EST. 1909

CAMP LINCOLN

CAMP LAKE HUBERT

MINNESOTA, USA

2025 Parent Handbook

PLEASE DISCUSS WITH YOUR CAMPER PRIOR TO CAMP CHECKLIST:

- ☐ Page 6 Activity Expectations (Yours and Theirs)
- ☐ Page 3 Beverages, Candy, and Food
- ☐ Page 4 Birthdays at Camp
- ☐ Page 3 Camp Community
- ☐ Page 10 Cell Phones
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- ☐ Page 16 Packages
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If you have any questions about these or other camp policies, please contact us at 218-963-2339.

FORMS TO BE COMPLETED AND RETURNED TO CAMP:

ONLINE (CampInTouch)

- ☐ Address Verified via CampInTouch
- ☐ Cabinmate Request Form
- ☐ Camper Details Form
- ☐ Medical Form
- ☐ Travel Form

PAPER FORMS

- ☐ Parent Authorization Form
- ☐ Physician Form
- ☐ Immunizations

If applicable to your camper, these forms are available as downloads:

- ➢ Anaphylaxis Form
- ➢ MESH Form

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The Camp Mission

The mission of Camp Lincoln and Camp Lake Hubert is to provide a high-quality camping and recreational experience for children and adults by enhancing the mental, physical, social, and spiritual well-being of everyone.

The Camp Core Values

As a leadership team, we have identified five core values on which we have agreed to base actions, decisions, and expectations of camp and our internal relations. These values are not simply words we recite; we live by them. We continue to be leaders in the camp industry and believe that our success can be attributed to our "values in action." We hope to instill these values in campers and staff members alike.

Community – You learn the true meaning of community while at camp. You will feel connected with and gain respect for each person. The camp community is founded on accountability, caring/compassion, honesty, loyalty, and trust. We celebrate the uniqueness that everyone brings with them but also realize the similarities we have in needs.

Excellence – We strive for the best and encourage others to do the same. We have high standards and bring with us a great deal of commitment, expertise, and knowledge. Camp requires a positive attitude and a great deal of cooperation. Safety must be kept as our top priority.

Fun – We offer many activities that encourage each participant to enjoy their stay. A cheerful outlook and enthusiasm at camp helps to create an environment that yields lots of fun. Campfires, hanging out with friends (whether campers or staff members), skit nights, and special days bring with it, loads of laughter and smiles.

Personal Growth and Development – Camp is a place where one can continue to learn, no matter his/her age. We challenge each person as individuals and encourage healthy risk-taking. Please take time to reflect upon who you are as a person at your core while encouraging campers to do the same. We aim to build confidence and self-respect in every individual.

Quality Relationships – Friendships at camp are based on a deep sense of caring and honesty. Camp teaches each participant about being responsible for his/her actions. As a result, campers and staff members alike develop the most meaningful relationships that can last a lifetime.

CAMPINTOUCH

CampInTouch offers many benefits and features to our camper parents. The CampInTouch Online Account is the gateway to these enhancements, which include:

● Address Updates ● Invoice Access ● Online Forms ● Online Payments

You may access your CampInTouch Account by visiting our webpage and clicking on the "Parents Tab" at the top of the homepage. Once there, "Login" will be one of the options. The e-mail address given during registration is your login e-mail. If you are not sure which e-mail address you gave, please call the camp office, and we will assist you.

Bunk1

The camps have teamed up with Bunk1 to bring a special communication service to you and your camper(s). In addition to viewing online photos of daily life at camp, parents have the option to send Bunk Notes to their campers. More information about this new feature is on Page 9 and on the Bunk1 Flyer, downloadable from the "Forms and Documents" Section of your CampInTouch Account.

COMMUNITY

The Community of Camp

Camp offers a secure and welcoming community where campers can broaden their interests, express themselves, feel a sense of belonging, make new friends, and try new activities. Living closely together allows for an experience of team building, which promotes life skills in compromise, cooperation, and sharing. Campers gain the pride of being a supportive member of their cabin group.

Although they are a part of a cabin group, each camper retains a sense of self-identity, with their own goals which they will accomplish during the session. Independence and self-reliance develop as campers care for their gear, help plan cabin meetings or campfires, help with cabin projects and tasks, and make individual activity choices. Campers do all these things while our counselors monitor and supervise their progress.

We work with our campers and staff members to promote an environment free of bullying/disruptive behavior/emotional and/or physical abuse/harassment. This type of behavior is not tolerated, has strong consequences, and may lead to dismissal.

Beverages, Candy, and Food

We ask that no beverages (including bottled water), candy, and/or food be brought or sent to camp for the following reasons:

1. Food in the cabin attracts chipmunks, flies, mice, and skunks.
2. It undermines the community if a few have food and others do not.
3. Snacks and limited amounts of dessert offerings are offered at camp.
4. Filtered water is available. **Campers SHOULD bring a water bottle to camp in 2025.**

Any food and beverage items brought or sent to camp will be disposed of at our discretion and will not be returned to the camper and/or sender. Please discuss this policy with your child as well as with their friends and relatives before camp.

