



# CAMP HENRY

at Lake Logan

## FAMILY HANDBOOK SUMMER 2022

*Camp Henry offers every participant an experience of the Living God in an environment of unconditional love, imagination, and engagement.*

### TRADITIONAL SESSIONS

High School (9th – 12th)- June 12 – 17\*  
Middle School 1 (6th – 8th)- June 26 – July 1  
Mini Camp (K-3)- July 5 – 8  
Elementary 1 (2nd – 5th)- July 10 – 15  
Elementary 2 (2nd – 5th)- July 17 – 22  
Middle School 2 (6th – 8th)- July 17 – 22\*

### SPECIALTY SESSIONS

Performing Arts Camp (5th – 10th)- June 19-24  
Service Camp (9th – 12th)- July 24 – 29

### CHOS (Camp Henry Outdoor School)

MS CHOS 1 (6th – 8th)- June 12 – 17  
HS CHOS (9th – 12th)- June 19 – 24  
MS CHOS 2 (6th – 8th)- July 10 – 15\*

### LAMP (Leadership, Adventure, Mission Program)

LAMP 1 (10th – 12th)- June 19 – July 1\*  
Add on LAMP+ during registration, July 5-8  
LAMP 2 (10th – 12th)- July 10 – 22

### FAMILY CAMP

Traditional Family Camp- June 16 – 19

### \*BRIDGE

High School Bridge to LAMP or CHOS- June 17 – 19  
Middle School CHOS School Bridge to Middle School- July 15 – 17  
Elementary 1 Bridge to Elementary 2- July 15 – 27

### FROM THE DIRECTOR

Dear Camp Henry Campers and Families,

My name is Jessi LeFiles, and I want to take this opportunity to say hello, welcome, and thank you for choosing Camp Henry! I am so glad you've decided to join us this summer. I will try to answer most of your questions in detail as you read on, but first I would like to express my sincere hopes for your time at Camp Henry. First, I hope that you allow yourself to be open to feeling God's presence here at Camp. I hope that you will try new things and be open to new experiences. And lastly, I hope that you have LOTS OF FUN and enjoy yourself and the company of others through the adventures that you will share.

It is important that both you and your parents read the following information carefully. If you find that you have other questions, please call (828) 646-0095, ex.4 or you can email me any time at [director@camphenry.net](mailto:director@camphenry.net)

See you soon,



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## CHECK-IN AND CHECK-OUT INFORMATION

### ARRIVAL – AFTERNOON OF OPENING DAY

Check-in is from 3:00-4:00 p.m. on the opening day of your session. In case of a delay or last-minute cancellation, please notify the Camp Henry Office at 828-646-0095 ex.4. Camper families who have not arrived by 4:00 will receive a call.

### DEPARTURE – AFTERNOON OF CLOSING DAY

#### CLOSING DAY SCHEDULE

We invite you to participate in a celebration on Closing Day. Enjoy refreshments as you meet our staff, browse our camp store, and pre-register for next year. This is a wonderful opportunity to share in your camper's experience, see a slide show of the session, and hear firsthand some of their life changing stories.

- 4:00 p.m. - Parents may start arriving. Campers will be finishing up the session with their cabin mates and will not be available until 5pm.
- 4:00-5:00 p.m. - Parent social: Enjoy snacks, meet our director and staff, learn more about Camp, pre-register for next year, and shop the camp store!
- 5:00 p.m. – Campers exit Celebration Hall and join their families.
- 5:00-6:00 p.m. – Campers and families must check out with the registration team and camp nurse.

\* **Please double-check to make sure everything has made it to your car.** We are happy to ship any personal items left behind, at your expense, IF you have reached out to our office within 7 days. Items not claimed will be donated to a worthy charity that serves our local Haywood County community.

### EARLY AND LATE DEPARTURES

NO EARLY DEPARTURES on closing day. Leaving early affects the entire cabin and support staff.

If you need to come the day before, or if there is an emergency please contact the camp office. We will work out a time that least affects the cabin.

If you do not wish to attend the social, campers will need to be signed-out at the dining hall by 6:00 p.m. on Closing Day. **Requests for late departures will not be accepted;** our staff will need some well- deserved rest between sessions.

