

# WHAT TO BRING TO CAMP...



## General packing notes and tips

1. All medications MUST be in their original containers, MUST be prescribed to the camper, and will be administered ONLY according to prescribed directions. Variations will require signed doctor's authorization.
2. Please keep in mind that camp is wonderfully full of paint, dirt, water, mud, wax, food etc... Don't make a special shopping trip that will make your camper/s scared to get their good/new clothes dirty.
3. Label all items with a permanent marker.
4. If your camper loses something at camp, please check with us as soon as you know; it may turn up in lost and found. Unclaimed items are given to charity. Skyline is not responsible for the loss or damage to personal items.
5. LOST AND FOUND items are kept only for one week before being given to charity. We display all found items at camp checkout for families to identify and claim.

## THE NEEDS (BRING THIS STUFF)

- A CREATIVE ATTITUDE!
- Canteen or water bottle
- A small backpack
- A lightweight sleeping bag or other bedding to fit a twin sized mattress
- Pillow and Pillowcase
- Flashlight and Extra Batteries
- Bath towel and washcloth
- Toiletries in a bag or case (Shampoo, toothbrush, toothpaste, deodorant, soap)
- Laundry bag
- Short and long-sleeved shirts
- Shorts and long pants
- Sweatshirt or light jacket
- Underwear and socks for the week
- Sleepwear / pajamas
- Beach towel
- Swimsuit
- Two pairs of sturdy shoes, sneakers or boots with laces, closed toe and heel. Old shoes are fine, they might get wet or dirty.
- Raincoat, Poncho or Rain Gear are an absolute necessity.
- Sunscreen—sun exposure can be a health risk
- Hat—sun exposure can be a health risk
- Insect repellent
- Prescribed medications (see note, above)

## THE LABELLED AND THE LOST

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## THE MAYBES (OPTIONAL)

- Favorite book or journal for quiet times
- Paper, pen, pencil, stamps, pre-addressed envelopes
- Sunglasses
- Guitar or other musical instrument
- Camera
- Favorite stuffed animal
- Fishing pole/Frisbee/sports gear

## THE NOPE (THINGS TO LEAVE AT HOME)

- Pets
- Toys that you do not want to get lost or damaged.
- Foods, snacks or candy (there'll be plenty to eat!)
- Clothes you wouldn't want to get dirty
- Expensive items, sentimental items, jewelry
- Cell phones/ personal electronics (will be kept by the Director for the week)
- Money, wallets, purses.
- Anything which would result in tremendous unhappiness if it were lost, broken, or got dirty
- Items NOT permitted at Skyline: silly string, weapons, alcoholic beverages, unauthorized drugs.

If there are any questions about items not addressed on this page, or other packing list matters, please email [shana@campskyline.org](mailto:shana@campskyline.org) with questions.



# PHONES & SMARTWATCHES



## **Skyline has a no-phones policy for campers**

There are several reasons for Skyline's unplugged approach to camp.

- Risk of loss or damage is high
- Maintaining focus on camp program and other people present at camp
- A mental break from persistent pressures of social media
- Homesickness can be exacerbated by holding onto remote connections while at camp

## **What about photos?**

Skyline uploads hundreds of photos each day which are accessible freely for viewing and downloading; there's no shortage of visual memories.

*Phones that are brought to camp will be turned in to the office, switched off, and locked away until the end of the camp session. Skyline is not responsible for loss or damage to phones that are not turned in.*

## **Skyline allows smartwatches, with some expectations and understandings**

We recognize the following positive aspects of smartwatches for campers:

- A smartwatch can reduce anxiety for some, and make space for self-advocacy and problem solving.
- Activity-tracking for those for whom it is important

On the other hand

- Like phones, they are expensive objects that can be easily damaged in a camp environment—Skyline is not responsible for such damage.
- The flip side of being able to contact home when a problem arises is that it discourages campers from seeking help and problem-solving with the camp staff who are present precisely to help them. *For example: if they have left something at home—we are likely able to fulfill that need; seeking help from those present to help is an important life skill.*

## **What about emergencies?**

If there is an emergency at camp, we will respond in the moment and communicate with you as soon as possible.

If there is an emergency at home, we'd prefer you call us and we can work to communicate with your camper, and with you, in a setting where there is privacy and support from staff.