Camper Placement

When creating a cabin group, our goal is to create a community where all campers can feel a sense of belonging in their home away from home, make new friends, and rekindle past friendships. To create this cabin community, we take into consideration the current school grade, various geographic locations of each camper, and years at camp. Some facts about our cabins that may be helpful to know:

- Each cabin has three bedrooms, called chalets, with up to six to eight campers living in each in a typical summer.
- Each camper is placed in a cabin with campers staying the same length of session. Half Session Campers live with Half Session Campers, and Full Session Campers live with Full Session Campers.
- Each camper is placed in a cabin with campers coming from a variety of geographic locations.
- We factor in current grades in school and social dynamics within the cabin group.

Cabinmate Requests

If you are considering requesting a cabinmate for your child, other factors you may find helpful:

- **ONE** cabinmate/friend request will be considered.
- Cabinmate requests are defined as for the same cabin, **NOT** the same chalet.
- Cabinmate requests must be received at least **THREE (3**) weeks before the session start date for your child to be considered.
- Cabin Placements are announced when the camper arrives at camp.

Camp Food Service

Three hearty all-you-can-eat meals are served each day. Each meal has fresh fruit, and a salad bar is available for the lunch and dinner meals. Cabin groups eat buffet or family style, share the responsibilities of setting and clearing their tables, and sit together. In 2025, meals served at each camp will be eaten both indoors and outdoors, weather permitting. A daily snack is also provided.

Special medical food concerns or needs, including food allergies (e.g., gluten or lactose intolerant or nuts) and preferences (e.g., vegetarian, etc.), should be brought to our attention **BEFORE** the summer.

Birthdays at Camp

If your camper celebrates a birthday while at camp, there is a birthday cake served for sharing with cabinmates as well as recognition from the camp community. We encourage you to send birthday cards to your child, but no care packages will be accepted.

Camper Address List

A camper address list for your camper's cabin will be emailed out at the end of the camp session. Your camper's address will be included in this camper address list. Please let us know if you **do not** wish to have your contact information disclosed.

Body Piercing and Tattoo Policies

For safety reasons, all body piercings (apart from a single post or stud earrings) must be removed. Any camper tattoo that is regarded as harassing, inappropriate, or offensive, towards fellow campers, staff members, or others with whom the camps conduct business, as determined by the camp director, will be required to be covered for the duration of the session. If this is not done, the camper may potentially be sent home. The director will have the final say in which tattoos meet this criterion.

Alcohol, Drug, Tobacco, Vape, and Behavior Policies

Camp offers a safe, substance-free environment. Positive values set the tone at camp and are role-modeled by our staff members. There shall be no chewing/smoking/vaping of tobacco, drinking of alcoholic beverages, use of illicit drugs, or other abusive/harassment behaviors at camp. We reserve the right to dismiss any camper or staff member whose actions, attitude, or behavior, in our judgment, is contrary to the best interests of the camp or other campers and staff members. Please discuss these policies with your camper before their arrival.

Laundry Service

Laundry is done twice for Full Session Campers and is not provided for Half Session Campers except in an emergency. Please pack accordingly for the time that your camper is with us.

Please mark your child's name, **NOT** their initials, on each piece of clothing as well as on each laundry bag. A local service does our camper laundry and the fee for this service is charged to the camper's account each time laundry is done. Camp will **not** be responsible for damaged, lost, or stolen articles.

Camp Store and Online Store

Supplies can be purchased at the camp store on a limited basis. Examples include activity manuals, batteries, flashlights, postcards, rain ponchos, songbooks, stationery, stamps, tennis balls, toothbrushes, and toothpaste. All purchases are charged to the camper's account and deducted from their Expense Deposit. Please see the order form in the "Forms and Documents Section" of your CampInTouch Account for our camp t-shirts.

Our Online Store is also up and running. You can purchase camp gear, including polo shirts, shorts, sweatshirts, T-shirts, and other camp merchandise. Please order early so that your camper can come to camp with some of the special gear. Please go to our website (www.lincoln-lakehubert.com) and click the store links located near the bottom of the homepage.

Money and Valuables

Money and valuables are not needed at camp. They are collected on the first day and are kept in the camp office. We encourage campers to lock all valuables (e.g., electronics, jewelry, etc.) in the camp office for the duration of their stay at camp. Camp will **NOT** be responsible for damaged, lost, or stolen items that are not stored in the camp office.

Visiting Camp

In 2025, both Camp Lincoln and Camp Lake Hubert will be hosting tours for Prospective Families ***ONLY***. These tours should be made by calling the camp office so that we are fully prepared to showcase our camps. Parents, family members, and/or relatives of campers enrolled for Summer 2025 will **NOT** be able to visit their campers or tour either camp during their session. Should you want firsthand information about your child, we highly encourage you to call the camp office, and we will be happy to take a message and have your camper's staff member return the call, usually after the next meal. If your camper's staff member is unavailable, a member of the leadership team will contact you.