Campers still on property after 6:00pm will be charged the Bridge fee of \$75 whether they stay or not.

Please feel free to walk the grounds with your camper after sign-out.



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## IMPORTANT INFORMATION

We want to ensure that your family has the best possible experience. A great part of that is being prepared. Please take a few moments to read this helpful information.

For more specific information regarding each camp, please refer to the packing lists at the end of this guidebook.

### QUESTIONS OR CONCERNS

If you have any questions at all regarding your camper's registration, discounts, balance due, medical needs, or transportation, contact the camp office weekdays from 9:00 a.m. to 5:00 p.m. 828-646-0095 ex. 4 or email us at [director@camphenny.net](mailto:director@camphenny.net).

### GOALS OF THE CAMP HENRY EXPERIENCE

Camp Henry aims to engage every child in a Christlike community. This means that each child should leave their time at camp:

- With a new friend (having also been a friend to someone else!).
- Having experienced a new skill, grown confidence in their abilities to try new things.
- Contributed positively to our community by helping to take care of the spaces they use and the people that they share space and time with.

Camp Henry Counselors are trained to help each of their campers achieve these goals, and are also working toward them themselves!

### HEALTH AND SAFETY

The health and safety of our campers and staff is our number one priority. Camp Henry provides age appropriate activities for young people to develop community, take on new responsibilities, gain independence and an appreciation of God's creation; as well as overcome challenges through safe and fun adventure-based programs. Several times throughout the year the Haywood County Department of Health inspects our kitchen facilities, cabins, and bathhouses, and program spaces. We consistently receive grades 98-100.

It is important to the Camp Henry experience that campers get the chance to interact in a small, group-based and community-living environment. Cabin groups include 6-12 campers and two counselors. Camp Henry facilitates programs under "Challenge-by-choice" practices and will never force a camper to participate in an activity. We strive to provide options and practices that meet campers where they are, both emotionally and physically.



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During the registration process, we ask you to disclose aspects of your campers personal life that may seem intrusive, including divorce, death in the family, separation, new location or any other mental, emotional, physical, or social health issues. These disclosures will only be shared with your child's cabin staff and our health team. Knowledge is power - the more we know about your camper, the better we will know how to serve and care for them.

### Camp Henry Medical Services

***\*Note: Additional requirements may be implemented based on the Status of COVID-19 and guidance from the CDC, ACA and local health authorities. These will be updated on our website and emailed to registered families.***

Camp Henry has an infirmary staffed with a registered nurse. Campers have access to healthcare staff twenty-four hours a day for basic medical treatments, evaluation, and medication distribution. Camp Henry healthcare staff follow Standing Treatment Orders signed off by a local medical doctor. You must complete the Camp Henry acknowledgement of risk, release of liability waivers, permission-to-treat, and photo release, and medication administration forms on your online registration portal to attend camp.

### Updates or Changes to Health History

Our healthcare staff will review all information prior to your camper's arrival. Please update and make changes to your camper's health history at least 10 days **before arrival**.

You can do this by logging into your online Camp Henry account from the second button on the main page of our website. Click the ACCESS YOUR ACCOUNT button.

### Physical and Licensed Medical Provider Signature

It is **NOT** a requirement to submit a physical or have a licensed medical provider signature to attend Camp Henry's summer camp program. If you have concerns about your child's physical ability to attend camp, we encourage you to check with your pediatrician.

### Opening Day Health Screening

It is our desire for all campers to have the best experience possible. **Please do not arrive at camp if your camper is sick or is showing signs of illness.** It is better to delay your camper's arrival a day or two to get completely healthy than to get the rest of the cabin sick.

Please inspect your camper for lice. Notify your cabin counselor if your child has been exposed within 10 days of your arrival to camp. We can help monitor your child and make sure they are cared for as well as protect other campers. Be prepared for a cabin counselor to inspect your camper's hair during check-in.



