



*Dear Campers/Families/Caregiver,*

*The Colorado Lions Camp provides an outdoor recreation experience designed to meet the needs of each camper. All activities are planned to allow campers to develop individual skills and interests. We are excited that you will be joining us this summer!*

*The camper packet is filled with lots of important information designed to help prepare for camp. Please read over the information carefully and don't hesitate to call us if you should have any questions.*

*Please review your camp confirmation letter to make sure that you have the correct dates for camp.*

*The Colorado Lions Camp has been in operation since 1969 and we are excited to continue to provide life-changing experiences for each one of our campers.*

*We look forward to seeing you soon!*

*Sharron Nickerson, Executive Director*

**MAILING ADDRESS:**

PO Box 9043  
Woodland Park, CO 80866

**PHYSICAL ADDRESS:**

28541 HWY 67N  
Woodland Park, CO 80863

**PHONE:** 719-687-2087

**FAX:** 719-687-7435

**EMAIL:** coloradolionscamp@msn.com

**WEBSITE:** www.coloradolionscamp.org

**MAIL**

Campers enjoy receiving mail from home. You may mail items to our PO Box address, send an email to: coloradolionscamp@msn.com, or put together letters ahead of time and give them to our Program Director to hand out during their camp stay.

**PHONE**

Our camp number is 719-687-2087. Parents/caregivers can call and speak to one of our staff members to check on their camper(s). Usually, we do not allow campers to call home unless special arrangements have been made with the Executive Director or Program Director.

**VISITING**

Arrangements can be made with our Executive Director to visit the camp prior to your camper arriving to their designated camp session. We encourage you to keep your visits to camp check-in and attending the camper award ceremony on Friday, starting at 12:00. Pizza is provided for all campers and their families/caregivers.

**SPENDING MONEY**

There is a camp trading post to purchase camp souvenirs, t-shirts, sweatshirts, hats, jewelry, and treats. Prices range from \$.50-\$25.00. All campers are required to "bank" their money with the camp's Program Director to be used throughout the session; the balance is returned on check-out day. Campers may withdraw their cash to make extra purchases if they go on a day trip. Each camper can choose to visit the camp's trading post one or two times during the week.

**DRUGS, SMOKING, WEAPONS**

Colorado Lions Camp prohibits smoking by campers who are under age 18. Cigarettes, lighters, matches, etc. must be turned into their assigned camp counselor and will be distributed during scheduled smoking break times. No one is permitted to use or be in possession of alcohol, illegal drugs or weapons. Recreational marijuana will not be allowed at camp. Campers should not bring knives, including: fillet, pocket or Swiss Army.

**UNPLUGGED AT CAMP and CELL PHONES**

Camp is a great time to leave electronics & cell phones at home. We understand that for some, it may be important to have a special activity with you. Please talk with the Executive Director prior to camp make arrangements and to discuss boundaries.

**WATER SAFETY**

Colorado Lions Camp will be offering canoeing as a new camp activity. All campers and staff wear life jackets while boating. Life jackets are available for the campers to use during swimming activities. CLC uses Camp Elim for all pool activities. Lifeguards are on duty for all swimming and waterfront activities.

**MEDICATIONS**

All prescribed, over-the-counter, and topical medications (creams, lotions, ointments, ear drops, eye drops) must be delivered to the camp nurse at camp check-in.

A detailed medication check-in procedure is enclosed in the camper confirmation packet. Please call the camp if you have any questions about how to prepackage your camper's medications.

## **HEALTHCARE INFORMATION**

The health care staff/nurse is authorized to administer certain over-the-counter comfort medications for minor ailments as specified in the Physician's Standing Orders which are reviewed and approved annually. A list of the medications available may be obtained by calling our office.

### **Medications will be administered at meal times:**

8:00 a.m., 12:00 p.m., 5:30 p.m., & 8:30 p.m. - bedtime. If a person's medication times are different from these, please ask your doctor if they may be adjusted to fit our schedule. Please send an adequate six-day supply of medications.

**SPECIAL NOTE:** DIABETIC DIETS/INSULIN AND OTHER SPECIAL MEDICAL/DIETARY NEEDS - To assist the Health Care Staff in providing quality health care to individuals with special medical needs, please provide the necessary medical supplies. We are able to accommodate most special diets, but feel free to bring any special foods your camper may need during his/her week at camp.

## **BEFORE CAMP**

### **CONFIRMATION PACKET/BALANCE DUE**

Please review this packet and note the program session and date to which the individual was registered. In order for your camper to attend, fees must be paid in full or arrangements made for a payment plan.

### **HEALTH INFORMATION/CAMP PHYSICAL**

A camp physical is required for every individual and must be received at least **two-weeks** prior to their camp session. A physical exam form must be filled out every **TWO** years by a licensed MD. You do not need to use our physical exam form, you may use your own. Please call if there is a delay in the exam form.

### **PACKING FOR CAMP**

Packing for camp can be a challenge. You will probably ask yourself: what should we pack? how should we pack it? and will it all come home?

1. Check the packing list included in the confirmation packet and follow the instructions in the clothing list carefully. **LABEL. LABEL. LABEL all items with full names, not initials.**
2. Do not pack medications, treatments or trading post money in the suitcase. You will need it readily available during the "check-in" process.

## **CHECK-IN DAY AT CAMP**

### **ARRIVAL**

Camp check-in starts at 2:00pm. We are unable to accommodate early check-ins. Check-in is first come - first served. If you arrive early you are welcome to walk around camp or find a cool place to relax. It is important that all campers or caregivers who check-in camper know enough information to answer personal questions regarding medications and care needs.

### **CHECK-IN DAY PROCEDURE**

You will be directed to the location to drop-off luggage and sleeping gear. You will receive a number showing where you are in the check-in line. Wait for your number to be called and you will be routed through the check-in process. You will be meeting with our Nursing staff, Program Director, and your assigned Counselor. Individuals

who are checking in campers must stay with them during the entire check-in process.

### **LIVING QUARTERS/NIGHT SUPERVISION**

The dorm staff sleeps in the same dorm as the campers. The staff bedroom is located near the camper beds. Dorm staff are not expected to be awake at night, but will assist campers as needed with personal cares.

### **CAMP FOOD**

We serve three meals each day and a snack in the afternoon. Additional snacks may be available for purchase at the camp's trading post.

## **CHECK-OUT DAY AT CAMP**

Plan to pick up campers no later than 1:00 p.m. on the last day of session. Campers experience mixed emotions at check-out, they are happy to see familiar faces, but may feel sad about leaving their friends. You are invited to eat lunch with your camper at noon, followed by an award ceremony. They are proud of all their accomplishments from the week and enjoy seeing a friendly face supporting them.

At check-out (located in the game room on the bottom floor of Luke Lodge), be sure to pick up any medications, trading post money, camper belongings, and look through the lost and found pile to claim any of your camper's belongings they may have left behind.

We will have USB flash drives available for purchase loaded with photos from your camper's week at camp for \$5.00. Let us know at check-in if you are interested in purchasing photos.

Call the camp at 719-687-2087 if you need to set up an early check-out time.

## **CAMP CHECKLIST**

- Did I send in all required forms (physicals, completed camp applications etc.)?
- Have I made payment arrangements for camp or have mailed in final payment?
- Are all clothing and personal items packed and LABELED? This includes sleeping bag, pillows, shoes, and clothing they will be wearing to camp.
- Medications are packaged according to the camp's med check-in policy
- Special medical supplies (walker, cane, glasses, hearing aids, glucose monitors, etc.)
- Money for camper to spend in the trading post
- Special diet foods
- Changes or additions to behavior management plans