PRE-CAMP CONVERSATION CHECKLIST ABOUT COMMUNITY AT CAMP

Please discuss with your child . . .

- Care packages are **not** allowed. Please make a list of realistic items that your child would like to have at camp to make their stay comfortable. (Please see Camp Packing Lists on Page 15 for guidelines).
- There is not a designated visiting day while at camp.
- The importance of appropriate behavior while at camp and the consequences for inappropriate behavior.
- The importance of inclusive behavior. Making friends at camp is an important aspect of the camp experience, yet this is best achieved by open interaction with **ALL** campers and staff members.

- The importance of making good food choices while at camp, as well as the fact that desserts are very limited while at camp.

- The importance of making new friends and talking to their counselors or a camp director right away if they encounter any problems.

FUN

Activity Choices

Over 40 land and water activities are offered, giving campers a wide variety of exciting activities to try. Before camp, please encourage your child to be open to trying new activities and, when possible, to choose a good variety of activities for a well-rounded summer of fun. Exposure to a wide variety of activities oftentimes can plant the seed for a newfound passion to last a lifetime! If you have some specific program expectations for their participation, please discuss this with them as well and note this on the Camper Details Form (Online Form in CampInTouch).

Special Days and Events

In addition to our daily activity program, "Special Days" add excitement, festivities, and variety to our camp life. Special Days give campers a chance to take part in and celebrate a theme such as Camp Olympics, Color Wars (CL)/Color Games (CLH), Western Day, or by being in a lip sync or skit performance.

Banquets and Campfires

Each session begins with an opening campfire and ends with a farewell campfire. At the end of each session, award banquets are hosted to celebrate the accomplishments of campers within the camp community. Banquets and campfires allow for a community celebration and recognition of goals accomplished and skills learned.

PRE-CAMP CONVERSATION CHECKLIST ABOUT FUN AT CAMP

Please discuss with your child . . .

- They will be recognized for their achievements in activities throughout the session and at the awards banquet.

- While at camp, special activities and events will happen throughout the session.

- What activities they would like to participate in while at camp, as well as what activities you would like them to try at least once or not participate in at all. A list of activities is available on the website (www.lincoln-lakehubert.com).

EXCELLENCE

Accredited Camp

Camp Lincoln and Camp Lake Hubert are accredited by the American Camp Association (ACA). The ACA Accreditation covers over 300 standards in areas such as administration, health and sanitation, program, safety rules, and staff member selection. Standards are evaluated and updated yearly. The Minnesota Department of Health also inspects and licenses each camp yearly.

Contact from Camp

Your child will be encouraged to write home at least once a week. Parents of our Half and Full Session Campers will receive an "Electronic Camper Letter" E-mail several days after your camper arrives, and a final letter after the end of camp. Parents of Full Session Campers will also receive a mid-session "update" letter**. E-mail updates will be sent to both you and your spouse's Login/E-mail Address associated with your CampInTouch Account.** If you would like to change your login e-mail address, you can change it under "Update Addresses/Phone Numbers" and "Login Details." If you feel it necessary to call camp, a message will be taken, and a staff member will call you back after the next meal. If your camper's staff member is unavailable, a member of the leadership team will contact you.

Dedicated Camp Counselors and Staff Members

Camp Lincoln and Camp Lake Hubert carefully select the men and women of our staff member group for their commitment to and interest in working with children. Each staff member meets a high standard of dedication and skill. Staff members attend an intense 8 to 10-day orientation that emphasizes activity skills, counseling skills, group dynamics, and safety procedures/protocols. Our counselors form a strong, committed team with a single focus: A safe summer filled with fun, growth, and learning opportunities for each camper. **Camp policy does not allow "gratuities" or "tipping" for any staff member. Your cooperation is greatly appreciated!**

Safety at Camp

Safety is given top priority at camp. Facilities and policies have been constructed to provide a consistent and thorough safety program. During Orientation and Staff Member Development (OSD), counselors are trained in safety expectations and rules for all aspects of camp life. Safety regulations are posted and practiced by all campers and staff members. Please talk to your campers about the importance of following safety rules and appropriate risk-taking.

PRE-CAMP CONVERSATION CHECKLIST ABOUT EXCELLENCE AT CAMP

Please discuss with your child . . .

- How important safety is at camp.
- How to address an envelope when writing to you.
- The staff members will be writing to you periodically to share their progress while at camp.

QUALITY RELATIONSHIPS and COMMUNICATION

Partnering with Parents

We pledge honest and open communication while your child is with us and ask that you do the same in disclosures before camp and be willing to collaborate with our staff members to make your child's experience a success.

