



Camp Eagle
Adventure Camps

PARENT GUIDE

Group Camp

YOU'RE ALMOST THERE.

You're about to send your camper off for a week of outdoor adventure, authentic relationships, and Biblical truth. Here's what you need to know to set them up for success.

Pre-Camp Checklist

- Finish registration
- Update Health History Form
- Drink plenty of water
- Pack the essentials (p.6)
- Pray!

Medicine

Please send all meds in the original packaging. Our trained medical staff will take care of dispensing meds according to the indicated schedule (p.3)

At Camp

To help your camper focus on their experience, we encourage you to only reach out in case of emergency; your Group Leader and sponsors will have access to WiFi periodically. In the daytime, please call **(830) 683-3530**; at night, please call our Medical Station at **(830) 683-3540**.

Food

Great adventures require great fuel. For menu questions and inquiries about special diets information, contact Jenn Mitroff (jenn.mitroff@campeagle.org)

In The Cabin

Help us prevent bedbugs, lice, and illness by sending clean clothes and bedding and educating your camper on proper hygiene (p.3)

Our Team

- **Director Nick Whiting**
(nick.whiting@campeagle.org)
- **Asst. Director Callie Knippa**
(callie.knippa@campeagle.org)
- **Asst. Director Ethan Perry**
(ethan.perry@campeagle.org)
- **Dozens of amazing counselors from all over the state and country!**



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WHAT HAPPENS IN A DAY?



Begin with games, worship, teaching, and prayer in a time known as Morning Chaos.

Spread out onto our 1400- acre property for hikes, activities, and Bible studies.



Every single day includes a thrilling adventure on our challenge course—such as our 3000-foot zip line—and some time to cool off in the water.

Top-off the day with an evening experience before a debrief around the fire.





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Food

Camp Eagle offers general dietary breakdowns for each of the meals we serve in the dining hall. A menu will be sent to your Group Leader before the beginning of your session. Although we strive to maintain a peanut-free environment, we do not make individual accommodations for dietary restrictions. If your camper has specialized dietary needs, they will be able to bring and store food items in our designated special foods area. Please direct further questions to your group leader or to our food service director, Jenn Mitroff (jenn.mitroff@campeagle.org).

Medicine

It's important that you provide an updated health history form for your camper within our registration system. This will include a list of current medications. All medications should be brought to camp in their original packaging, with the instructions and prescribing physician's name intact. Please place each of these in a plastic sandwich bag and write your camper's name, dosage, and times the medication must be administered. We're unable to accept loose medication in bags or pill organizers. All medication will be turned over to our medical staff, who will administer them according to the indicated schedule. Only EpiPens may be kept in the dorm. Please direct further questions regarding medication to our medical director, Courtney Lyon (courtney.lyon@campeagle.org).



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The Essentials

While we have a full packing list on the next page, there are certain things you'll want to make sure to send with your camper. Let's call these **The Essentials**:

- 1) **Reusable Water Bottle** — While Camp usually sells Nalgene water bottles, these are sometimes out of stock.
- 2) **Shoes for Hiking** — Groups will do a lot of walking from one location to the next—sturdy shoes are important.
- 3) **Bedding** (Twin Sheets or Sleeping Bag) — For a good night's sleep.
- 4) **Sunscreen** — Our counselors will help them remember to use it.
- 5) **2 Swimsuits** - We recommend bringing swimsuits to rotate as campers will get wet every day. Campers may also have to hike in their swimsuit at times. We expect all guests and staff to dress modestly while at camp. You should always be covered by a lifejacket, modest swimwear, and/or clothing unless in a private changing or shower area. Example 1: While swimming, everyone must wear a lifejacket and modest swimwear. Example 2: When removing a lifejacket, everyone must put on clothing immediately afterward.

Camp Credit

If you would like to provide your camper with money for use at our Camp Store or Coffee Shop, you may do so by going to the event registration page and selecting the "Camp Credit" option. Using the Camp Credit option is a great way to ensure your camper has access to funds without the risk of losing cash. Through the Camp Credit page, you'll have the ability to track purchases made by your camper, check the balance of the account, and send more funds should you choose to do so. Funds loaded into this account have the option of being refunded or donated to our camp scholarship fund.



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Still Have Questions?

When it comes to camp, your biggest resource is your group leader. They'll have information about registration, payment, transportation, and everything tailored specifically to your church group or youth organization. If you'd like to know something specific to our camp, please feel free to reach out using the contact information on the first page of this document.



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EVERYTHING TO BRING

Clothing:

- **T-shirts** - Bring several that you don't mind getting dirty. Please do not bring any clothing or other items with inappropriate words, logos, brands, pictures or other images. When in doubt, leave it at home.
- **Shorts** - Please bring athletic/hiking shorts that you don't mind getting dirty. Please do not bring short shorts. You will be wearing harnesses, which will rub your skin if your shorts aren't long enough.
- **Sandals**
- **Closed-toed shoes** - Needed on activities.
- **Water shoes (optional)**
- **Flip flops** - Optional, but great for the dorm room and bathroom.
- **Socks and Underwear** - Bring extras of both. Camp Eagle is an Adventure Camp and we'll be outside most of the day.
- **Rainwear** - A rain jacket/poncho is highly recommended.
- **Hat/Bandana**

- **2 Swimsuits** - We recommend bringing swimsuits to rotate as campers will get wet every day. Campers may also have to hike in their swimsuit at times. We expect all guests and staff to dress modestly while at camp. You should always be covered by a lifejacket, modest swimwear, and/or clothing unless in a private changing or shower area. Example 1: While swimming, everyone must wear a lifejacket and modest swimwear. Example 2: When removing a lifejacket, everyone must put on clothing immediately afterward.

Toiletries:

- Toothbrush, toothpaste, shampoo, deodorant, soap, feminine products
- Tote or toiletries bag - For transporting items to and from the shower.
- **2 Towels** - Bring one for the shower and one for swimming.



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EVERYTHING TO BRING

Other Important Items:

- A set of clothes that you don't mind getting ruined (we'll inform your camper what day they can wear these clothes).
- Reusable water bottle - Camp will have Nalgene bottles available for purchase.
- Hydration backpack (optional) - These are nice in addition to, or in place of water bottles.
- Flashlight / Headlamp and extra batteries
- Insect repellant
- Sunscreen (bring an ample supply)
- Bible
- Notepad / Journal
- Pens
- Backpack
- Medications - See "Before You Arrive" (p.4) for details
- Earplugs - For light sleepers.

Sleeping

- Plug-In Fan (optional) - Campers will be sleeping in air-conditioned rooms, but they may not get as cold as at home.
- Sleeping bags (recommended) OR Sheets
- and Blankets - If you opt to bring sheets and blankets, know that most dorm rooms have twin beds. There are a few full-size beds in some of the dorms.
- Pillow



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DO NOT BRING

Do Not Bring:

- Cell phones (We do not recommend bringing cell phones, but this is at the discretion of your Group Leader). There is no cell service available at Camp Eagle. Wi-Fi calling and landline calling are available to Group Leaders only.
- Car keys
- Walkie-Talkies
- Knives, anything sharp, or any type of weapon
- Pets - No, not even little cute pets!
- Tobacco products of any sort Alcohol or drugs
- Your own harness or helmet
- Expensive electronics (Camp Eagle does not provide lockers, safes, or any other means of securing valuables)

A Note on Lost Items: While we do keep a Lost & Found at Camp Eagle, we cannot make guarantees about finding lost items, nor can we cover shipping for items that are found.