



Welcome to Camp Sweyolakan!

Come experience and enjoy the outdoors with us. My caring and enthusiastic staff cannot wait to share the beauty and fun of Sweyolakan with you. There will be days filled with swimming, new friends, archery, nature, hiking, boating and all the creativity you can handle.

Whether you are joining us for the long –or short- haul with our resident programs, or you are headed back to your families at night with our day camp, I promise that Sweyolakan has something for you. Come gain new experiences while learning about yourself and the world around you, and most importantly let's have some FUN!

I am so excited to share Camp Sweyolakan with you this summer! See you soon!

Miss Erica

Erica Nolte – Camp Sweyolakan Director



Camp Fire USA
INLAND NORTHWEST COUNCIL

524 N. Mullan Road • Spokane Valley, WA 99206
509 747-6191 X10 • 800 386 2324 X10
sweyolakan@campfireinc.org

Revised:
1/10/2012





Pre-Camp Check List:

Now:

- Check your confirmation email for registration in the correct session(s) and Spicy Option(s). Check dates carefully.
- Read transportation sheet for each session carefully.
- Read and review this Welcome Guide with your camper.

2 Weeks before camp:

- Pre-Camp Questionnaire (All campers)
- On-line Health History Information
- Pay balance due, if any. If you used online registration, unpaid balances will automatically be charged to your debit/credit card
- Participant Release Forms
Many of these forms are available on our website on Camps tab. Most are now interactive and can be submitted online.



2 Weeks before camp (con't):

Return the following to Camp Fire USA office, if applicable:

- Asthma Management Plan
- Emergency Action Plan
(Obtain from physician)
- Behavior Management Plan
(Obtain from school or your own)

Just prior to camp:

- Double check the suggested packing list and Hints for a Happy Experience
- Signed up for Spicy Options?** Be sure to visit the website to review information and sign the release form! We recommend that you also print a copy to bring to camp.

REMEMBER:
Pack a sack lunch and beverage to be eaten at camp on the first day!
PLEASE NO PEANUT BUTTER or Nut Products!

Health History:

Camper will not be admitted to camp without current Health History information. Health History information is required yearly.

NEW PROCEDURE! The Health History Information link that was sent in your Registration Confirmation email tells you about our partnership with CampDoc which is a new comprehensive online health management system that improves efficiency and maximizes camper safety.

If you were able to complete the CampDoc Health History online last year, please login and update your information.

Please place all medications in one Ziploc bag with your camper's name on medication AND the Ziploc bag. Please print and sign your camper's "CampDoc Camper Medication (s) form" and include it in the bag with the medications.

Transportation:

- Please check your transportation sheet for your session(s) – If you have misplaced this information, it is available online.
- Campers are checked onto the bus and boat and signed off to designated individuals.
- Campers are the responsibility of parent/guardian or designee until they have been checked on the boat or bus and once they have signed out.
- Please make sure your camper is aware of vehicle traffic at the bus and boat.

Coeur d'Alene Cruises has a snack bar on the boat open for campers to purchase soda and snacks. Sodas are \$2.50, bottled water is \$3.00 and snacks vary in price.



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Behavior Expectations:

Camp Fire USA Inland Northwest Council/Camp Sweyolakan provides programs that develop personal life skills, social responsibility, health, and leadership while responding to the needs of youth in a changing society.

Camp Fire USA / Camp Sweyolakan expect that all campers will:

- Comply with the DO NOT BRING list.
- Follow the safety rules of camp.
- Take only appropriate photos and videos at camp and refrain from posting on the internet or using them in any potentially public or objectionable manner.
- Cooperate with other campers and staff.
- Respect the rights and properties of others.
- Listen and follow instructions.
- Participate in activities.

Children are entitled to a pleasant and harmonious environment at camp. The program cannot serve children who display chronically or severe disruptive behavior. This behavior is defined as verbal or physical activity which may include but is not limited to behavior that:

- Requires constant attention from staff.
- Inflicts physical or emotional harm on children or staff (including hazing, harassing or bullying).
- Displays destructive behavior.
- Continually ignores or disobeys camp safety rules.
- Includes use or possession of illegal drugs, alcohol, tobacco, weapons, or explosives, including threats or claims to have weapons.

If a child becomes a serious discipline problem, the Camp Director will notify the parents of the situation and discuss a solution. If improvement does not occur or a solution cannot be determined, the child may be dismissed from the program. **No refund will be issued.**

DO NOT BRING:

- * Cell phones, pagers or camcorders
- * Pets
- * Sheath or illegal knives or other weapons
- * Matches, lighters or explosives (includes fireworks)
- * Alcohol, illegal drugs, tobacco products

Items are subject to confiscation or cause for camper's dismissal from camp.