## **Our expectations if your camper has a smartwatch**

- It remains unpaired to a phone (no phones)
- The camper lets us know if/when they would like to communicate with the watch
- The parents/guardians let us know when they plan to communicate using the watch
- If a camper reaches out to home, we hope that you will let us know, in case there are concrete needs we can address, or to respond to illness/homesickness with the best course of action.

[WWW.CAMPSKYLINE.ORG](http://WWW.CAMPSKYLINE.ORG)

If there are any questions about items not addressed on this page, please reach out to contact us.



# HELPFUL TIPS FOR PARENTS



## 5 Things You Can Do to Help Your Camper Succeed At Camp, Especially If It Is His or Her First Time Away From Home

### 1. **Discuss the camp's policies with your camper beforehand**

Make sure your child understands what the policies are and that he or she has to honor them.

### 2. **Talk with your camper ahead of time about his or her concerns and what he or she is looking forward to**

Acknowledge your child's concerns positively. Let them know that you understand that she or he is anxious, unsure, or nervous and that it is okay to feel that way. Resist the temptation to "rescue" your child from homesickness. Acknowledge in a positive way that you will miss your child and you are confident that he or she will be able to complete the camp session.

### 3. **Pack together with your camper**

Pack things your child will be comfortable wearing. Pack a flashlight with lots of extra batteries. Pack a favorite stuffed animal or favorite book for bedtime.

### 4. **Let your camper know that the camp staff is there to help them**

Make sure they understand that if they have a problem, they should let their counselor know.

### 5. **Prepare your camper for spending time away from home at camp**

Visit our website to view our Virtual Open House Videos . Find out what the grounds are like, encourage your camper to ask the camp director questions about camp. If you need to see camp in person please reach out to us about scheduling a tour.

## 4 Ways to Avoid Setting Your Camper Up for Failure

### 1. **Avoid making deals or using bribes**

For example, avoid saying, "If you don't like it, Mommy will come and pick you up" or "if you stay at camp, Daddy will get you a new bike when you come home."

### 2. **Avoid statements or actions that conflict with camp policies**

"If you get homesick, you can call me," when the camp has a no phone call policy or allowing your camper to pack a silly string when the packing list says to leave it at home.

### 3. **Avoid keeping information from the camp staff so that your child is not treated 'differently'**

For example, not letting staff know your camper is prone to bedwetting or sleepwalking is counter productive. By providing camp staff with as much information as possible, you help us to help your camper. Having the information ahead of time, saves us from having to "troubleshoot" a puzzling situation in search of a solution. Instead, we can take a pro-active approach.

### 4. **Avoid taking your child off of prescription medications for their week at camp**

Camp can be a less structured environment than your camper may be used to at school. Children are more active and stay up later while at camp. If your camper requires medication while at home under normal circumstances, it is beneficial for him or her to remain on those medications and continue with a routine the body's metabolism is familiar with.





# SUMMER CAMPER POLICIES

**Parents and guardians - please read and discuss this with your camper.**

- Skyline is dedicated to providing a safe, caring environment where campers share all phases of camp life and are accepted as individuals. Our program staff is trained to develop and maintain this atmosphere at all times.
- We believe that Skyline works in **partnership with families** in providing this wonderful camp experience, since preparation before camp and reflection after camp are both necessary to make the most of what Skyline has to offer.
- Camp is all about having fun and **trying new things**. We offer a variety of activities, and some of these may be unfamiliar to the camper. We encourage campers to try as many different and new activities as they can.
- We model **appropriate language** and believe that this contributes to the emotional safety of all our campers. This means that we do not allow campers to swear, or put others down, without explicitly addressing the camper about the appropriateness of how we speak to and about one another. We believe in affirming campers and helping them to learn how to affirm others.
- We encourage our campers to **be peacemakers**. When conflicts large and small arise, as they inevitably will, we encourage campers to remember P.E.A.C.E (Pause - Explain - Ask - Compromise - Enjoy), and we teach them throughout the camp session how to practice PEACE.
- We believe that **verbal and physical violence are unacceptable** ways to resolve conflict. Physical and/or verbal aggression will not be tolerated.
- We believe **respect** is an integral part of life in community. With that in mind, all at Skyline are expected to listen and respond respectfully to what other campers and counselors have to say, as well as respect other people's property and camp property and use them only if given permission to do so.
- For reasons of safety, campers are asked **never to wander off alone**, and no camper will be without staff and other campers present at any time.
- At various times during the camp, **video and photographs** of camp activities are produced for use in camp publicity. By registering, you give permission for the camper to be photographed and/or videotaped, and for his/her image to be used in camp publicity materials; to opt out, please send a separate signed note.
- **Respect for Property:** We like to keep Skyline beautiful and thriving for all our guests, all year long. If a camper feels a need to leave a mark on this community, we ask that it be made through words and deeds by uplifting and affirming other persons. Campers who violate this request may be billed for the clean-up or requested to do the clean-up themselves.
- **Shoes** (with enclosed toes – no flip flops please!) must be worn in camp at all time except when being barefoot is appropriate. This is for your protection and to help insure that you will be able to enjoy all the camp activities.
- **Sun safety** is important! We encourage and remind campers to stay safe from excessive sun exposure, including hats and sunscreen. We suggest packing a sunscreen of your choice, but will have sunscreen on site in case you forget or run out during the week.

