

# SEEDS

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*Our neighbors endure a lot of traffic on Sundays and Fridays. Please be courteous by keeping your speed to 10mph.*



## PACKING LIST

*\* make sure camper's name is clearly printed on all items*

- bible, pen and notebook
- sleeping bag/bedding (twin) & pillow
- clothes for the forecasted weather (& pants for bugs)
- more than one pair of shoes/sandals
- swimsuit & towel
- water bottle
- sunscreen
- bug repellent
- toothbrush, toothpaste
- soap, shampoo, & towel
- Canteen/Shoppo money (\$20-\$25 is recommended) More can be added online at lakewapo.org
- Optional:** musical instrument that you play or are learning to play. (guitar, ukulele, harmonica, etc.)
- Optional:** rain gear
- Optional:** hearing protection headphones if your child is sensitive to loud noises

In striving to create a positive environment for all members of our camp community, staff and campers should bring clothes that are appropriate for active camp activities. Staff and campers should avoid bringing clothes that exhibit offensive, inappropriate, or discriminatory messages or images. Clothing and swimwear must allow staff and campers a full range of motion—sitting, bending, reaching, running, rescuing etc. without requiring perpetual readjustment. The individual should feel comfortable, and clothing should not pose a distraction to the wearer during camp activities.

## PLEASE DON'T BRING TO CAMP:

- cell phones
- headphones/earbuds/gaming systems
- lighters/matches
- weapons/knives/fireworks
- non-prescription medications
- illegal drugs or alcohol
- personal sports equipment
- animals
- items containing nuts or peanuts

“Not Allowed” items will be held by staff and returned at the end of the week. We reserve the right to search personal belongings, with the camper present, if we believe items not allowed have been brought to camp. Illegal drugs, tobacco, alcohol, knives, firearms, fireworks or anything that might be perceived as a weapon are not tolerated at camp. The camp staff may require any person found with these items to leave camp. Parents are responsible for coming to get any child being sent home with no compensation or refund.

# INFORMATION FOR PARENTS/GUARDIANS

## Getting Ready for Camp

Getting ready for camp goes beyond making sure the sleeping bag, bug spray and flashlight is packed. Part of getting ready for camp is having conversations with your camper. We know this might be one of the first times the camper is away from home without a parent or other close relative. We also know that homesickness is a reality for most, if not all campers, to some degree or another.

Our staff is trained in ways to help walk with campers who are experiencing homesickness and our goal is to make sure all campers have a great time at camp. We deal with homesickness as a team sport. The team for each camper consists of the campers, counselor, program staff, the camper's parent/guardian, and other campers. When needed, our staff will give the parents/guardians a call to see if they have any suggestions on dealing with a homesick camper, we do strive to not have the camper talk to parents as we know this often exasperates the feelings of homesickness. Before your camper is dropped off, please think about having a conversation with them about how they can cope with the feelings of homesickness. You know your camper the best and will also know the best way to answer any questions or address any uneasiness they might have about camp.

Besides homesickness our camp staff will communicate with the parents/guardians when necessary. Camp staff will call parents when a severe injury, illness or incident occurs, including but not limited to concussions/head injuries, high fevers, when professional medical treatment is needed, etc.

Our priority is to do everything we can to ensure that your child/children will have the safest, most fun, and faith-filled experience possible while at camp.

We are an American Camping Association accredited camp and we work closely with our local and state authorities to provide the safest environment possible for our guests.

## Blog & Bunk1

We offer a daily blog for parents and families to see what is happening at camp throughout the session at [lakewapo.org/blog](http://lakewapo.org/blog). Our staff updates the blog daily, so check often for a glimpse into all the FUN that is happening at camp. Pictures are uploaded to Bunk1. Bunk1 can be accessed from your account at [lakewapo.org](http://lakewapo.org)

## Illness or Accident

Our healthcare staff are on duty 24 hours a day. Records of medications, and their distribution along with treatment are logged by the health care staff. If there is an emergency or illness, parents will be contacted by camp staff. When necessary, the Amery hospital and clinic is located less than 5 miles from camp.