## **Medications**

You need to check in **all** medications with the Camp Henry Nurse. They must be in the **original packaging**. Medicine will **NOT** be given to campers if they are not in its original packaging. When administering prescription medications, Camp Henry's healthcare staff will only follow the directions printed on the original prescription box or bottle. Please make sure these instructions match what you have entered in the medication administration form.

Our Camp Nurse staff will dispense prescription medications when campers are located on the main campus, however, when campers are on campout or on an off-site trip, a trained staff member will administer medications according to directions described on the original bottle or prescription.

**It is not permitted** for campers and staff to keep any medications in their cabins, including over-the-counter medications and vitamins.

We require campers that bring inhalers or Epi-pens to have access to them at all times. Typically this means that your child's counselor will keep them in their day bag. We ask that you send your camper with a labeled carrying case for the Epi-pens and inhalers. Please do not bring over-the-counter (OTC) medications (aspirin, Tylenol, first-aid supplies) unless prescribed by a licensed medical provider.

## **Vaccinations/Immunizations**

By attending Camp Henry programs, the parent or guardian is attesting that all immunizations required for school in the state of NC are up to date. The American Camping Association (ACA) requires all campers be up to date with their Tetanus shots (within the last 10 years).

During the registration process, you will provide the dates of the following vaccinations:

1. Tetanus (Required)
2. MMR: measles, mumps, and rubella
3. Pertussis (whooping cough)

\*Please view the COVID 19 update tab on our website for all requirements pertaining to COVID 19.  
We will update information there as it becomes available

## **Communicating with Parent/Guardian about a Child's Health Status**

The phone numbers you provide on your child's online account will be used to contact you in case of an emergency, or if your child needs to see a health care provider other than our healthcare staff. We generally do not contact you if your child needs treatment in our infirmary for routine problems (skinned knee, sore throat, low-grade fever, overnight stay.) The decision to call parents is determined by the Camp Nurse on a case-by case basis. The cost for any medications, doctor visits, or additional expenses incurred will be charged to your credit card on file.



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### **Behavior Policy**

During registration you signed a Community Agreement that outlines expectations for behavior at camp that can be reviewed on your online account at any time. We expect all campers and staff to abide by these guidelines. When conflicts arise, we implement restorative justice practices to first try to salvage camper relationships and help our campers develop positive social skills. This includes facilitating conversation between campers that have negative interactions, with the goal of finding the root of the conflict and repairing harm done. If we feel that a camper's behavior is not impacted by these conversations, we reserve the right to dismiss a camper. Campers dismissed from camp will not be allowed to return to the session that they were dismissed from, but will be allowed to return to future sessions, following a conversation with the Camp Director.

### **Swimming**

All campers who choose to swim, regardless of level of skill, will be required to take a swim test with their cabin group on the first afternoon of camp. Campers that do not pass the swim test OR wish not to take the swim test will be required to wear a life vest when in the swim area.

Campers are not required to swim throughout the session. They can participate in other opportunities at the waterfront, such as wading, fishing, reading and playing games on the shore, and boating. However, it is a great skill for all campers to know how to swim; and we encourage all campers to learn before they arrive at camp.

### **VISITATION AND COMMUNICATION**

At Camp Henry, campers enjoy the outdoors and develop a greater appreciation for the environment. They also experience the companionship of peers as they acquire skills that improve self-confidence, increase self-reliance, and enhance the ability to cooperate with others. Being away from your child can be hard, and they are sure to miss you. However, visiting can cause many disruptions in their acclimation into the camp environment.

- Camp Henry does not allow campers to receive calls or make calls to anyone off property.
- We do not allow any outside visitors to visit campers during the camp session. Campers may not come and go throughout the session. If a camper must leave camp for any reason, this must be arranged with the director prior to check-in.

### **CORRESPONDING WITH YOUR CAMPER**

Mail is very important to your camper! Here are our recommendations for correspondence:

- Write soon, often, and cheerfully.
- Do not write anything that may cause them to worry or stress such as, "I am so sad you are gone" or "I just miss you so much and worry about you."