# SUMMER CAMPER POLICIES (CONTINUED)

- **Homesickness** is something that can pop up unexpectedly at camp.
  - As a parent/guardian, you can help prevent it by talking honestly about expectations for and of camp before the camper arrives. Help campers think about all the fun they will have. Set realistic goals for things that the camper wants to learn or ways that she/he wants to grow. Talk about meeting new people and how much is learned from making new friends. Help campers to remember how they have made new friends in similar situations in the past.
  - Visit the camp ahead of time, if that is convenient. (Please join us at Skyline’s **Open House—check online for details**)
  - If a camper does get homesick, our staff will work in a caring manner to try to overcome the problem. Assure your camper that if they feel homesick, that we want them to talk to their counselor about how they are feeling. Together they can address the problem.
  - **Please do not promise or tell your camper that they can call home whenever they wish. Campers do not have access to the phone, and generally, homesickness is made worse by calling home.**
  - If homesickness persists for more than 24 hours, we will call you (the parent/guardian) and discuss the situation **before** you talk with your camper. If either you or the camp decides that it is best for the camper to leave camp early, we will affirm the camper for what they have already accomplished. We are sorry, but no refunds of camp fees will be made in this situation.
- **Discipline Policy:** We want camp to be an incredible experience for everyone who attends. Building community requires that everyone be willing to work together to achieve the goals of the group. Sometimes a camper, for a variety of reasons, has a difficult time behaving/speaking in an appropriate manner. Should that occur, we will take the following steps:
  - Counselor and camper will talk through the issue and try using P.E.A.C.E to resolve it in a positive manner.
  - If the camper continues the inappropriate behavior/language, he/she may be removed from the activity or some other appropriate discipline will be administered. **(NEVER CORPORAL PUNISHMENT)**
  - Continued disregard of camp policies or agreements **may** result in a conference with the program director or director and a call home to the parents/guardian. If the problem cannot be resolved in a manner acceptable to the camper, the camp, the group, and the counselors, then the parents/guardians will need to take the camper home.
  - If it is necessary to dismiss a camper from camp for disruptive or harmful behavior or failure to abide by the “Skyline Camper Policies,” **there will not be any refund of fees.**

*These policies represent a small camper-specific portion of the set of policies under which Skyline operates, licensed by the State of Michigan and accredited by the American Camp Association. Anyone wishing to read other policies can arrange to do so by contacting*

## **Fun And Safety - American Camp Association Camps Set the Standard**

ACA Accreditation means that the camp you are considering for your child cares enough to undergo a thorough (up to 300 standards) review of its operation - from staff qualifications and training to emergency management. American Camp Association® collaborates with experts from the American Academy of Pediatrics, the American Red Cross, and other youth-serving agencies to assure that current practices at the camp reflect the most up-to-date, research-based standards in camp operation. Camps and ACA form a partnership that promotes summers of growth and fun in an environment committed to safety.



ACA helps accredited camps provide:

- Healthy, developmentally-appropriate activities and learning experiences
- Discovery through experiential education
- Caring, competent role models
- Service to the community and the environment
- Opportunities for leadership and personal growth

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