



HELP YOUR CHID PREPARE FOR CAMP

We are looking forward to seeing your child at summer camp. You can give them unforgettable support before they go on this exciting adventure. Here are some tips and suggestions:

As a parent, emphasize that they are **'going'** to camp, rather than that you are **'sending'** them;

Try to avoid statements like 'I am going to miss you so much.'

Camp will be a terrific experience so be careful not to make your child feel badly about going away. This may bring on homesickness;

Speak with other parents and friends to learn from their experiences;

Let your child know how excited you are about camp and how proud you are of them for beginning a new adventure.

MORE IDEAS

Tell some of the fun and exciting things you remember about your camp experience;

Problem solve with your child. Think about possible issues - 'what if? -you lose your beach towel, don't feel well, etc

Communicate with your child through letter writing while they are at camp.

While painting a bright picture of camp, do not forget to mention some of the not so glamorous realities of outdoor living. There should be no surprises when a spider is discovered as a cabin mate!

Homesickness can occur, especially if this is your child's first time away from home. Speak openly of it before camp. Home-sickness is natural. Once this is understood your child may accept it with less anxiety.

Prepare yourself for separation Camp is a positive, growing experience for your child. You will have mixed emotions. **STRONGLY** avoid such statements as 'if you don't like camp you can come home.'" Children who are experiencing difficulties adjusting to camp will compound the problem by not giving it a fair chance. They may close their minds to adapting to camp and focus immediately upon going home.

Please know that the program Coordinator is available to discuss any concerns with you.

Adapted from Ontario camping Association newsletter, Jeff T Baden, summer 1994 and 'homesickness- dispelling the myths' Myra Pravda, RN, MSN

P.O.Box 137, Golden Lake Ontario, K0J 1X0

Email: info@lutherlyncamp.ca

www.Lutherlyncamp.ca

WHAT TO BRING TO CAMP:

Rain or Shine, Cold or Hotwho knows???

Be prepared for ANY weather, as it may be different each day at camp. Please have articles marked with your name in vivid ink. You will be living with others and many articles of clothing look the same. You can lose some of your belongings regardless of the attention given by the leaders.

Lutherlyn will not be responsible for lost items. We hold articles left behind until the middle of August.

A small bag or container is a big help in keeping toilet articles together. Pack clothing that you are familiar with. Wear new clothes a few times before you come to camp so you recognize them, and new items like shoes or boots have been broken in and are comfortable.

Help your parents gather and pack these items to get ready for camp!

CLOTHES

Waterproof raincoat
1 jacket
Rubber boots,
Comfortable running shoes
Pajamas
5-6 pair of underwear
5-6 pair of socks
1 pair warm socks
2-3 pair of long pants
2-3 pair of shorts
3-5 t-shirts
2-3 long sleeved shirts
Warm sweatshirt
Hat
Sandals / flip flops
Swimsuit

OPTIONAL ITEMS

Camera
Memento from home - photo or stuffed animal
Musical instrument

GENERAL

Sleeping bag
Pillow and pillow case
Toothbrush and toothpaste
Brush/comb
Soap
Shampoo
Face cloth
2 towels (shower and beach)
Laundry bag
Book to read
Water bottle
Insect repellent
Sunscreen
Smile
Flashlight with working batteries
Lipsol/chapstick
Bible with your name in front cover
A white t-shirt for craft project
Any required medication in ORIGINAL container
Costume for special events (opt)
PFD marked with your name (opt)

WHAT TO LEAVE AT HOME*

Cell phones, smart phones, iPad or other tablets, iPod, mp3 players, DVD players, electronic games or other game gadgets, knives of any kind, lighters/matches, valuable items.

**these items will be collected by staff, kept in a secure location and returned at the end of camp. Please be sure to leave these items at home where they are safe. They will not be needed!*

P.O.Box 137, Golden Lake Ontario, K0J 1X0

Email: info@lutherlyncamp.ca

www.Lutherlyncamp.ca