Not Recommended:

- * Personal radios, Mp3 or CD players
- * Personal sports equipment
 - * Stereos
 - * New clothes
 - * Valuables
- * Hand-held video games

Personal equipment remains the responsibility of the camper.

Food, candy or gum create an environment for unwanted animal visitors and may result in damage to camper's belongings.

We promote "Wireless Interpersonal Networking" – a free, real-time, face-to-face, authentic conversation with another human being!

Cell Phones:

We know that cell phones are very popular these days. However, they are *not* permitted at camp. Camp is a time to discover adventure and independence, and to make new friends. **The policy is: Leave cell phones at home.** Cell phones **will** be confiscated and held until the end of the session.

American Camp Association:

This mark of distinction has been earned by 25% of the camps in the United States. Accreditation ensures that Camp Sweyolakan has demonstrated compliance with up to 300 nationally recognized standards of health, safety, and program quality and is committed to the highest standards established by the camp industry.



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Protection From the Sun

Children are outside all day and are exposed to the sun. Staff monitor program tempo and remind campers to apply sunscreen and drink water. We need you to teach your child how and when to apply his/her own sunscreen. If you feel your child needs help, please send a note. Pack a water bottle and reinforce the importance of drinking water.

Health and Wellness:

Physical exams are recommended every two years, but are not required. Please feel free to contact us with any concerns you may have so we can help make your child's camp experience a positive one.	
<p>Pre-Camp Questionnaire</p> <p>The Pre-Camp Questionnaire gives the camper and parents an opportunity to tell us what they would like to get out of their camp experience.</p> <p>This form is the perfect place to tell us if your camper is uncomfortable about thunder storms, loud noises, hates to brush their teeth, is afraid of spiders, or loves the water but sinks like a rock.</p> <p>You have had the opportunity to know your camper for several years – we get them for a short while. Anything that you tell us to help make this a great experience for your camper creates a win-win situation for all of us.</p>	<p>Medications</p> <ul style="list-style-type: none"> ▪ Medications must be turned in at bus/boat when you check in. ▪ All campers will be screened on the first day. At that time, the Healthcare Staff collects all medications for storage and dispensing at the Health Cottage. Exceptions may include inhalers, bee sting kits and creams/ointments at the discretion of the Healthcare Staff. ▪ We can only accept physician-prescribed and/or over-the-counter medications, to be dispensed at camp in their original containers with the child's name on them. Please place medications in a Ziploc® labeled with camper's name.
<p>Illness</p> <p>To maintain a healthy camp please keep your child home for the following reasons:</p> <ul style="list-style-type: none"> • Temperature of 100 degrees or more in the last 24 hours • Vomiting/diarrhea during the night or morning • Impetigo, scabies or ringworm • Chickenpox (until lesions have crusted) • Severe sore or red throat or white patches on tonsils • Untreated lice <p>Call camp to let them know they will not be attending or to arrange for late arrival.</p> <p>If your child is injured or develops a significant illness while at camp requiring special care from the Healthcare Staff or additional medical care outside of camp, you will be contacted. If your child is too ill to remain at camp, you will be asked to come and get him/her.</p>	<p>Camper Emergencies/Concerns</p> <ul style="list-style-type: none"> • Parents may call camp for emergency purposes at (208) 664-9327, (best time to contact camp is between 9 am – 12:15 pm & 1:30 – 5 pm daily); or the Camp Fire USA office at (509) 747-6191 or (800) 386-2324. If no one answers, please leave a detailed message. • Limited medical and accident insurance is included in the camp fee for injuries or illnesses contracted only while at camp. • If a child leaves camp due to illness or injury, the camp fee may be prorated.

Camp Sweyolakan Outfitting Company:

The Camp Store offers a variety of items including camp shirts and other memorabilia. Items range in price from \$.75 to \$50.00. Camper money is collected and safely stored while in camp. You may send cash or a check to camp, or purchase store credit in advance during the registration process.

Also offered are: toothbrushes, toothpaste, disposable cameras, batteries, postcards, stationery, stamps, soda, candy, and juice. Camp Sweyolakan will offer pop, candy and healthy snacks for sale to campers. These snacks are *in addition* to regular snacks provided at camp and are limited to one candy or ice cream and one soda per day.

