



Luther Heights
Bible Camp

WHAT TO EXPECT AT CAMP

*Thank you for registering for camp! We are praying for a wonderful week of fun and adventure for you!
Please read carefully through this camper information to help prepare for a week at Luther Heights.*

Arrival

Registration is from 2 - 5 PM on the first day of camp (Sunday for all youth programs). Campers will check in and meet their counselors and LHBC staff. Parents and guardians are welcome to stay for the evening meal at 6 pm.

Departure

Parents and guardians are encouraged to join us for our closing worship at 11 AM on the last day of camp (Wednesday for Intros, Friday for all other youth programs). Everyone is invited to a buffet-style lunch at noon in Sawtooth Lodge. **Campers must be picked up by 1 PM.** Please let us know at Registration if your camper will be picked up by anyone other than their Parent/Guardian.

Camp Store

Canteen, which offers LHBC sweatshirts, t-shirts, water bottles and other gear, is open during Registration and Camper Pick-Up. During the program week, campers can visit the store for snacks or LHBC gear twice daily. **Parents can prepay for their camper's canteen balance in their online account or bring cash or a check to registration.** Money is not allowed to be kept in the cabins during the week. We typically recommend \$20-30 for the week, and any unused canteen money will be refunded in cash on departure day. Campers may choose to donate unused canteen money to closing worship offering, which LHBC donates to a specific charity.

Directions

Directions to camp, including the GPS coordinates, can be found on our website at www.lutherheights.org under 'Helpful Info.'

Mail

If you'd like to leave mail or packages for your camper, they can be left with our staff during registration to be handed out later in the week. **Please DO NOT include food or candy in any care packages** as it creates safety risk for those with allergies and encourages critters in the cabins.

We recommend bringing your mail to on-site registration, however if you'd like to send mail, please mail to:

Camper Name
Luther Heights Bible Camp
HC 64, Box 9381
Ketchum, ID 83340

We do have a mailbox at camp if your camper would like to send a letter home throughout the week! Help younger campers by sending them with a pre-address, pre-stamped envelope. We do have stamps and post-cards for purchase in Canteen.



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Medications

All medications, including over-the-counter, must be turned in at registration to our Health Care Manager. All medications must be in the original packaging and clearly marked with your child's name and dosage instructions. Medications such as EpiPens and emergency inhalers may be kept outside of the health cabin after discussion with healthcare staff.

In Case of Illness

We have health care staff at camp 24 hours/day every week. A large part of this role is tracking and documenting all medications and first aid treatment. All LHBC counselors are trained in wilderness first aid and CPR.

If there is an emergency or serious illness, parents/guardians will be notified immediately. It is important to have the camper's health form filled out completely with accurate information before they come to camp.

Drug & Weapon-Free

Luther Heights Bible Camp is a drug and weapon-free environment. In the event a camper brings drugs, alcohol, cigarettes, knives, weapons or explosive devices (including firecrackers) to camp, staff will keep the items in the office until the end of the week.

Homesickness

Homesickness is a natural reaction to separation from familiar surroundings and routines. While our staff is prepared to work with campers who become homesick, there are a few important things you can do to help before you child comes to camp:

- Help your child understand that feeling homesick is natural.
- Language makes a difference. Emphasize your child is "going" to camp; try to avoid saying you are "sending" them away to camp.
- Avoid statements like "I'm going to miss you so much. I can't wait for you to come home." Why? Camp will be a terrific experience so be careful not to make your child feel badly about going away. Instead, say things like "I'm so excited for you! You'll have a great time!"
- **Please avoid statements like "If you don't like camp you can come home." Children who are experiencing difficulties adjusting to camp would then compound the situation by not giving it a fair chance and instead focus only on going home.**
- Share your own positive camp experiences!

Only on a very rare occurrence are campers allowed to call home because it usually makes the situation worse.



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Packing List

Our “What to Bring to Camp” list can be found at www.lutherheights.org under ‘Helpful Info.’ Please note there are additional lists for campers participating in horseback riding, rafting, and off-site camp programs.

Insurance

Information is required on health forms for camper’s personal coverage.

Accreditation

Luther Heights Bible Camp is an Accredited Site by the American Camping Association (ACA).

Swimming & Canoeing

All water activities are under the supervision of Red Cross certified lifeguards.

Bullying and Behavior Expectations

At LHBC, it is our deepest hope and prayer each camper experiences a positive environment where they build positive relationships, grow in confidence and try new things, all within a Christian learning environment. We work hard as a staff to ensure all feel included and safe while they are attending camp sessions – on and off site and at day camps. Unfortunately, persons who are bullied may not be able to experience camp in the way we hope. We take all incidents of bullying seriously. Our staff is trained to promote communication, so campers feel safe altering staff to any problems during their camp program. We encourage you, as parents, to let us know about any bullying concerns you may have for your camper(s) related to relationships they formed at LHBC.

Staff are trained to promote inclusion, kindness and positive relationships within their cabin groups and throughout camp. On the rare occasion a camper exhibits behavior that is dangerous or overly disruptive to fellow campers, they may be asked to leave the camp session early. Parents/guardians will be responsible for immediate pick-up from camp property and will not receive a refund.

CONTACT US

Need help with information about camp or registering? Contact our office at info@lutherheights.org or (208) 886-7657.

Need to contact camp while your camper is there? Contact our camp office at director@lutherheights.org or (208) 774-3556.



SHARE YOUR STORY!

We would love to hear about your camp adventure and experiences!

Share your story with us by emailing info@lutherheights.org and we’ll send you a free LHBC sticker!



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WHAT WILL CAMP BE LIKE? WHAT CAN I EXPECT?

At camp you will share a cabin with 4-10 other campers and your counselor. We will do our best to honor all cabin-mate requests. Within this cabin group, you will share in Bible Study, games, hiking, meals, cleaning and other activities.

You will sleep in a wood cabin each night. Cabins have bunks with mattresses, so bring a sleeping bag or bedding to stay warm and comfortable. Some cabins have bathrooms and showers, or there are outhouses and showers nearby.

Meals, worship and recreational activities will be shared with the whole camp community. Morning activities include Bible Study and cabin group activities. Afternoons allow campers to have some choice in activities, including games, crafts, hiking, tie-dye, canoeing, archery and other special interests. Evenings are reserved for all-camp games and worship.

Intermediate and Senior High campers will participate in a single overnight camping trip away from camp. Campers will hike out with their cabin group, carrying bedding, tents, meals and necessary supplies. Enjoy learning to cook your meals and set up camp, and a night under the stars!

Our prayer for you during your week at camp is for you to grow in your faith.

You don't have to be a Lutheran to come to Luther Heights Bible Camp. **Faith shapes our life together at Luther Heights.** We worship together at the beginning and end of each day. We also do daily Bible Study together. We engage in quiet time to have a brief chance to be alone with the Word before God. We thank God before all our meals. And there are all kinds of unscheduled times when we find our faith deepened as well.

Our theme for summer 2019 is Transformed Community: Agents of CHANGE, based off Romans 12:2.

“Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God – what is good and acceptable and perfect.”

Campers will dive into Bible stories about how we are called to say “YES!” to being Christ's life-giving and love-giving presence in the world.

WE ARE LOOKING FORWARD TO HAVING YOU AT LUTHER HEIGHTS BIBLE CAMP THIS SUMMER!

