

# Cono Winter Camp



RIDGE HAVEN  
BREVARD | CONO

DECEMBER 28, 2023 - JANUARY 1, 2024

Hello Families and Friends of Ridge Haven!

Winter Camp is just around the corner, and we could not be more excited to welcome campers back for another week at Ridge Haven. As we look back over this year, we praise God for a wonderful summer camp season! As we look forward to our Winter Camp, below is some information regarding the week. Please do not hesitate to reach out to our office with any questions you may have. We hope you enjoy Christmas and look forward to your safe arrival on December 28<sup>th</sup>!

If your plans change, and your camper cannot attend camp for any reason, please notify us immediately at 828-862-3916. *All cancellations are to be handled through our office. Please do not pass on your cancellation to your church or to your friend to fill.* Cancellations made prior to three (3) weeks before the first day of camp will receive a full refund minus the non-refundable, non-transferrable registration deposit. Final payments must be made at least two (2) weeks prior to the start of camp. Any cancellations made within three (3) weeks of the first day of camp will not be refunded.

## GENERAL INFORMATION

**Address:** 3269 Quasqueton Ave. Walker, IA 52352

1. **Arrival:** Registration is from 3:00 pm to 5:00 pm on December 28th. Please do not arrive early. Once you arrive onto campus, please enter by the middle “Entrance” and pull through campus, past the student center, slightly left to our gym.

Should your arrival be delayed **past** 5:00 pm, please call the camp office at 828-862-3916 **before** 5:00 PM to give us an estimated arrival time so we can be prepared to greet you.

2. **Departure:** Parents should arrive between 10:00am and 11:00am on the day of departure. They will be met by parking attendants and instructed where to park. Please double check that you have all of your camper’s belongings (i.e., dirty clothes bag, toiletries, medications) before leaving campus!
  - a. If you need to pick up your camper early, please call our office 828-862-3916 at least 24 hours prior to desired pick up to coordinate. Your pickup will need to be scheduled during office hours Friday 9:30 AM – 5:00 PM and **not before 9:00 AM on Monday morning so that other campers are not disturbed.**

3. **Health and Wellness Procedures:** An infirmary staffed with adults trained in First Aid, AED and CPR are available to handle minor injuries and illnesses and for the distribution of prescription medication. We have an EMT within 10 minutes and an urgent care emergency room within 20 minutes of our campus. In addition, we are well served by the University of Iowa Hospitals and medical services both in Cedar Rapids (30 min away) and Iowa City (50 minutes away). We will provide the necessary transport to any doctor's office, clinic, or hospital. Be assured that we will contact you for any doctor and/or hospital visits.

Please refer to the Packing List and "When You Arrive" instructions in the following pages of this letter regarding our medication policies. Most counselors are also trained in first aid, AED and CPR.

Campers may be required to be picked up early from camp if their symptoms or injuries prohibit them from participating extensively in the camp activities.
4. **Meals:** All meals are included in the price of the camping program. We are not an allergy free facility. While we limit the use of typical allergens in our menus, we are not altogether free of allergens. Please read our Allergy Procedure found on the [Camper Information](#) page of our website. Those visiting our campus with medically diagnosed food allergies will need to make our Dining Staff aware of the allergy and the severity of that allergy before arrival to determine if we can accommodate you and allow you to determine what supplemental food you may need to bring. Campers must list medically diagnosed food allergies in their online account. Please note the severity of any allergies. **Those with severe allergies should bring and carry emergency equipment (i.e., EpiPen) with them at all times.**

Guests with dietary restrictions should supplement our menu by bringing food with them. Any supplementary food items will be stored in a refrigerator/freezer in our Dining Hall, clearly marked with your name. We have a microwave and will heat your supplementary items as needed, but Ridge Haven staff **cannot** cook food to order.

For those who have a medical diagnosis of Celiac Disease, please note that our Gluten Free options are very basic. Example options may include at Breakfast, you will normally be provided oatmeal; Lunch, a regular salad; Dinner, beans & rice, tuna. Other standard items on the menu are gluten-free as well such as oatmeal and Cheerios. Still, we encourage you to supplement your meals if you wish for more variety.
5. **Camp Store:** Deposits for the camp store can be made online before and during camp. Campers should not carry cash with them. Purchases can be made during store hours. **We do not accept cash or check camp store deposits on registration day. Please add money to your child's store account when you register them online.** This can be done by logging into your camper's account via the "Register Online" link at [ridgehaven.org](http://ridgehaven.org). Campers with a balance of more than \$5 after camp is over will get it refunded to the card it was deposited with the following week. Balances that are less than \$5 will be donated to our camper scholarship fund.
6. **Pictures:** All pictures can be viewed and printed free of charge by visiting the [Camper Information](#) page of our website, [RidgeHaven.org](http://RidgeHaven.org). Uploading of camp photos will begin on the second day of camp during the late afternoon.

7. **Lost and found:** Be sure to check that your camper has all their luggage before you leave campus. This includes dirty clothes bags, toiletries, etc. Lost items not requested within 30 days will be donated to a local charity. Requested items can be shipped back to you and shipping fees will apply.

