



COH MISSION CAMPER HANDBOOK

SUMMER 2024

Thank You for registering for COH Mission this summer! Please use the checklist below to make sure you're ready for registration and your camper is prepared to have the BEST WEEK EVER!

Checklist for Parents/Guardians:

- Health History Forms** – If you did not complete the Health History Form online through your Ultra Camp account (including electronic parental signature) please be sure to update two weeks prior to check-in. Please know that this form can be updated if anything changes.
- Payment** – You will NOT need to make any payments to Camp Orchard Hill during the COH Mission registration process. Please handle all payments through your group leader.
- Spending Money** – Our Apple Tree Café snack shop offers a variety of snacks, drinks & souvenirs for purchase throughout the week. COH Mission campers may spend cash at the snackshop.
- Check-In Line** – All campers will be seen by our Health Screeners prior to entering their cabins.
- Camper Medications** – Please keep camper medications in their ORIGINAL containers with doctor's instructions in a Ziploc bag. You will have the opportunity to give medications to our nurse as well as share any specific instructions or concerns.
- Saturday Good-Bye Party** – We will close the week with a celebration and slideshow on Saturday morning at 10am for campers and leaders.
- Camper Mail** – You can mail letters or packages to your camper with the following address:
Camper Name (COH Mission) | Camp Orchard Hill | 640 Orange Road | Dallas, PA 18612

Guidelines for the Campers and Parents/Guardians:

- Campers will be supervised in their cabins by their sponsoring youth group leaders. Leaders will set specific guidelines for their camper expectations throughout the week.
- Campers are not permitted to bring drugs, tobacco, alcoholic beverages, fireworks, firearms, pocket knives or pornography. Cell phones or text/internet enabled devices including tablets, games, watches and cell phones are discouraged and their use will be governed by group leaders.
- Everyone is expected to follow the camp meeting and meal schedule.
- Male campers will not enter female cabins and restroom area and female campers will not enter male cabins and restroom area.
- Please advise your camper to report injury or illness to their group leader and the camp nurse.
- Courtesy is to be practiced at all times towards other campers and staff.
- Campers should NOT come to camp with any signs of illness. They should be free of fever, respiratory symptoms, nausea or diarrhea for 24 hours prior to coming to camp.
- Camper Dress should be modest and appropriate for the activity:
 - *Bathing suits should be one piece or full coverage tankini for girls and trunks for boys.
 - *Clothes should be comfortable for high activity, provide full coverage from the shoulder to mid-thigh and be free of graphic images or language. All undergarments should be covered.
 - *Closed toed shoes will be required in certain activities. Shirts and shoes must be worn at all times except for swimming.
- Any form of bullying will not be tolerated. Bullying will be defined as physical, verbal or emotional abuse, hazing or threats. A pattern of continued behavior will result in dismissal.
- Camp Orchard Hill is committed to providing an environment that is free of discrimination and harassment. Actions, words, jokes, sexually graphic language or comments based on an individual's gender, race, ethnicity, age, religion or any other legally protected characteristic will not be tolerated. A pattern of continual behavior will result in dismissal.

What to Bring:

Suggested Items:

- Twin Bedding and Pillow (We recommend a fitted sheet plus a sleeping bag or warm blanket)
- Toiletry bag, bin or tote to carry to the Bathhouse (soap, shampoo, toothbrush/paste, etc.)
- Bible, notebook and pen
- Bathing Suit (One-piece suit or full coverage tankini for girls. Trunks for boys.)
- Comfortable clothes for high activity
- Sneakers and extra socks plus Crocs/flip flops for water activities
- Poncho or raincoat
- Warm sweatshirt or jacket for chilly mornings and nights
- Flashlight
- Bath Towel and Beach Towel
- Sunscreen/Bug Spray
- Laundry bag
- Spending Money for the snack shop (Added to your snack shop account the week before you arrive.)

Optional Items:

- Equipment: Baseball glove, cleats, Roller blades/Skateboard/Bike with helmet and pads, Fishing Pole
- Watch/alarm clock/camera (not text or internet enabled)
- Stationary and stamps

In case of Emergencies

Since the program has no way of determining what each person considers an emergency, the general camp practice is to contact parents when there is a concern about the camper's health and/or when a situation is not progressing as expected.

If outside medical attention is necessary, every attempt will be made to notify the parent/guardian prior to treatment and immediately after conclusion of treatment. All contact, successful and unsuccessful, will be documented on the individual's health form.

Camp Orchard Hill Mission Statement:

Camp Orchard Hill exists to meet the physical, emotional, relational and spiritual needs of campers, families and our community through the love of Jesus Christ.