We ask that you offer encouragement to your child around issues concerning adjustments, the camp community, or conflicts, should they develop. If you have any questions, please contact the director or your child's staff member immediately.

Address Update and Camper Details Form

Please login to your CampInTouch Account and click on the "Update Addresses/Phone Numbers" Link under "Your Family." Your camper's counselor will use this information to send you updates and contact you should they have any questions. E-mail updates will be sent only to your Login/E-mail Address.

The Camper Details Form is also located online (under the "Forms and Documents" Link in CampInTouch). This form will be reviewed directly by your camper's counselor. Comments, expectations, goals, and program requests all serve as a guide for your child's experience. The specifics you share are a valuable resource, allowing your child's counselor to get to know them better.

Letters Are Important!

Please send cheerful letters with a focus on camp, **NOT** about what they are missing at home. So that they have mail waiting for them when they arrive, please write a letter to your child before they leave home at the address below minus the cabin name, which will be made known after your camper's arrival to camp. Please write your child at least 2 or 3 times a week! For more information on writing quality letters to your camper, please read Dr. Chris Thurber's "Summer Camp Handbook."

Again, the cabin name will be known after your camper arrives at camp. Please add this information to letters sent after your camper has arrived at camp.

Please write to:
CAMPER'S NAME
CABIN NAME (will be made known after arrival)
CAMP LINCOLN/CAMP LAKE HUBERT
P.O. Box 1308
Lake Hubert, Minnesota 56459

Faxing to and from Camp

Faxes are delivered with regular mail usually the next day. Please remember to put your camper's first and last name on each page.

Our fax number is:
218-963-2447

Bunk1

Bunk Notes and Bunk Replies is a service provided by Bunk1.com that offers parents an alternative to the U.S. Postal Service for delivering Bunk Notes and receiving Bunk Replies.

From our homepage upper menu bar, please click on "Parents," then on "Bunk1 Photos and Notes Login." To create a new account, click on "Need an Account or Have an Invitation".

The enrollment code for the 2025 summer season is "25HUBERT". Please use this code when registering for their service.

Bunk Notes will be delivered to camp at 9:00 a.m. Central Standard Time each day. We will hand them out to the campers after lunch along with the USPS mail.

Once your account is created, you can add family members from the main dashboard. Click on "Invite Family Members" and enter their information. They will receive an e-mail inviting them to create their own account, which will be linked to your camper(s). Your guests will have their own account, and they will **NOT** be able to use your Bunk Notes Credits.

Bunk1 also has a Bunk Notes Replies Feature. Parents may purchase special stationery for their camper(s). Campers write on the stationery and turn it in to the camp office. The camp office will then scan these letters to Bunk1, who will, in turn, deliver them to the parent. Please note that Bunk1 **DOES** charge for each piece of stationery, regardless of whether it is used or not. **Please be sure to speak with your camper about using the stationery if this is how you would like them to communicate with you.**

Telephone Contact

Once your child has arrived at camp, they will place a phone call home to tell you that they have arrived safely, and where they will be living while at camp. If you are not available, they will leave a message. Other than calling you when they arrive at camp, we do not allow campers to use the telephone or to call home except in the case of an emergency.

Should you wish first-hand information about your child, we highly encourage you to call the camp office and we will be happy to take a message and have your camper's staff member return the call usually after the next meal. If your camper's staff member is unavailable, a member of the leadership team will contact you.

UPS/FedEx Shipping Address

If you would like to send something via a service instead of the United States Postal Service, please send it to:

Camper Name
Cabin
Camp Lincoln or Camp Lake Hubert
23416 Camp Lincoln Road
Lake Hubert, Minnesota 56459

Cell Phones

Today, cell phones are a common part of daily life. We recognize that both campers and parents may rely on a cell phone for comfort while traveling to and from camp. We require that all camper cell phones be turned in to us upon their arrival at camp, so that they may be securely locked and stored in the camp office. Cell phones turned into the camp office will be charged and returned to the camper for their trip home.

Campers are NOT allowed to have or use cell phones while at camp. If a camper is found in possession of a cell phone at any time, it will be collected and **mailed home to the parents at their expense**.
We ask that you please support us in our decision to not allow cell phones and discuss with your camper(s) the importance of this policy so there is no misunderstanding when they arrive at camp. Should you have questions on this policy, please contact our camp office.

PRE-CAMP CONVERSATION CHECKLIST ABOUT QUALITY RELATIONSHIPS AND COMMUNICATION AT CAMP

Please discuss with your child . . .

- Cell phones are **not** allowed at camp.
- They will not be able to call home while they are staying with us, and how they can stay in touch with you while they are away.
- Your plan for staying connected with them while they are at camp (how often will you write BunkNotes, e-mails, faxes, letters, etc.).

PERSONAL GROWTH AND DEVELOPMENT

Campers Missing Home

Missing family members (even pets) and home are natural for children. Our staff members are trained in working with children and helping them deal with missing their family members.