## Health & Wellness

Our highest priority is always to ensure a safe and healthy environment for our campers and staff. We have created protocols, in accordance with the best practices and guidelines from the CDC, ACA, local health authorities, and other medical professionals. We will remain in step with best practices and adjust our protocols as necessary. Our protocols contain many layers, which we feel will help provide safe spaces, and still allow for fun and faith formation to take place at our camps.

## Severe Weather

We have designated storm shelters for all our guests and protocols in place if severe weather occurs. Weather conditions are carefully monitored. We will notify parents when appropriate via email, phone and/or Facebook. Please don't call camp during a storm, we need to keep our phone lines open in case of an emergency. If you have any questions, please don't hesitate to call 715-268-8434 or email us at [campwapo@campwapo.org](mailto:campwapo@campwapo.org)

## Lost and Found

We collect LOTS of lost and found items at camp. Please make sure to label all items with your camper's name. (We do our best to label items they buy from the store, as well). Lost and found items are kept at camp until September 1st when they are donated to a local charity. Please call the office at 715.268.8434 as soon as possible so we can be on the lookout for any lost items.

## Camp Store, Canteen & Store Card

The camp store is stocked with souvenirs, Wapo gear, clothes, postcards, etc. The canteen has a wide variety of snacks, candy, ice cream, slushies, beverages, etc. Both are open daily during the camp session. [Click here for a sample price list.](#)

All purchases are made using the camper's store card (wristband). No cash purchases can be made during a camp session. Funds can be monitored and added online at lakewapo.org, login to "my account", click "registrations", then click "store card". The camp store will be open after the closing program.

## First Aid and Medications

The State of Wisconsin and ACA require that we collect and manage all medications when campers are present at camp. Medications can only be distributed under specific directions.

A completed health form must be submitted to the camp at least 2 weeks prior to arrival. This form will be available to you 35 days prior to arrival.

- **Provide only enough of each medication to last the entire time the attendee will be at camp.** (ie bring just enough for the weekend)
- All medications must be turned into the Camp Health Supervisor during check-in.
- Prescription Medications **MUST** be in the original pharmacy labeled container or the original manufacturer's container.
- Prescription medications **MUST** have the attendee's name on the package or bottle.
- Any doctor's office samples **MUST** be accompanied by a signed physician prescription.
- Our Health Center provides most basic over the counter medications. Please do not send these to camp.
- If your attendee takes a daily over the counter (OTC) medication (Zyrtec, Melatonin, etc.), please send medication in original packaging with dosing instructions.

## Buddy/Cabinmates

Campers can request up to 2 cabin buddies for their stay at camp. We do our best to bunk your camper with at least one of those buddies. We strive to assign campers to cabins by church and similar grade level. You can review or add buddies by logging into your account at lakewapo.org. We start the housing process at least a week ahead of time so please request buddies as soon as possible.

## Registration Balance

Being paid in full prior to arrival at camp makes check-in go faster. Please be paid in full 2 weeks prior to camp. Payments can be made online at lakewapo.org

It is our policy that no one be denied the opportunity to come to camp because of their financial situation. We can provide partial and full scholarships to all who need them. Please submit your request in writing to [campwapo@campwapo.org](mailto:campwapo@campwapo.org)

## Check-in & Check-out

Check-in is the first thing to do when you get to camp. Staff will do the required health screening, collect all medications, and store card money. Please bring all meds and money to check-in with you.

After check-in you can grab all your belongings and move into your cabin. Your counselors will be outside your cabin to greet you.

**Late check-in** is available from 6:30pm – 8:30pm on arrival day and 8:00am – 10:00am the following morning. \*\*\*Please call the office at 715.268.8434 or email [nataliep@campwapo.org](mailto:nataliep@campwapo.org) if you need to request a late arrival.

**Friday/Arrival day** 3pm-4:30pm Check-in (Sorry! We are not able to accommodate early check-ins.)

**Sunday/Pick-up day** 12:00pm closing worship (All campers should be picked up by 1:15pm)

### Sample Camp Schedule

A typical Seeds session looks like this...spontaneous changes for weather and fun should be expected!

