in the event of an emergency.

### **Canoe Trips**

Venturer and LIT participants may participate in canoe trips on Fortune Lake. Prior to each trip, campers are taught basic canoe skills. Each camper is outfitted properly with a life vest and paddle. Campers are accompanied by trained lifeguards who are familiar with the lake, as well as a cabin leader. On all trips a staff member carries a first aid kit as well as a cell phone to ensure contact with appropriate authorities in the event of an emergency.

### **Overnight Camp Out**

Venturers may participate in one overnight camp out during their week at camp. These camp outs occur on-site at FLLC, and all cabin groups carry a first aid kit as well as a cell phone to ensure contact with camp in the event of an emergency. For High School and LIT programs, campers might camp at a canoe-in site on the shores of Fortune Lake. All sites have emergency access by roadway, and an emergency vehicle from camp would be in place during their time at the site. Campers are accompanied on the lake by trained lifeguards who are familiar with the lake. On all trips a staff member carries a first aid kit as well as a cell phone to ensure contact with appropriate authorities in the event of an emergency.

### **Service Trips**

Some campers may participate in local service learning to practice leadership and discipleship skills. Examples of possible service experiences include service at a local food shelter or clothing distribution site, leading an activity with the elderly at a nursing home, helping to paint a house for a disabled adult, or doing garden work for a local congregation. For these experiences, campers are transported to and from camp in camp vehicles. Campers are accompanied by staff members. On all trips a staff member carries a first aid kit as well as a cell phone to ensure contact with appropriate authorities in the event of an emergency.

### **CAMP STORE (CANTEEN) INFORMATION**

All campers put their funds into a Camp Store/Canteen account and a record of purchases is kept. The Camp Store is open normally once each day and will include Camp clothing, souvenir items and snacks. Campers are limited in the amount of consumable items purchased each day. The recommended spending allowance is \$20-\$25 per camper. Balances remaining on your child's Camp Store/Canteen account at the end of the week will be returned to the camper in cash, along with the record of purchases.

### **MISCELLANEOUS INFORMATION**

#### **Pets**

Except for pre-approved service animals, guests are not to bring pets onto camp facilities. If your pet must accompany you to camper drop-off or pick-up, plan ahead in order to walk them PRIOR to arriving at camp, and leave them in your vehicle while on site. Please be respectful of camp grounds, and others who may have allergies or aversion to pets.

#### **Alcohol & Drugs**

All camp facilities have been declared alcohol, tobacco, and drug free environments for our guests during summer programming. Any camper possessing or using tobacco products, alcohol, or drugs will be subject to immediate dismissal from Camp with no refund.

#### **Lost & Found**

Please make sure that all of your camper's personal items are clearly marked with their name, and double-check that you have everything prior to departure after check-out. We retain a lost & found bin until September 1; after that time unclaimed items will be donated. Camp staff are **not responsible for locating and returning items left behind.**

#### **Tips & Gratuities**

The services we provide are part of our ministry. Please do not offer tips or gratuities to our staff. As an alternative, consider a donation to FLLC in honor of a staff member.

### **JOIN US ONLINE**

Check out our website for current news and information regarding camp programs during the summer and retreat season. Follow us on Instagram & Facebook, where we post pictures of camp, inspiration, and a variety of information as we are able.

## PACKING LIST

- Bible
- Money for the Camp Store
- Notebook & pen/pencil
- Campers in Cabins/Duplexes/Tree Houses: Sleeping bag (and/or fitted twin sheets) & Pillow
- Towels (Bath, Washcloth and Beach)
- Flashlight & extra batteries
- Personal Toiletry items
- Warm & cool weather clothes
- Tennis shoes
- Pajamas
- Jacket
- Rain gear
- Underwear and socks for each day
- Swimsuit
- Water bottle (labeled with name)
- Old Tennis shoes/water shoes (or sandals with backs) **(FOR CAMPERS COMPLETED 5<sup>th</sup> GRADE AND OLDER)**
- Sunscreen
- Insect Repellent
- Camera (NOT cell phone)
- White shirt for tie dying (shirts are also for sale in canteen)
- Vagabonds and Night Owls should bring a backpack or bag to carry items for time away from site
- Any prescription medicine that will be needed during time at Camp. **PRESCRIPTIONS MUST be in original container** & will be turned in to Health Officer/Vagland Coordinator at check-in. Bring just enough for your time at camp.

### **DO NOT BRING:**

**Any item on this list brought to Camp will be taken away and stored until after Camp ends. Any camper possessing or using tobacco products, alcohol, drugs or weapons will be subject to immediate dismissal from Camp with no refund. The camper's family will be responsible for providing or arranging transportation home. Please check your Camper's belongings and remove any questionable items.**

- Cell phones (see Cell Phone Policy)
- Personal electronic devices - MP3 players, iPods, computers, e-readers, etc
- Fireworks
- Weapons, including pocket knives
- Soda or snack foods
- Pets
- Extremely valuable items
- Tobacco products, drugs or alcohol

***Fortune Lake Lutheran Camp is not liable for the damage, loss, or the return of any personal property. Be sure you have everything with you before departure.***