

Dear Gluten Free Fun Camper(s) and Parents/Guardians,
Parents/Guardians, please read through this letter entirely with your camper(s)!

We are very excited for camp this summer! We are back to our original location at Camp Courage. We are happy to have the nicer cabins back and bigger kitchen. Here is a list of thing to bring to camp and some things not to bring to make camp a positive experience for everyone.

Please label all clothing and items brought to camp. Include the packer list in your suitcase. Things do get lost at camp! Re-check the packing list before leaving camp to make sure you have all of your things!

Check in/out time:

Sunday, July 20: between 2-4 pm

Friday, July 25: NOON - 1pm (Kids will have had brunch)

DIRECTIONS TO CAMP:

From I94: Take exit to Clearwater/Annandale. FYI:There is construction right now in that area and 94 may be down to one lane. I will send an update if there is a detour to watch for.

Go south on 24 toward Annandale for 9 miles.

Take a left on 39 for 1.5 miles.

Take a right on Co. Rd 7 to the camp gates, which are on your right. Watch carefully. I have driven by the gates many times! When you enter the camp grounds, follow

signs to the Woodland side of camp. We will be checking people in there and assigning cabins.

OR if you want to,

Please use your favorite navigation system or mapquest.com for directions to this address from yours:

Camp Courage
8046 83rd St NW
Maple Lake, MN 55358

THINGS TO BRING TO CAMP (See also packing list on last page):

*A Great attitude!! Friends, siblings, and staff who are not celiac will be eating gluten free all week, as well. Under no circumstances will negative comments regarding food be tolerated. We have amazing cooks who put their hearts into making fantastic homemade gluten free food for you. We reserve the right to dismiss a camper who is not following this rule.

*Clothes to have fun in! Please send clothing that the campers can play and feel comfortable in. Please do not send expensive clothing or shoes for camp!

NOTE: Clothing/shoes left at camp may be mailed to you per your request, however, you will be responsible for the shipping fee. It is YOUR CHILD'S responsibility to repack their suitcase and clean their cabin.

DO NOT BRING: PLEASE READ CAREFULLY!

***Cell phones. We will have a strict cell phone policy. In order for the campers to enjoy a true camp experience, we ask that cell phone use is limited. We also ask parents to respect that the campers will be distracted by their phones and that you enforce this rule BEFORE you leave for camp. Please discuss this policy with your child. If phones are sent, staff will be holding them in a safe place until check out on Friday. We understand you may want your child to text you to see if they are happy at camp. Encourage your camper to send you a letter (yes, in the mail!). We assure you if they are unhappy, we will let them call you.**

***iPods, DS, hand-held electronic games, laptops, iPhones, other electronic items: NOTE! CAMP IS NOT RESPONSIBLE FOR LOST OR DAMAGED ARTICLES! We recognize that campers may want these to travel to and from camp. They will be collected upon arrival. It is important to us that your child is “unplugged” for the week. We want them to meet friends, experience nature, and participate fully in camp activities. If these items are sent, we will be holding them in a safe place until check out on Friday! Please discuss this with your child to avoid confusion at check-in. NO EXCEPTIONS!**

Also, do not bring:

*Knives, items that could be used as weapons

*Alcohol, other illegal drugs

*Perishable food products

*Candy, Food & Beverages: **We ask that no candy, food or beverages be brought or sent to camp for the following reasons:**

1. Food in the cabin attracts flies, mice, skunks and chipmunks.

2. It undermines the cabin community if a few campers have food and others do not.

3. Snacks are offered at camp, as well as limited amounts of soda and candy.

EXCEPTION: Feel free to bring bottled water to share with your cabin.

Any food & beverage items will be disposed of at our discretion, and will not be returned to the sender.

Please discuss this policy with your child.

MEDICAL ISSUES: If your child needs medical attention which requires ambulance service, emergency room service, or other medical issues that the staff determines to be urgent, you or your emergency contact will be required to come to camp to

take your child home.

Failure to comply with the above rules may result in dismissal from camp.

NOTE REGARDING CABINS/BUNKMATES:

We will do our best to accommodate cabin-mate requests. If your child is bringing a friend/friends to camp, we also encourage them to get to know other campers. Please know that you will be sharing with new friends and be open to making new friendships.

I will be sending updates about camp throughout the week via the ROCK Facebook page. I will check my email daily to answer any of your questions. I will have my cell phone in case of emergency, so you may leave me a message at 320-980-1725 if necessary. More importantly, relax and know your child is having a great time and they will be home before you know it!

THANK YOU ALL FOR YOUR COOPERATION AND FOR MAKING CAMP A POSITIVE AND SAFE ENVIRONMENT!

See Packing List Below this letter!

Sincerely,

Katie Radeke

Gluten Free Fun Camp Coordinator

Checklist while packing at home and again while leaving camp!

_____ *Your own sleeping bag and pillow. Feel free to bring sheets/blankets too, but if you want to take part in the optional camp out (tent), you must bring a sleeping bag.

_____ *Shirts for warm/cool weather

_____ *Pants/Shorts for warm/cool weather

_____ *Jacket

_____ *Sweatshirt

_____ *Flashlight (optional)

_____ *Underwear

_____ *Socks

_____ *Pajamas

_____ *Swimsuit and plastic storage bag

_____ *Shoes - at least one pair of tennis shoes and one that can get wet

_____ *Hooded raincoat

_____ *Comb or Brush

_____ *Washcloths

_____ *Towels - at least one for the beach, one for bathing

_____ *White Tshirt to Tie Dye - optional (or they can use

ROCK camp shirt we provide)

_____ *Toothbrush, toothpaste

_____ *Soap, shampoo, deoderant

_____ *Facial Tissue

_____ *Sunscreen - SPF 30+

_____ *Insect Repellant

_____ *Laundry Bag

_____ *Camera (optional)

_____ *Medication in labeled bag (if needed)

_____ *Personal sanitary products (if needed)

_____ *Money for camp store (optional, no more than \$20)

_____ *Stamped, addressed envelopes/stationary (optional)