#### Friday

3:00pm	Camper Check-in
4:30	Camp Tour & Traditions
5:00	Supper
5:45	Bible Study
6:15	Seeds Showcase
7:15	All Camp Game
8:00	Campfire
9:00	Cabin Devos
9:15	Lights Out

#### Saturday

8:00am	Breakfast
8:45	Chapel
9:10	Bible Study
9:40	Arts & Crafts, Games, Camp Store
12:00pm	Lunch
12:45	Cabin Chill Time
1:30	Beach Bash
3:00	Game Rotations
5:00	Supper
5:45	Bible Study
6:15	Evening Activities
8:15	Campfire & S'mores
9:00	Cabin Devos
9:15	Lights Out

#### Sunday

8:00am	Breakfast
8:45	Cabin Clean Up
9:30	Chapel & Bible Study
11:00	Lunch
12:00	Closing Worship
12:30	Departure

### Mail & Care Packages

Campers love getting mail from parents and friends. We have a box at check-in for parents to drop off letters/packages. We have a box at check-in for parents to drop off letters/packages. Please do not send USPS mail to Seeds campers. It is too hard to ensure it will arrive at the right time. Mail, Packages and Bunk1 messages are delivered daily to campers.

### Bunk Notes & Photos

Through BUNK1 parents can purchase bundles to send messages to campers & buy photos. Here is how to access this feature:

1. Log in to your [registration account](#). Remember this login and password for step 4 below.
2. Click on "Parent Engagement" (see below)
3. Choose Photo Gallery or Bunk Notes
4. Log in to Bunk1 using the same login and password you just entered to get into your registration account.
5. Choose a bundle. Even if you choose the free version to just view photos, Bunk1 requires you to "check out" (you don't have to enter cc info for the free bundle).
6. View photos and send bunk notes!

# CAMP TRADITIONS



## Care for Self & Others

- Our first priority is to ensure the emotional and physical safety of our campers, guests and staff. If you, at any point, feel unsafe or uncomfortable, please share your concerns with your counselor, another staff member or church staff / adult leader as soon as possible. We want to help you – even if this means reporting something that has been done by a friend or other adult leader. All summer staff, year-round staff and visiting church staff will undergo a background screening and will be wearing lanyards that identify who they are.
- In order to provide a healthy environment, bullying and any other harassing behaviors will not be tolerated.
- Campers may not enter other cabins.
- We are God’s creation and believe it is important to take care of our bodies. We offer an alcohol free, smoke free (e-cig, & vapes, chewing tobacco, etc) and drug free environment. All forms of marijuana are illegal in the state of Wisconsin.
- Camp is weapon free. All guns, knives, explosives, and fireworks are prohibited.
- Camp reserves the right to hold inappropriate personal items of campers. Return of the item will, if appropriate, be made at the end of the camper’s stay; parental contact and authorization may be necessary for this return.
- Early release of campers who are minors will be possible only by written permission of the child’s custodial parent or guardian.

## Health & Wellness

- There are First Aid offices and staff at each of our sites. We comply with health and safety guidelines from ACA (American Camp Association) and MN and WI health departments. Our standing orders for operations are approved annually by a physician. Medical assessments are made and medications are collected and counted upon arrival and departure. Meds are distributed and logged upon distribution (at meals and before bed or as otherwise prescribed). Our first aid staff is available 24 hours a day. If your camper needs help from our first aid staff, each action will be documented, and parents will be contacted in the event of any serious illness or injury.
- A completed health form must be submitted to the camp 2 weeks prior to arrival at camp.
- All medications must be turned into the Camp Health Supervisor during registration.
- Every camper is expected to follow the entire camp schedule, unless excused by the Director, or as stated on Health history. If you are injured or do not feel well, report at once to your counselor.

## Activities, Facilities, & Travel

- Please respect and do not harm any property or anything that you find in nature. Please leave all animals alone.
- Specialized activities such as, but not limited to; waterfront, swimming, boating, canoeing, rock-climbing, and low ropes are only accessible when trained staff are present and leading the activity. No other access will be granted.
- Campers may be transported in vehicles designed for passengers only. Only camp vehicles will be used to transport campers, unless designated by the Director.