

#### 4. Help your child feel confident.

Help your child feel confident in their abilities to cope with the camp experience. There are many dynamics of a new place and new people - some children adjust faster than others. The adult leaders will be prepared to help your camper feel comfortable and confident. A boost from you will help us.



#### 6. Any special concerns.

Please let us know before we leave of any special concerns you have as a parent. We will be better prepared to help your camper if problems do arise that are related to that concern (medical conditions, recent death or illness in the family, learning/behavior concerns, etc.).

There is no substitute for a parent. There is also no substitute for being involved in a Christian camping experience. We will work hard to provide a caring Christian environment!

**All Forms and Payment Are Due  
Two Weeks Before the Camp.  
MAY 28, 2010**

If you have any questions about Camp45 please let me know.

#### Rob Gieraltowski

Director for Junior High  
309-827-6121 ext. 223  
rob@stjohnsjrhigh.org

#### WHAT TO BRING LIST:

Please bring the basic items listed below. Comfortable, casual, outdoor clothing is the norm (shoes for example should be comfortable to hike in). Summer weather ranges from dry to humid, 45 F to 105 F, and wet to sunny. Campers will be outside in all but severe weather. It is always helpful to mark items with the camper's name and pack as few bags as possible (children have a harder time finding things in multiple bags, they also have a harder time coming home with their "stuff" if there are multiple bags)

#### Required:

- Sleeping Bag
- Pillow
- Towels, washcloth, soap
- Bathroom supplies  
(toothbrush, toothpaste, shampoo, etc.)
- Jacket or sweatshirt (lightweight)
- Jeans or other long pants
- Swimsuit / Beach Towel
- 2 pairs of shoes (sandals are not allowed outside)
- Bible
- Flashlight and extra batteries
- Water bottle
- Backpack (to carry stuff during the day)
- Rain-gear ("poncho" or jacket)
- T-Shirts and Shorts (enough for 2 days plus at least 1 extra of each)
- Socks and underwear (enough for 2 days plus at least 1 extra of each)
- Pencil or pen
- Insect repellent **AND** sun block

#### Optional:

- Drinking cup (for use in Retreat House)
- Hat, cap, or bandana
- Sunglasses
- Camera w/film or memory cards
- Spending money for Camp Store
- Book /magazine to read

**What NOT to bring:** Cell phones, Radios, MP3 Players, headphones, electronic games/toys, jewelry or expensive clothing, aerosol cans, knives

## Camp45 PARENT INFORMATION

June 11-13, 2010



#### Leave:

6:00pm, Friday, June 11, 2010

#### Return:

3:30pm, Sunday, June 13, 2010

#### St. John's Lutheran Church

1617 E. Emerson St.  
Bloomington. IL 61701-2099  
309-827-6121  
[www.camp45.org](http://www.camp45.org)

# Parent Guide

## Glad To Have You!

Your 4th or 5th grader has a unique opportunity to grow in their relationship with other children and adults and most importantly God. We hope your child finds the upcoming weekend to be a fun and faith-filled experience.

## Where We'll Be Living...

Lutheran Outdoor Ministries Center (lomc.org) is an ELCA ministry in Oregon, IL on over 600 acres of beautiful prairies, farmland, rolling hills, unique St. Peter outcropping, a canoe/fishing pond and many, many hiking trails.



We sleep in air-conditioned retreat houses with 4 separate rooms for boys and girls and there are separate bathrooms with showers. Everyone sleeps in bunk-style beds and each room (of 8 people) will have at least one adult leader (although usually two). Meals are shared in the Dining Hall at (usually) round tables and served family style.

## How to Help Your Child Be A HAPPY Camper

You can do a lot to enhance your child's camp experience. For children, going to camp for the first time can be exciting as well as upsetting. However, kids usually adjust very quickly. The following are suggestions meant to help both you and your child have a positive experience with LOMC.

**1. Send your child to camp with positive feelings!** Words of encouragement and anticipation of a good time and new friends will help your child to know you are excited for them. Of course they know you will miss them, but it is important to leave them with the feelings of your excitement for them.

**2. Saying Good-bye.** As you and your child arrive on Friday to leave don't be surprised if your child gives you a kiss or



hug and then takes off with the group. You both may be feeling a bit of anxiety, but your child will adjust fine, especially as they become familiar with the other kids and adults in the group.

**3. Phone Calls.** While your child is at LOMC, they are not permitted to make or receive phone calls. This policy is in place for the safety and well-being of all children who attend camp. Please do not tell your child they will have an opportunity to call you, or that you will call them while they are at camp. Also, promising to get them early if they misbehave or don't like camp may only cause your child greater unease. If there is an emergency, please call the camp office at (815) 732-2220 and ask to leave a message for St. John's Lutheran Church or call 824-2338. If there is an emergency concerning your child, we will contact you immediately.

## Schedule

**Friday night we will leave from the church at 6:00pm.** It is helpful if everyone arrives 15 minutes early to sign-in and then pack luggage.

The trip takes approximately 2 hours from Bloomington to Oregon, IL.

**Friday night** generally consists of getting-to-know-you activities and settling into the Retreat House.

**Saturday** is full of activities like a pond canoe, hiking, team building, games, nature and God.

**On Sunday**, we will wake up, pack up, and head to worship. After worship we will enjoy LOMC's Sunday brunch and head home immediately afterwards arriving at approximately 3:30pm.

*continued on back...*