It is common that the first letters you receive may indicate a trace of sadness. **Ninety-five percent of campers experience a short adjustment period during the first few days of camp**. Soon, campers get caught up in the excitement of activities, camp adventures, and new friends. Your support of this normal process is critical to your camper's success.

How can you help your child adjust to being away from home?

- Practice overnights with family members/friends to help first-time campers get used to being away from the comforts of home.
- Please send pictures of family members and friends with your camper to camp.
- Set the goal of staying for the whole session. **Please do not tell your child that they can come home or that you will pick them up if they are homesick, as it sets them up for failure instead of success**.
- Start while your camper is still at home and help them be proud of being independent and ready for camp. Please review our camp video with them and reinforce their excitement/interest about camp.
- While your camper is at camp, please send cheerful, upbeat letters that focus on how much fun they are having and less on what they are missing at home.

What About When You Miss Your Child?

We know it is difficult for parents to be away from their child during camp, which is completely normal. We want to work together to make the experience positive for you and your child! Here are some tips from other camp parents on what you can do:

- Before your camper leaves, make a list of things you are going to accomplish while they are enjoying their camp experience (like things you have not gotten around to before now!).
- Remind yourself about why you chose our camps - try watching the camp video again to remind you of the development, growth, and independence you want for your child.
- Talk with another parent who has experienced the same feelings when their child left for the first time.
- Take time for yourself! Just like your camper is trying new things and experiencing personal growth, please be sure you do the same so that you can be reenergized when they arrive home with all their stories.
- Write your child an encouraging BunkNote, e-mail, fax, or letter daily.

Spirituality

Spiritually, our camps are Christian-oriented, but we maintain a nonsectarian approach to our Sunday Services and spiritual programs. We have children and staff members of many faiths at camp, and we respect individual beliefs. Campers and staff members plan and present these programs and are all expected to attend all such functions. The themes of these services focus on our core values of community, excellence, fun, personal growth and development, and quality relationships.

PLEASE NOTE:

Camp Lincoln Campers are asked to wear Camp Lincoln Apparel on Sundays. This includes jackets, joggers, shorts, sweatshirts, t-shirts, etc.

Camp Lake Hubert Campers are asked to wear all white clothing to Camp Chapel. This includes sweatshirts if needed.

PRE-CAMP CONVERSATION CHECK LIST ABOUT PERSONAL GROWTH and DEVELOPMENT AT CAMP

Please discuss with your child . . .

- The camp philosophy on spirituality.
- The importance of being at camp to try new things.
- What they are going to do when they miss home while at camp, and how they are going to work through this situation should it arise.

ELECTRONICS

In a continued effort to maintain a more "unplugged" atmosphere, camp is a place to connect with fellow campers and staff members and to play outdoors. Therefore, we do not recommend that electronic devices be brought to camp. They tend to be expensive, and fragile, and bringing these valuable items is done at your own risk. Camp is **NOT** responsible if any of these items become damaged, lost/misplaced, or stolen. Certain electronic devices are prohibited, including smart watches (e.g. Apple Watches, etc.).
Electronic devices and games are capable of the following and **ARE Prohibited:**

1) Communicating via the Internet.
2) Connecting to cell towers and/or operating as a cell phone.
3) Viewing or storing videos.

These devices can be brought to camp for use during travel but will be placed in the camper's valuable envelope while they are at camp.

Please Note: CD/MP3 Players/iPods (non-video models), if brought to camp, are restricted to cabin use only.

E-Readers will be permitted based on model type. However, e-Readers permitted cannot have any type of cellular internet access, nor can they have the ability to access apps, games, or movies during the camp session.

The Approved e-Readers List:

- Kindle Basic
- Kindle Paperwhite (Wi-Fi Only)
- Kindle Voyage (Wi-Fi Only)
- Kobo e-Reader Touch
- Nook Glow Light
- Nook Simple Touch
- Sony eBook Reader Tablet E Ink Pearl

Each approved model must be the version without cellular (3G, 4G, 5G, etc.) connectivity. Directors reserve the right to make any adjustments or changes to the e-Reader Policy to have it comply with our expectations, mission, and policies. Should an e-Reader become a distraction or be used improperly, it may be removed or restricted by the camp staff member.

AirTags
Apple AirTags and other tracking devices are becoming increasingly popular. We kindly ask that all AirTags and similar devices be stored in a camper's luggage or turned into the office on Camper Arrival Day, along with cell phones and other valuables. These devices are **NOT** to be in a camper's backpack or physically on a camper at any time during the session. Camp is not responsible for damaged, lost/misplaced, or stolen tags, the replacement of tags, etc., or similar devices.

PRE-CAMP CONVERSATION CHECKLIST ABOUT ELECTRONICS AT CAMP

Please discuss with your child . . .

- Camp's electronic/technology policies.
- The importance of being at camp to try new things, and most electronic equipment will be stored in the camp safe.

