



DEEPER FAITH. STRONGER RELATIONSHIPS. GREATER ADVENTURES.

PARENT INFO: Overnight Camps

TABLE OF CONTENTS

Sunday Camper Check-in, Daily Schedule, Last Day of Camppage 2

Camper Pick-up Policiespage 3

What to Pack – What to Wearpage 4

Mailing a Camper Care Packagepage 4

Bringing Meds, Vitamins, Essential Oils, Homeopathics.....page 5

Camper Medications List: FORM to Bring to Camp Nursepage 6



DEEPER FAITH. STRONGER RELATIONSHIPS. GREATER ADVENTURES.

SCHEDULE

ARRIVING AT CAMP, UNLOADING & MOVING INTO CABINS

SUNDAY 4:00-4:30 p.m. After coming in the Deer Run entrance, stay to the right when the camp road splits at the bottom of the hill. Follow signs to the camper check-in table.

LEAVE LUGGAGE IN YOUR VEHICLE UNTIL YOU FINISH THE CHECK-IN PROCESS.

Parents are REQUIRED to stop by the check-in table and stay with campers during the check-in and unloading process. Once your camper receives his/her cabin assignment, you may drive to the parking area adjacent to the cabin to unload and move into the cabin.

IF A BALANCE IS DUE

The camper parent/guardian is required to pay the balance before the camper may join his/her cabin group.

IF YOUR CAMPER HAS MEDICATIONS

Allow time to stop by the Camp Nurse table to leave medications with the nurse.

CAMP BUCKS for the Camp Store may be purchased online prior to the camp start date OR at check-in at camp.

SUNDAY 4:30 p.m. CAMP BEGINS
Cabin Time – Get-to-know-you Games, Welcome & Intros in The Fortress, Dinner & Recreation (group rotation), Evening Activity, Worship & Speaker, Cabin Devotion, Showers (group rotation), Cabin Lights Out at 10 p.m.

DAILY 7:15 a.m. Get Up & Get Ready! Clean Cabins, Breakfast & Devotions, Track Groups, Morning Group Recreation Rotations, Lunch, Afternoon Recreation Rotations, Bible Study, Camp Store, Lake, Group Rec Games, Dinner & Recreation (group rotation), Evening Activity, Worship & Speaker, Cabin Devotion, Showers (group rotation)
10 p.m. Cabin Lights Out

SATURDAY 7:55 a.m. Get Up & Get Ready! Clean Cabins, Pack, Breakfast & Devotions (group rotation), Cabin pack-up and cleaning
10:00 a.m. Camp Closing at The Fortress including short performance track presentations, camp video and camper pick-up

Campers are released no earlier than 10:30 a.m. on Saturday.

The Camp Store is open to make purchases before heading home.
The Camp Nurse is at The Fortress during check-out to return any unused camper medications.



DEEPER FAITH. STRONGER RELATIONSHIPS. GREATER ADVENTURES.

CAMPER PICK UP POLICIES

For camper safety, all campers must go through the camper check-out process.

Check out is at The Fortress.

The person picking up a camper **MUST** be listed on the authorized pick-up list and is **REQUIRED TO SHOW A PHOTO ID** in order for the camper(s) to be released to them.

A camper will not be released to someone even if the staff recognize them.

If the name of the person who is picking up your camper(s) is not on file, Deer Run Staff will contact a parent or guardian for permission to release the camper(s) to an unlisted pick-up person. If the parent or guardian does not answer the phone, the camper(s) will not be released.

CHANGING AUTHORIZED PICK-UP PERSONS

Changes can be made in your online account up until 2 weeks before the camp start date.

Just log into your account to make changes to the person(s) authorized to pick up your camper(s).

If it is less than 2 weeks before the camp start date and you need to make changes to the authorized pick up person(s), email Contact@DeerRun.camp or call the office at 615.794.2918, Monday–Friday, 8 a.m. to 5 p.m.

To make a change DURING THE WEEK OF CAMP, contact Deer Run no later than Thursday afternoon, 5 p.m. Email Contact@DeerRun.camp or call the office at 615.794.2918, Monday–Friday, 8 a.m. to 5 p.m.



DEEPER FAITH. STRONGER RELATIONSHIPS. GREATER ADVENTURES.

WHAT TO PACK

LABEL ALL PERSONAL ITEMS: We love Namebubbles® which are waterproof, durable, and available in a variety of styles and colors. A portion of your purchase goes to Deer Run's Scholarship Fund enabling children in need to attend camp. Go to <https://fundraising.namebubbles.com>, click on Find a Fundraiser, and put in Deer Run.

2-WEEK CAMPS: Enough clothes, toiletries, towels, etc. for 14 days. Laundry service is not available.

WHAT TO PACK

- REQUIRED:** Long pants and long sleeves for paintball.
- REQUIRED:** Close-toed shoes climbing tower, Leap of Faith, low or high ropes, zip line adventures and paintball.
- Casual clothing and athletic shoes for rec activities.
- Bible: If your camper does not own a Bible, inform our staff in advance and Deer Run can provide one at no cost.
- Sunscreen, beach towel and waterproof sandals
- 2-3 garbage bags for dirty laundry & bedding
- Rain gear and/or light jacket
- Pillow & sleeping bag or bedding for twin mattress
- Toiletries: soap, shampoo, personal items, etc.
- Bath towels and washcloth or loofah
- Insect repellent (especially for paintball course)

MAILING A CAMPER CARE PACKAGE

Mail a camper care package NO LATER THAN TUESDAY.