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- Take a moment to teach your child how to address an envelope or postcard properly.
- Post cards work best as envelopes have a tendency to seal due to the moisture in our mountain air.
- You may purchase the ability to send 1-way emails through your campers dashboard. These emails will be printed and delivered just as regular mail.
- Mail received on the last day of the session **will not be delivered** to your camper. We deliver mail at meal times and our USPS carrier delivers after lunch. You may pick it up at check-out along with any medications.

### CARE PACKAGES AND MAIL

Families may send one package per session. Any food sent in a care package will be kept in Boojums Cave and made available to your camper at Canteen each afternoon. **Please do not send products with nuts. We serve campers with life threatening allergies.** When sending snacks, please plan for your camper to share with their cabinmates, up to 10 people. Please do not send gum, water guns, pocket knives, fireworks, or slime.

### THE CAMP STAFF OPEN AND INSPECT ALL PACKAGES BEFORE THEY ARE GIVEN TO CAMPERS.

#### Bring mail and packages on Opening Day of camp

Camper mail first arrives through the Lake Logan office. Mail may take up to 1 extra day to be delivered to your camper. The easiest way to ensure your camper receives their mail is to pre-write your letters or pre-pack packages and bring them with you on Opening Day. We will have mailboxes available for you to drop off letters/packages during check-in. Each day of the session will have its own mailbox.

If you do decide to use the Post Office or other mail carriers please use the following address.

#### For letters and parcel delivery by USPS, Fed-Ex, or UPS:

Camper First and Last Name  
Camp Henry  
25 Wormy Chestnut Ln.  
Canton, NC 28716



## TECHNOLOGY POLICY

Camp Henry is an “unplugged” space. Please help us to create an environment where new friendships can blossom, and each camper has a unique and special outdoor experience. **Do not bring portable music players, video games, computers, iPads, tablets, electronics or cell phones to camp.**

Furthermore, cell phones especially interrupt camp in a variety of ways. There is no cell service on our Lake Logan property.

If any of the items listed are discovered, the camp staff will collect the items and return them at the end of the session.

## SOCIAL MEDIA POLICY

If a camper chooses to identify him/herself as a camper at our camp on any website, some readers may view the camper as a representative or spokesperson of the camp. Because of this, it is important that campers remain respectful in their posts regarding Camp Henry:

- Avoid using profane language
- Never belittle any other Camp Henry participant (staff member or camper)
- Avoid references to alcohol, drugs, sexual behavior, bullying or any other behavior prohibited while at Camp Henry.

It is also important that each camper understand that photographs are for personal memories only; please do not post pictures on the internet of another camper without permission. Camp Henry regularly monitors the internet for information pertaining to its programs, especially posts that we are tagged in. If any camper is discovered to have questionable material displayed on any website; specifically as it relates to the use of the Camp Henry name, brand or logo, parents will be notified and the camper will be asked to remove the content.

## CAMPSTORE

At Check-In and Check-out campers may purchase merchandise from our Camp Henry store. We will take cash, card, or can add the charge to your Campwise accounts for you to pay securely online. Campers **DO NOT** need to keep cash with them during their session, as we do not open the store during the session. Some examples of what we carry in the camp store:

- Camp Henry and Lake Logan t-shirts, hoodies, caps, & bandanas
- Nalgene water bottles
- Crazy Creek Chairs
- Sunglasses and croakies





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## PACKING FOR CAMP HENRY

### **Costumes and Tie-dye**

Campers are welcomed and encouraged to bring wacky-tacky outfits for Wacky-Tacky Wednesdays, nice clothes for church and the dance on Thursday nights, and white, all cotton items to tie-dye at arts and crafts.

### **Laundry**

**Each camper will need to bring their own washable laundry bag** with his or her name on the bag. Please clearly label all items of clothing, including the laundry bag, with a Sharpie pen.

### **Trunk or Duffel**

It is suggested that you bring all your items in a trunk where clothing is better protected and organized. Trunks can be a great place to sit, apply camp stickers and have your new camp friends sign their names as memories. Ideal dimensions for your trunk: 32”L x 18”W x 14”H. Duffel bags are just as functional, but harder to keep organized.