We recommend that you allow \$20-30 for shopping in the camp store. Store refunds under \$2.00 will go into the Royal Flush bathroom fund. We encourage you to discuss this policy with your camper and we encourage them to spend their money in the store.



Hints for a Happy Camp Experience:

Camp strives to provide a happy experience for each camper. There are a few things you can do prior to your child's experience to help ensure it is a rewarding, fun time.

Part of the challenge of each child's experience is learning to function in a new setting with new people. Many campers are not used to community living and the lack of privacy. Discuss with your camper about dressing or changing in a space where other campers are present and maintaining modesty. They are rewarded by finding that they can be successful in adjusting to unfamiliar group settings and making new friends. Counselors encourage the growth of these skills with caring attitudes and helping campers work through the period of adjustment.

Before camp

- Talk to your child about what to expect at camp.
- Read and understand all information in this letter.
- Don't talk about all the fun things you'll be doing while he/she is at camp.
- Practice using a flashlight at night or in the dark to prepare for sleeping in shelters without electricity.

During camp


- Write happy letters to your child. A highlight each day is receiving mail from home. (Address is on page 6 of this guide.)
- Be sure your letters are positive. Reinforce that you are sure they are having a good time.
- Understand homesickness. A little bit is normal, healthy and to be expected. The Camp Director contacts parents if homesickness is extreme.

After camp

- Understand there may be some post-camp letdown.
- Encourage your child to talk about what he/she learned and did while at camp.
- Parent evaluation will be sent by email – please complete and return, as your input is valuable and important to us. (Camper's evaluations are done at camp.)

Overnights

- Campers have the opportunity to experience an overnight in an area other than their unit. The overnight is in conjunction with at least one cookout and may be out of camp for older campers.
- Every out-of-camp excursion is supervised by at least 2 staff members. All staff and campers must wear life jackets whenever they participate in boating activities. We do not take overnights on the lake on Friday or Saturday nights.



NOTICE:
Campers must be 12 years and at least 4'10" to use the HIGH ROPES course

Activities while at camp

- The day starts with the bugle blowing reveille at 7:15 am and 7:30 am. Assembly is at 8:00 am followed by the flag ceremony and breakfast.
- Camp Sweyolakan is a child-centered planning facility. Campers plan their weekly program with their counselors. Campers can participate in a variety of activities, depending on their interests and age level.
- A typical morning at camp includes swim lessons, handcrafts, nature programming, boating, ropes course and possibly archery.
- All campers will take turns doing different kapers (chores) during their stay at camp. Explain to your camper that doing kapers is a big part of group living and teaches responsibility and independence. Kapers will be tasks such as cleaning the cabin and unit area, keeping the bathrooms tidy, organizing their personal living area and "hopping" (setting and clearing the table) in the Dining Hall. Unit kapers are completed after breakfast before starting the daily activities.
- "Me Time" follows lunch. "Me Time" is one hour long and is spent resting or participating in quiet activities including reading or writing letters.
- Afternoon activities are similar to the morning, with an open swim time rather than lessons, and time to practice boating and other programming skills.
- Snacks are served up to three times per day. Since your child will expend a lot of energy while at camp, a healthy, balanced diet is essential. Campers are encouraged to drink plenty of water.
- The flag lowering ceremony at 6:00 pm precedes dinnertime at Camp Sweyolakan. Once a week, we have a barbecue for the entire camp.
- Evening programs range from all-camp activities to PJ hikes, evening swimming, boating and archery, council fire, and a variety of fun, age-appropriate activities.
- F.A.C.T. (Free Activity Choice Time) is held once or twice a week. In lieu of regular afternoon programming, counselors facilitate activities from which campers may choose.



Camp Environment:

The terrain of camp is quite rocky and uneven in places where roads or paths have been cut. There are steep and dusty hills that can become difficult to navigate, so we strongly suggest sturdy shoes. No flip-flops please.

Packing for Camp:

Campers are responsible for carrying their own items up the hill, so pack lightly. Space is limited and there is no room for excessive items -- restrict gear to what is needed. **PLEASE PUT CAMPER'S FIRST AND LAST NAME on items you want to have come home** – initials aren't good enough! Encourage your camper to keep their personal belongings in their own living space and to keep their area neat and tidy.

Campers MUST pack a sack lunch & beverage to be eaten in camp on the first day.

PLEASE NO PEANUT BUTTER OR NUT PRODUCTS!