Our staff put the package in your camper's cabin.

Send to: Deer Run Camps, Camper Name, 3845 Perkins Rd, Thompson's Station, TN 37179

WHAT NOT TO PACK OR WEAR

- Sleeveless shirts, spaghetti strap tops or tank tops
- Tight-fitting clothes or short shorts
- Clothing with offensive language or promoting persons, bands or products which are offensive
- Chewing gum or bubble gum; it damages camp property
- Electronic devices: cell phones, tablets, etc. These are a distraction to your camper and to other campers and may become lost or stolen. If brought to camp, they will be collected for safekeeping and returned at the end of camp.
- Tobacco products, alcohol, illegal drugs, firearms, fireworks, matches, lighters, aerosol cans or weapons including pocket knives
- Shaving cream, squirt guns or other "prank" items
- Anything valuable. Deer Run is not responsible for lost or stolen items. Items left behind by campers will be placed in a Lost & Found box in The Fortress for 2 weeks so they can be claimed. See Camp Policies for more info.

SWIMSUITS

- Girls are **REQUIRED** to wear modest one-piece swimsuits or a tankini that covers the stomach.
- Swimsuits **CANNOT HAVE** metal or plastic zippers, grommets or metal of any kind since these damage the fabric on the slide. Campers with these will not be allowed to go down the slide. No exceptions.

CAMP STORE / CAMP BUCKS

- So that campers do not need to keep up with money at camp, Camp Bucks are an easy way to visit the Camp Store to purchase drinks, snacks, merchandise or apparel. You can view your camper's purchases and balance in your online account.
- Purchase Camp Bucks for each camper in your family in your online account. When a camper visits the camp store, purchases are charged against the total of Camp Bucks in their account. If they do not have enough money in their account, they are not allowed to make a purchase. Camp Bucks do not expire. If unused, they remain in the camper's account. Note: Day Camp Bus Staff are not allowed to take money for Camp Bucks.



DEEPER FAITH. STRONGER RELATIONSHIPS. GREATER ADVENTURES.

BRINGING MEDICATIONS TO OVERNIGHT CAMP

**Make every effort to be reachable by phone
in case of an emergency or if your child gets sick.**

UPDATE MEDICAL INFORMATION IN EACH CAMPER'S ACCOUNT

Please update medical information **NO LATER THAN 14 DAYS BEFORE** the camp start date.
Be sure medications, allergies and health history are updated!

COMPLETE THE LIST OF MEDICATIONS ON THE FOLLOWING PAGE
and place the list along with the MEDICATION CONTAINERS in a Ziploc bag.
Print the camper's FIRST & LAST name legibly on the bag.

PACKING MEDICATIONS

Provide enough medication to last the entire time your camper is at camp OR for the length of time the medication should be taken.

Under no circumstances may a camper keep medication in their backpack — prescribed, over-the-counter, vitamins, essential oils or homeopathics.

ALL must be checked in with the Camp Nurse.

If an exception is needed, and the medication needs to be readily accessible (ex: inhalers or epi-pen), this needs to be cleared through the Camp Nurse by special request. Once cleared by the Camp Nurse, the medication will be kept with the summer staffer assigned to your camper's group. For safety reasons campers are not allowed to have medications with them at camp.

PRESCRIBED MEDICATION

MUST be unexpired and in the original container with a pharmacy label that has the camper name, prescribing doctor name and directions for use. Do not place medication in medication organizers! Deer Run Camp Nurses need to be sure of the medication he or she is administering to your child.

OVER-THE-COUNTER MEDICATION OR VITAMINS

MUST be unexpired and in the original container and clearly labeled with the camper's FIRST & LAST name.

ESSENTIAL OILS OR HOMEOPATHICS

MUST be unexpired and in the original container and clearly labeled with the camper's FIRST & LAST name.

Note, our camp nurses do not dispense these. Campers are responsible for their own personal use of these but will be supervised by the Camp Nurse.

FIRST DAY OF CAMP

At Camp Check IN Give Ziploc bag containing the completed medication list and labeled medication containers to the Camp Nurse.

LAST DAY OF CAMP

At Camp Check OUT The Camp Nurse is at The Fortress during check-out to return any unused camper medications.

CAMPER NAME _____ CAMP DATE _____



CAMPER MEDICATIONS LIST

List all medications this camper will take while at camp. PRINT LEGIBLY. This includes prescribed medications, over-the-counter medications, vitamins, essential oils or homeopathics.

Place this list along with the unexpired medication original containers inside a Ziploc bag. Write the camper's first and last name legibly on the bag.

Provide enough medication to last the entire time your camper is at camp or for however long the medication should be taken.

MEDICATION #1 _____

Dosage _____ Day & Time Last Taken _____

Frequency of Dose or Time to Administer _____

MEDICATION #2 _____

Dosage _____ Day & Time Last Taken _____

Frequency of Dose or Time to Administer _____

MEDICATION #3 _____

Dosage _____ Day & Time Last Taken _____

Frequency of Dose or Time to Administer _____

MEDICATION #4 _____

Dosage _____ Day & Time Last Taken _____

Frequency of Dose or Time to Administer _____

MEDICATION #5 _____

Dosage _____ Day & Time Last Taken _____

Frequency of Dose or Time to Administer _____

COMMENTS _____

PARENT SIGNATURE _____ **DATE** _____

PRINT PARENT NAME _____