Parent Information for Camp Preparation

Welcome to the upcoming camp season! It is time to prepare your child for an exciting and safe adventure. Here are some essential guidelines to ensure a fantastic camp experience for your camper. Please keep in mind that your camper will be responsible for packing their personal belongings at the end of camp. We encourage you to involve them in packing on the way to camp, so they have a little experience before doing it themselves.

PACKING LIST

Bedding

- □ 2 blankets***
- □ 1 pillow and 2 pillowcases***
- □ 4 sheets (flat)***
- □ sleeping bag - If doing Camp Trip in 2025.

Please do not send an egg crate or mattress topper with your camper.

Clothes

- □ jacket/windbreaker
- □ 2 long sleeve cotton shirts
- □ 1 nice outfit for the awards banquet and special events**
- □ 5 pairs of jeans/pants/sweatpants
- □ 5-6 pairs of shorts
- □ 2 pairs of tennis shoes/athletic
- □ 1 pair of Teva Type Sandals/Aqua Sox****
- □ 3-4 pajamas/1 robe
- □ full rain gear/poncho
- □ 10 short-sleeved t-shirts
- □ socks (enough for 2 weeks)
- □ 2 sweatshirts/sweaters
- □ 2-3 swimsuits
- □ underwear (enough for 2 weeks)

Miscellaneous

- □ addresses/stamps/stationery
- □ backpack (carry-on)
- □ flashlight and extra batteries
- □ flip flops for showers
- □ hat or visor
- □ insect repellent
- □ 2 laundry bags (that tie shut)
- □ 1 pair of riding shoes/boots with heels*
- □ sunglasses
- □ sunscreen/lip balm
- □ water bottle

Toiletries

- □ 3 bath or beach towels
- □ brush/comb
- □ shampoo/soap/soapbox
- □ hand sanitizer – personal size
- □ toiletries basket/case
- □ toothbrush/paste

Optional

- □ ball glove
- □ board games/non-electronic games/playing cards
- □ books/reading material
- □ camera (We suggest disposable.)
- □ hiking boots
- □ small fan
- □ tennis racket
- □ watch **(Please do not send a smartwatch with your camper.)**

Camp Lincoln Only

- □ Camp Lincoln Gear (jackets, joggers, shorts, sweatshirts, t-shirts, etc.) for Sundays at Camp Lincoln

Camp Lake Hubert Only

- □ Crazy Creek-Style Stadium Chair
- □ White shirt, shorts, and sweatshirt for Sunday Chapel

* A shoe with a heel (like a hiking boot, riding boot, etc.) is helpful for horseback riding. Athletic shoes with an indentation will also work.

** Outfits are generally blouses, dresses, pants, and skirts for girls, and nice shorts, and collared shirts for boys.

*** Rent Camp Bedding or pack your own. Please see Bedding on the following page.

**** **Some type of foot covering is required to participate in <u>ALL</u> Waterfront Activities**

Mark Your Clothing and Equipment

- **Naming Items:** Help your child's belongings stand out by labeling all clothing and equipment with their name. Visit the camp website for useful name tags and guidelines.
- **Proper Labeling:** Make sure each piece of clothing has a visible name tag, especially on hats, shoes, and inside waistbands. Use name tapes on items like blankets, pillowcases, and towels. Please do not forget to mark personal items like cameras and sports equipment. Remember to label duffel bags with full names for easy identification.
- **Importance of Labeling:** Properly labeled clothing and equipment make it easier to locate misplaced items. Unclaimed items will be donated to local charitable groups in the Spring.

Packing Instructions

- **Use Duffel Bags:** For convenient carrying and storage, opt for duffel bags. Attach the camp-provided tags with your child's name to the bags.

Clothing Guidelines

- **Play Clothes:** Encourage your child to bring clothes suitable for daily activities that may get messy. **Avoid sending expensive items and clothing; the camp is not liable for damage, loss, or theft. This includes activity/sports equipment.**
- **Lost and Found:** Labeled clothing and equipment left behind or forgotten will be mailed to the family at their expense.

Please remember that any personal equipment brought to camp must comply with the American Camp Association and the State of Minnesota Safety Standards.

Toiletries and Bedding

- **Toiletries:** Due to shared facilities, please bring a toiletry basket for easy transport to and from bathrooms. Shower shoes are also very helpful.
- **Bedding:** Ensure your child has blankets, pillows, pillowcases, and sheets. These items can be rented at camp. Please specify bedding preferences in the Camper Details Form.

- **Sleeping Bags:** Sleeping bags are needed for optional overnight trips – on and off camp – should your camper choose to participate on one. Rectangle sleeping bags may be opened and used as a comforter/blanket. For health and safety reasons, campers and staff are not allowed to sleep inside zipped sleeping bags on their beds.

We kindly ask you not to send your camper with an egg crate or mattress topper. Unfortunately, these items cannot be left at camp as they are unsuitable for disposal or donations. Please remember that everything your camper brings to camp must go back home with them. Thank you for your understanding!