What to pack: Bring one suitcase - use old luggage. *New clothes not recommended at camp. We get dirty.*

WARM jacket	Tennis shoes and/or hiking shoes (not new!)	Inexpensive camera/film (<i>put your name on it!</i>)
Shorts & shirts	Raincoat (rubber or plastic)	Bathing suit
*White or Camp shirts (2-3)	Cap or hat	Beach towel
* Blue shorts (2-3)	Toothbrush, toothpaste	Plastic bag (for packing wet swimsuit)
Changes of underwear	Towel, washcloth	Sunscreen
Changes of socks	Soap, shampoo	Water shoes or Back-strap sandals are ok – NO FLIP FLOPS
Jeans or slacks	Brush and comb	Old clothes for HIGH ropes course (12 yrs. – 4'10" and up)
WARM Pajamas	Lip balm	Bug spray
Pillow and pillowcase	Flashlight and batteries	Red Cross Swimming Card (if available)
Heavy Sleeping Bag or light bag with blankets – <u>not slumber bags</u>	Stationery and stamps	
Unbreakable drinking cup	Pencil or pen	
Small laundry bag	Kleenex	
(old pillowcases work great!)	Sweater or sweatshirt	




***White shirts or Sweyolakan camp shirts and blue shorts or pants are worn to dinner every night. Jeans okay.**

- **Camp Sweyolakan & Camp Fire USA are not liable for any damage or loss incurred.**




Have your camper help pack their suitcase so they know what they are taking. Campers are not always able to identify their own belongings or their own luggage.

Hide notes and other little things among articles to find as the week goes by. **No food!** (Hide in pant pockets, shirt pockets, socks...etc.)



10 Day Countdown – Mark calendar and talk about a camp activity (e.g. swimming, boating, cooking, etc.)



Pre-write fun form letters with fill-in-the-blank or circle options (e.g. today we (circle) swam, hiked, cooked out. My counselor taught me to____.)

Pre-addressed and stamped post cards and envelopes make it quicker and easier for the kids to send letters home.

Lost and Found:

Kids lose stuff! Be sure to label inside of all items with first and last name – initials are not enough! Items left behind will be held at the Spokane Camp Fire office until September 15. After this date, items will be donated to charity. You may order iron-on labels using the order form included on page 9 of this Welcome Guide and your purchase benefits camp!



Spicy Options:

These programs are offered for an extra fee. If not already registered for a Spicy Option, check for available space. There may still be room.

Tips and Gratuities:

Our staff members are prohibited from accepting tips and gifts.

Letters, Faxes and Packages:

CARE PACKAGES available for purchase:

Let your camper know you are thinking of them while they are away! Care packages will contain a coupon for a goodie and drink at the camp store, age-appropriate games and/or toys, a couple of stamped postcards to write a note home, and more. It's easy, no mailing, and it arrives on time! These may be added through your online registration account as a "Purchase Add-On" option and **must be added at least 5 days prior to camp start date**. If you want to add while your camper is in attendance, it will be based upon availability and you must call Miss Tigger at 509-747-6191 or 800-386-2324 Ext. 14.

PERSONAL CARE PACKAGES from home:

Please do not send peanuts, peanut butter and other nuts ... many kids have allergies. When we have campers with allergies, care packages received during the week are screened and items are held for campers to consume when they get back home. We encourage snacks that can be consumed in one sitting and won't have to be stored. Leftovers attract critters!

MAIL: Campers love mail! Receiving mail makes a happy camping experience.

Letters should be addressed:

Camper's full name & grade in fall
Camp Sweyolakan
34313 W Coeur d'Alene Lake Shore
Coeur d'Alene, ID 83814

FAXES & E-MAIL:

*Campers **do not** have access to outgoing faxes or computers to receive e-mail!*

E-mails are printed by 10 am daily. Faxes and e-mails are given to camper's counselors to be delivered to campers during me-time with "regular" mail.

Mail, faxes and e-mail could be delayed by camper's activities.

PLEASE don't send faxes or e-mails on the day your camper leaves camp, as there is not time for delivery and they often arrive after the camper is gone.

- **FAXES:** (208) 664-4857 Pictures do not FAX well.
Subject Line: Camper's first and last name.
- **E-mail:** See page 8 of this guide for instructions on how to E-mail your camper.

Visitors:

Visitors are strongly discouraged while camp is in session. **Parents are encouraged to visit camp during the Open House on June 23rd.** Check out this exciting opportunity online and RSVP before the event by clicking the date on the event calendar on our webpage.

