

HEALTH & SAFETY

Brief Health Screening Once you have met your counselor, you'll visit with our health personnel who will go over your Health Form with you, and address any special needs you may have.

Luther Heights is an Accredited Site by the American Camping Association and is required to collect/**dispense any medications** you bring to camp. At registration, please turn them in to the health officer. The Camp's Nurse or Health Officer is First Aid Trained and will be acting under the direction of the Camp's Physician. Counselors have certification in Wilderness First Aid/CPR. Emergency health care is available in Stanley and Kerchum, Idaho.

All **medication** should be in the original container. If it is a prescription medication, the pharmacy label should have the camper's and the doctor's name, and directions clearly marked. If it is an over-the-counter medication, it should be in the original container accompanied by the parent's specific instructions. These directions should be within the guidelines on the label.

Swimming & Canoeing is under the supervision of Red Cross certified lifeguards.

Insurance: Limited Excess Coverage (Sickness & Accident) is carried on all campers. The \$50 deductible on each claim must be covered by a camper's family.

Did you see the back page?

Welcome to Luther Heights Bible Camp!

"What will camp be like? What can I expect?"
We're glad you asked!

At camp, you will share a cabin with 4-10 other campers, a counselor, and sometimes, an adult advisor. The person you requested as your cabin mate will be with you in your cabin. It is within this cabin group that you will share in Bible studies, worship, games, hiking, meal times, cleaning, planning, and other activities.

You will also share with the whole camp community in meals, worship, recreation, and other activities. Sometimes you will have the opportunity to choose among several program options.

One aspect of the of the **Intermediate Camp** and **High Adventure Camp** is an **overnight camping trip** away from the main camp. You will hike out with your cabin group (at times, also with another cabin group), carrying your bedding and necessary supplies. While you are out, you will be preparing 3 meals. You return to camp the next day by lunch time. Overnight groups may be between 30 minutes to 4 hours from the main site. You will decide your destination with your cabin group.

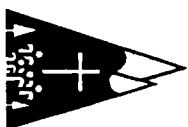
Our prayer for you during your week at camp is that you will **grow in your faith**. You don't have to be Lutheran to be at Luther Heights Bible Camp—you don't even have to be a believer. Faith shapes our life together at Luther Heights. We worship together at the beginning and end of each day. We also do daily Bible study together. We engage in quiet time so we can have a brief chance to be alone with the Word before God. And there are all kinds of unscheduled times when we find our faith deepened.

Our theme for this summer is 'Taking It Down the Mountain'. Our daily themes will be on Christian Community-Church, Access to God-Prayer, Worship, Remember the Story - Reading the Bible Daily, Sent Down the Mountain.

How do I write to my child while they are at camp?

Luther Heights Bible Camp
C/O Your Child's Name
HC 64, Box 9381
Kerchum, Idaho 83340

WHAT TO BRING TO LUTHER HEIGHTS ONSITE PROGRAM



Welcome!

Luther Heights Bible Camp
HC 64, Box 9381
Kerchum, Idaho 83340
774-3556

www.lutherheights.org
eric@lutherheights.org

Registration
Between 2:00-5:00pm
on first day of camp.

*Parents are invited to meet the staff
and stay for the evening meal.
Please sign up at registration.*

Camper Pick-Up
Between 1:00-2:00
on last day of camp.

WHAT TO BRING

___ **Warm Sleeping Bag** or other bedding. Temperatures can get down to the 40s or even 30s at night.

___ **Casual clothing.** Camp is informal throughout. Be prepared for either warm or cool weather. Besides summer-weather items, include sweater or sweatshirt. It may be wise to have a set of old clothes you can spill paint on, too.

___ **Warm jacket.** Mittens or hat may be handy.

___ **Long pants, shorts.**

___ **Comfortable shoes for hiking.** Sneakers and tennis shoes are great for around camp. For the hike to the beach, it's best to find a shoe that provides more support and protection. (Be sure to break in new shoes or boots several weeks before coming to camp!)

___ **Sandals.** Great for time at the beach!

A note about shoes/sandals: Campers must have one pair of "close-toed" shoes for meadow games & the hike to the beach.

___ **Socks, underwear, etc.**

___ **Towel, soap, toothbrush, toothpaste, etc.**

___ **Rain poncho** or other lightweight rain gear. *Continued...*

What to bring...continued

___ **Bible,** pencil or pen

___ **Flashlight**

___ **Camera, film**

___ **Sunscreen lotion, mosquito spray**

___ **Swim suit, towel**

___ **Water bottle** Your body needs more water while living at 7,000-foot elevation.

___ **\$\$\$ for Canteen** There are 2 times each day set aside for campers to buy a snack from the canteen. They are limited to two items per time the store is open. (The canteen also sells t-shirts, sweatshirts, hats, vests, postcards, stamps, candy, pop, etc.) The fruit is free!

Intermediate & Sr. High

Because you go on an overnight, it is especially important for you to have good shoes for hiking, a warm sleeping bag, and, if you own one, a sleeping pad.

Leave these things at home

Pets • radios • cd players • mp3 players • cell phones • Trail bikes • ATVs, or other personal sport equipment unless approved by Director • fireworks • firecrackers (illegal in the SNRA) firearms • ammunition • hair dryers or curling irons • alcohol • tobacco & other drugs • personal camper vehicles will not be used during the camp session.

Horseback Riders

Be sure you have:

- A permission form that has **both sections (top and bottom) signed** by a parent.
- long pants to wear for your ride
- close-toed and closed-back shoes (no slip-on tennis shoes)
- a water bottle and sunscreen are very important for this outing!

Rafters

Be sure you have:

- A permission form signed by parent
- Fast-drying shorts (nylon)
- Fleece, wool, or polypro clothing
- Sunglasses with strap (croakies)
- Tennis shoes, sandals, or river booties
- Hat/cap (protection from sun)
- Sunscreen, Water proof camera
- Dry change of clothes

Offering Opportunity

Consider designating a portion of your canteen money or bringing additional funds for a special offering taken during closing worship. The offering will go to a charitable organization chosen by the camp.

Did you remember to send in your health form? If not, please be sure to have a completed one with you at registration!