NO Care Packages, PLEASE!

Encouragement to Stick to the Packing List

We highly encourage families to adhere to the packing list provided to ensure campers have all the necessary items for an enjoyable and successful camp experience. By following the packing list, campers should have all the necessary items they need while at camp.

Policy on Donations and Packing Items

It is important to note that our camp is not equipped to accept donations. Therefore, any items brought to camp must be packed and taken home by the camper at the end of their stay. Items that cannot be packed will be returned to the family at their expense.

Approval for Forgotten Items

If a camper forgets any items listed on the Camp Basic or Optional Packing List, we require families to contact the camp director for approval before sending additional items. Failure to do so may result in the items being returned unopened at the family's expense.

Definition of Care Packages and Prohibited Items

We consider a parcel to be a care package if it contains anything other than a letter that is no larger than a standard one-ounce, first-class letter. It is important to note that magazines like Cosmo, Maxim, Vogue, and similar publications are deemed inappropriate for the camp environment. Mailable toys, such as AniMails™, are not allowed at camp.

Communication of Camp Policy

We kindly request that families communicate our camp's policy on care packages to family members and friends to ensure everyone is aware of and respects our policy. We encourage families to utilize BunkNotes, e-mails, faxes, or letters as alternative means to connect with campers during their stay.

Please contact the camp director if you have any questions or need clarification on our camp's care package policy. We appreciate your cooperation in following our guidelines regarding care packages. Your support in upholding our policies benefits the camp community and contributes to each camper's overall growth and development.

CAMP HEALTH INFORMATION

Medical Form (Online) and Physician Form (Paper)

It is important that we have a complete and detailed health history for each child. ***PLEASE*** *return the completed Medical and Physician Forms at least THREE (3) weeks* ***BEFORE*** *their session start date*. **Your child may not attend camp without their completed Medical Forms.**

Required Information:

1. Medical Form – All sections are to be completed by a parent or legal guardian.
2. Physician Form – Should be completed by your physician/nurse practitioner.

Please notify camp if the camper is exposed to any communicable disease within 21 days before camp and if their health conditions change after the date on which the Medical Form is signed.

There are two supplemental forms – Anaphylaxis and/or Mental, Emotional, and Social Health (MESH) – available in your CampInTouch Account, if applicable to your camper. You may also call the camp office at 218-963-2339 to request these forms.

Camp Health Service

The camp health center is overseen by 2-3 healthcare staff members at each camp. Please note that each camp is 30 minutes from the nearest hospital and other medical clinic services if needed. General care and first aid supplies are available at the camp free of charge. Clinic/hospital illness-related charges, other items not covered by our insurance policy, prescriptions, special medications, and trips to town (if needed) are charged to your child's account and/or to your personal insurance coverage. Campers who show flu-like symptoms, have a fever, need a private bathroom, and/or require constant attention, will be isolated in the health center. Once the camper's condition improves (either by medicine or rest), they will be allowed back into the camp program and their cabin according to the doctor's orders.

*****If your child is prescribed prescription medication, stays overnight in the camp health center, or should otherwise need any emergency care, a camp health care staff member will call or email you.***

Medications and Prescriptions

For the 2025 Camp Season, we have streamlined our medication process by partnering with an external medication packaging service. For American Campers requiring prescription medications or regular over-the-counter drugs, including vitamins, registration with CampMeds at www.CampMeds.com is mandatory. Registration must be completed at least 30 days before the start of the camper's session, accompanied by a Fee per registered camper payable to CampMeds. It is important to note that CampMeds does not handle the distribution of birth control pills or injectables; therefore, campers solely on these medications need not register. When signing up for CampMeds, each camp has a unique three-letter code required for registration — LIN for Camp Lincoln and LAK for Camp Lake Hubert.

All medications registered through CampMeds will be shipped directly to camp. For other campers ineligible for CampMeds, including international campers or those with medications not covered by CampMeds, arrangements can be made to bring or ship their medications to camp. All medications must be stored in the

health center and will be administered by our Camp Health Care Staff Members. Proper labeling with the camper's name, dosage, medication name, and physician's instructions is essential.
For International Campers, all information must be translated into English BEFORE arrival. **Dosage and instructions on the container must match any notes from parents or physicians on the Medical Form**, with adjustments made by the physician or pharmacist if needed.

****For campers on behavioral medications, PLEASE ensure they continue their regimen throughout their time at camp, with enough medication provided for the entire duration of the stay**.

Regarding timing for medication administration, we encourage transitioning medications to be taken during breakfast, unless otherwise specified on the Medical Form. If a different time is indicated, we will adhere to those instructions.