Camp Communication:

- The phone is for business use only. Campers do not have access. If you have an emergency and need to reach your child, please call the Camp Director at 208-664-9327.
- Personal calls disrupt the camp experience and can cause homesickness not only for your child, but for others as well. It is *not* our policy to prevent contact with parents. When a call home is appropriate, we will use the camp line.
- If you are concerned about your child, or simply need reassurance, please feel free to contact us. We are happy to talk with you. If the Camp Director (or designee) believes a call home by your camper is needed, arrangements will be made for the camper to call you. We will also contact you if a situation calls for it.

Beads and Awards:

Camp Fire members who are in at least 3rd grade earn numerous beads. **It is the responsibility of the camper to let their counselor know that they are a Camp Fire USA member.** This would be a great item to include on the Pre-Camp Questionnaire! You may purchase earned beads and awards at the Camp Fire office. Camp is not responsible for lost awards, emblems or bead sheets.

PLEASE:

NO UPS or FedEx Packages

Please send all packages through the Post Office so they will be delivered TO CAMP rather than on the other side of the lake. Packages sent through UPS or Fed-EX may miss getting to your camper.



We are excited to tell you about our partnership with Bunk1.com! Bunk1's secure, easy to use, summer website services let you stay in touch with your camper all summer!

RETURNING PARENTS: If you had an account at this camp last summer, you can continue to use your old username and password. Simply sign in at the link below. The first time you visit the site you will be prompted to update your contact information and re-activate your account.

GET STARTED TODAY

1. Go to our website at <http://campfireinc.org/swey>
2. Click the "Email your Camper" button *
3. Click "Register Now"
4. Enter your Pre-Approved Registration Code: **1210047SW**
5. Fill out all the required information
6. Purchase Bunk Note credits (you will need a credit card)
7. Send an email to your camper!

PLEASE NOTE: ALL camper emails must be sent through your Bunk 1 account. Emails sent to any other email address will **NOT be delivered to your camper**. We thank you in advance for your cooperation and understanding.

* If you cannot find this button, go to www.CampSweyolakan.bunk1.com instead and continue on to the next step

Frequently Asked Questions:

How do I send a Bunk Note (one-way email) to my camper?

Follow the instructions above except, after registering, simply sign in and click on the Bunk Notes button. Enter your camper's name, select their FALL 2011 grade (in the bunk/cabin drop down menu) type your message, and hit the "Send" button.

Why do I have to pay to send Bunk Notes (one-way email)?

Each morning, the Bunk Notes system bundles and sorts the messages for us to print out and distribute to campers. It also protects us from computer viruses and allows us to easily manage these emails. Your payment helps us cover the cost of the system, paper, ink, and

labor and, more importantly, frees us to do what we do best – be with your kids! Bunk Note credits cost \$1 each and are purchased in packs of various sizes.

Can other relatives use these services?

Certainly. Once you have set up your account, you will be able to invite other people to access these services.

What do I do if I lost my username and password?

You can get it online by going to www.Bunk1.com and clicking on the link "Lost Your Password?" (to the left of the page below the sign in button). You will receive an email with your username and password within a few minutes.

QUESTIONS OR PROBLEMS?

Please call Bunk1 at 1-800-216-9472
www.bunk1.com/contact.asp



Iron On Name Labels For Children's Camp Clothes



Personalized Iron-On Name Labels - Durable & Wash Proof
An Easy Solution to the Chronic Lost & Found Camp Problem!
Visit us at www.ProntoLabels.com

ORDER FORM

- 25 Labels: \$5.99
- 50 Labels: \$9.99
- 100 Labels: \$12.99

Print Clearly Your Label:
No more than 17 spaces per line

Line 1: _____

Line 2: _____

Your Mailing Address:

Name: _____

Address: _____

City, State, Zip: _____

Referred by Camp: **Camp Sweyolakan**

Address: **524 N Mullan Road**

City, State, Zip: **Spokane Valley, WA 99206**

Include e-mail address for info. on order status & handwriting questions
EMAIL: _____

Prices subject to change without notice.

CHOOSE STYLE

Kathy Foundit

Mike Lost Nomore
(864) 616-1373

Jane Safe Clothes

All Capital Letters

Make check payable to:

Pronto Labels

(\$1.50 shipping and handling per set)
302 Rock Creek Drive
Greenville, SC 29605
Questions? Call: 1-800-514-3037
(no phone orders)

Normal delivery 14 days.
For quicker delivery choose:
Priority Status (4-5 days), \$8.00*
Express Status (2 -3 days), \$19.00*
*if ordering more than one set,
add \$1.50 for each additional*