### **Traditional Camp Packing List:**

- Small backpack
- Fitted sheet, sleeping bag, and a pillow
- Towels (2, one for bathing, one for water activities)
- Toiletries (soap, shampoo, comb/brush, toothbrush, toothpaste, deodorant, etc.)
- Shoes (closed-toe shoes for running around camp **and** water shoes)
- Enough clothes for the week (7 tops and 7 bottoms. It is a good idea to pack an extra set of “going home clothes” in a labeled ziplock bag to ensure they are clean for the ride home!)
- 1-2 Long sleeve shirt or jacket
- 1-2 Pair of pants
- 1-2 Bathing suits
- 1 Rain jacket or poncho
- 1 Flashlight
- 1 Bug spray
- 1 Sun protection lotion/spray
- 2 water bottles
- 1 hat
- 1 book
- Small games such as UNO or a deck of cards
- Addressed postcards and stamps, Journal and Pen
- Item(s) to tie dye (suggested items: pillowcases, socks, & tee shirts)



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### Service Camp Items

In addition to the above items it is a good idea to pack clothes and shoes that can be painted in, or that can get dirtier than usual.

### Performing Arts Camp Items

In addition to the above items campers may bring musical instruments or other items they include in their preferred performances.

### CHOS Packing List

Trail Items:

- 2 pairs of synthetic (non-cotton) hiking shorts
- 2 synthetic (non-cotton) t-shirts
- At least 3 pairs of synthetic (non-cotton) underwear
- 2 sports-bras, if applicable (non-cotton)
- 1 long underwear top and bottom (non-cotton)
- At least 2-3 pair of light hiking socks (yep, you guessed it, non-cotton)
- 1 pair of hiking boots/shoes (if you are purchasing a new pair of boots for your summer trip it is, *STRONGLY ADVISED*, that they are broken in too help prevent your chance of foot injuries, such as blisters)
- 1 pair of shoes or sandals (with ankle strap) that you don't mind getting wet and dirty during our rafting trip. (Crocs and similar sandals are a great base camp shoe, however the chances of them staying on your feet during our whitewater rafting trip are slim!)
- L.E.D. Headlamp w/ extra batteries
- 2 durable water bottles, At least 1 liter in size
- A few gallon and quart sized Ziploc bags
- Feminine hygiene products, if applicable
- 1 travel sized toothbrush/toothpaste
- 1 small bottle of insect repellent
- 1 small bottle of sunscreen
- 1 bandana
- Base Camp Items (These items will not be taken on the trail):
- At least 2 sets of comfortable base camp clothes (cotton is acceptable)
- 1 deodorant
- Shampoo and soap
- 1 towel
- 1 duffle bag or suitcase to store your belongings while we're on trail



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### Optional Items:

- Hat/Sunglasses (do NOT bring anything that shouldn't get dirty or can't handle wilderness travel)
- A book (remember that this is a lightweight program, and you will be carrying this, so maybe don't bring your hardback copy of War & Peace)
- 1 small pocket knife (please let CHOS staff know at check-in if you choose to bring one, we will hold it for you and administer them at a time when their use is appropriate.)
- A small camera (disposables may be a thing of the past, but they're mighty convenient on trail if/when they are lost or damaged, leave your DSLR's at home.)

### What NOT to Bring

Cell phones, portable music players, computers, video games, food, pets, firearms, clothing referencing firearms, drugs, profanity or nudity, fireworks, fixed blade knives, reading material referencing firearms, drugs, profanity or nudity. Tobacco products, alcohol, illegal drugs, and non-prescription drugs are prohibited. Camp Henry will not be responsible for damaged or stolen jewelry and other valuables. The camp will provide all sports and safety equipment; campers should leave theirs at home. Campers who drive their own vehicles will park their cars in the Main Lodge parking lot. The car must be locked and keys will be turned into the main office until the end of the session. Camp Henry is not responsible for any damage to personal vehicles.

**DO NOT BRING food of any kind.** We will supply all meals and have a variety of snacks available at Canteen, free of additional cost. Many of our campers have **severe and life-threatening allergies** to many different food items. We want to do everything we can to ensure a safe and healthy experience for all of our campers.

Thank you for trusting us with your family, we are excited to Camp with you!