Please include all medication instructions on the Medical Form**. If you send medication in your child's luggage, please instruct your child to give this medication to the cabin staff member or a Camp Health Care Staff Member upon arrival. This option is only applicable to International Campers and or those with medications not provided by CampMeds.**

Each camp's health center is stocked with multiple types of typical over-the-counter medications. There is no need to send these items unless your camper is on a doctor-prescribed regimen. For the safety of all campers, no medications, supplements, or vitamins are allowed in the cabins except emergency medications that are pre-approved by a camp director (i.e., inhalers and EpiPens).

Accident Insurance Policy
A Group Accident Reimbursement Policy is provided as an added service to camp families at no additional cost. Camp Lincoln/Camp Lake Hubert exercises the greatest care and supervision for all campers.

The Group Accident Reimbursement Policy covers your child:
1. Anywhere on the campgrounds.
2. While traveling under supervision with other campers to and from approved and scheduled camp activities.
3. While traveling directly between home and camp and directly before or after the camp session.

Accident Medical Coverage has a maximum benefit of $3,500.00 per camper. The camp will administer this coverage for the convenience of parents.

Not Covered
This accident insurance policy does not cover cosmetic or plastic surgery except as necessary for the alleviation of damage or repair due to dental work or dental treatment on natural teeth, eyeglass replacement, injury, medical examinations not incident to treatment, pre-existing conditions, pregnancy, prescriptions, preventative medicines, self-inflicted injuries, sickness or illness, or war or act of war.

Any expenses for services by a clinic or hospital regarding non-covered services will be billed directly to the parent or the parent's health care coverage policy.

EXPENSE DEPOSIT

Expense Deposit for Miscellaneous Expenditures
An additional deposit for Miscellaneous Expenditures, paid in advance, is required for your child's stay at camp. Items charged against this account may include bedding rental, cash withdrawals, laundry, medical illness, store purchases, etc. The first statement will include the estimated deposit necessary for the session in camp, as explained in your 2025 Enrollment Agreement.

Any balance remaining will be refunded, or an overdraft will be billed. A Final Statement summarizing all charges and credits for the camp session will be sent in late September.

CAMP DATES

CHECK-IN TIMES, IF DRIVING

1:00 P.M. TO 4:30 P.M.

CHECK-OUT TIMES, IF DRIVING

8:00 A.M. TO 10:00 A.M.

**** Please note that most campers have left camp via the buses, or their parents have picked them up by 10:00 am.**

Full Sessions
Session 1: Tuesday, June 17th – Saturday, July 12th
Session 2: Tuesday, July 15th – Saturday, August 9th

Half Sessions
Half Session A: Tuesday, June 17th – Sunday, June 29th
Half Session B: Monday, June 30th – Saturday, July 12th
Half Session C: Tuesday, July 15th – Sunday, July 27th
Half Session D: Monday, July 28th – Saturday, August 9th

CAMP TOURS
In 2025, both Camp Lincoln and Camp Lake Hubert will be hosting tours for Prospective Families ***ONLY***. These tours should be made by calling the camp office so that we are fully prepared to showcase our camps. Parents, family members, and/or relatives of campers enrolled for Summer 2025 will **NOT** be able to visit their campers or tour either camp during their session. Should you wish firsthand information about your child, we highly encourage you to call the camp office and we will be happy to take a message and have your camper's staff member return the call, usually after the next meal. If your camper's staff member is unavailable, a member of the leadership team will contact you.

Other Cote Family-Owned Places to Stay While Your Child is at Camp or Anytime:

While your Family is in Nisswa, Minnesota, please consider visiting…

GRAND VIEW LODGE

Resort, Golf Course, and Tennis Club

The Grand View Lodge Spa and Golf Resort has been providing guests with memorable vacations since 1916. It is our mission to continue the legacy of a high standard of service and a unique atmosphere that has been upheld for over 100 years. Located in the Brainerd Lakes Area, the resort's main property is located on Gull Lake and offers activities galore, deluxe accommodations, eight dining venues, full event, and wedding facilities, two championship golf courses, and a world-class spa. The resort is growing and now features two indoor pools and waterslide facilities, an outdoor pool, a year-round outdoor hot tub, a 60-room boutique hotel, and over 300 different accommodation styles. It is hard not to find a reason to come to Minnesota's largest resort!

800-432-3788

www.grandviewlodge.com

While Your Family is in Tucson, Arizona, please consider visiting….

TANQUE VERDE

GUEST RANCH RESORT

Tanque Verde Ranch (TVR) has been providing guests with adventure and everlasting memories for over 150 years. Located at the base of the Rincon Mountains and overlooking the rolling foothills of Saguaro National State Park, Tanque Verde Ranch offers charming, southwestern lodging, and is among one of Tucson's top destinations for our horseback riding, and other outdoor activities. TVR is also a premier location for events, meetings, and weddings. Our all-new meetings and event venue, The Barn, is sure to be the enchantment of Tucson. Whether you spend your days relaxing poolside, at the spa, or exploring new horizons on horseback – the memories created will be the reason for your return.

800-234-3833

www.tvgr.com