## PACKING LIST

***Please pack light! Your camper's items should be packed in a duffle bag or something that could slide under a bunk bed (trunks are too large for our cabins). Please mark all items with camper's full name.***

1. Please be sure to pack a **water bottle** (and do not forget to put the camper's name on it).
2. **Bedding:** Twin sheets, sleeping bag and/or a heavy blanket, pillow with pillowcase, towels, and toiletries
3. **Clothes:** Casual clothes for informal meetings, warm sweaters and a heavy jacket for outdoor activities, waterproof/quick drying pants /jackets in case of snow, gloves, hat, warm socks, and laundry bag.
4. **Shoes:** We recommend 2 pairs of athletic shoes in case one pair gets wet. Campers without the proper footwear may not be allowed to participate.
5. **Medications:** All medications (prescription **and** over-the-counter OTC) must be discussed with and collected by infirmary staff. The infirmary staff will **only** collect and administer medication prescribed by a physician. No medications, prescriptions, or OTC are allowed in cabins without specific exemption from infirmary staff. If your camper needs to keep emergency items (such as rescue inhalers and EpiPens), please speak with the RN or infirmary staff at registration.

Due to high volume medication needs, please consult our posted list of OTC meds on the website and leave these as needed medications at home. However, if a regular dose of any medication (OTC or prescription) is necessary or if the camper requires a medication not listed, please bring your own supply to registration.

Medication information (name, dosage, administration times, etc.) and instructions **must** be completed on the online camp registration form prior to camp arrival (see more details in step 3 of registration instructions below).

6. **Backpack/Sling bag:** Campers will often participate in multiple activities during the camp day before returning to their cabins. A small, comfortable bag allows campers to keep some essentials with them throughout the day.
7. **Optional for Games & Special Events:** This year we are having a Western theme for our New Year's Eve Party, so plan accordingly! Also bring camo/dark, yet warm, clothing for our Mission Impossible Night Game.
8. **Other items:** Bible, notebook, pen, and flashlight.

**NOTE:** Camp Store money should be deposited into each camper's account online before you arrive.

→ *PLEASE DO NOT BRING: electronics, cell phone, snacks, alcohol, tobacco (any form), drugs, firearms, knives, or t-shirts with questionable advertising or sayings.*

## RIDGE HAVEN CAMP RULES

Every camper receives focused attention from his/her counselor. Ridge Haven Winter Camp counselors are selected from the past summer counseling staff. They have at least 1 summers experience and have all been thoroughly screened and trained. These young men and women exhibit godly lifestyles and provide tremendous role models of faith in Jesus Christ. (Ridge Haven stresses mutual respect and teamwork. All campers are expected to conduct themselves accordingly). A list of camper Rules and Regulations is listed below and should be read by or read to each camper. They are expected to know, understand, and follow these rules.

Campers, the staff at Ridge Haven want you to have the best experience possible while you are at camp; therefore, we have established some guidelines for you to follow. For a fun and rewarding time at camp, please read and remember the following:

1. Be respectful in your words and actions to other campers, counselors, and staff.
2. Accept the authority of the Ridge Haven staff by listening and obeying.
3. Only use kind and thoughtful words. Foul language, including gestures, will not be tolerated.
4. Participation in all activities is strongly encouraged, but a positive attitude about camp is expected.
5. Bullying of any kind will not be tolerated.
6. All weapons, illegal drugs, alcohol, tobacco products, and fireworks are strictly forbidden.
7. Sexually inappropriate behavior of any degree will not be tolerated.
8. Campers are expected to refrain from the use of technology during camp. Campers are encouraged to leave their phones, laptops, tablets, etc. at home.
9. Campers are expected to demonstrate respect for Ridge Haven property. Campers are responsible for any damage resulting from inappropriate use of property.
10. Campers are not allowed to enter the cabins of the opposite gender at any time.
11. Campers must gain permission from their counselor before playing any pranks.
12. Campers are not allowed to go to the rooms of chaperones (including parents) that are staying at Ridge Haven during camp without approval from the Camp Director.
13. Campers (Senior High) that drive to camp must leave their car parked for the entire week.
14. Campers will not be allowed to wear crop tops (blouse or T-shirt that reveals the stomach) or spaghetti strap tops (blouse or T-shirt that has thin straps that come across the shoulders) tops.

Campers that do not follow these rules/ act inappropriately will receive corrections from counselors that may result in disciplinary action (i.e., sitting out of an activity). If misconduct continues or the first offense is severe, they will be sent home.

## WHEN YOU ARRIVE FOR CAMP!

### *Instructions for Registration – please follow carefully*

Do not stop at the office. Follow registration road signs and parking attendants as you enter Ridge Haven. Please have medications and camper mail (if you choose to bring mail) ready before entering the registration line.

**Step 1 - Registration:** Registration is held between 3:00 pm and 5:00 pm on Dec. 28th. Each camper will be checked-in and receive his/her bunk assignment. All accounts must be paid in full 2 weeks before the first day of camp unless other arrangements have been made by the Office Manager.

**Step 2 - Camper Mail:** You may drop off mail to be delivered to your camper during the week. Please leave mail at the “Camper Mail” table and clearly label each package with the camper’s name, cabin number, and day the package is to be delivered. Mail call occurs starting the second night of camp.

**Step 3- Infirmary:** The infirmary staff will **only** collect/administer medication prescribed by a physician. These medications must be in the **original labeled container** (no pill organizers, please). Vitamins/supplements will not be collected unless accompanied by a physician's order.

Campers can also expect a lice check administered by Ridge Haven staff at registration. For campers bringing their own supply of food, please label each food item with their name and which meal the item should be served. Leftover medications should be picked up from infirmary staff when you pick up your camper, as well as your cooler and any leftover food if applicable.

**Step 4 – Meet** your counselor & move in!

## QUESTIONS?

We’d be happy to answer any questions you may have! Feel free to call us at 828-862-3916 or email our office [ridgehaven@ridgehaven.org](mailto:ridgehaven@ridgehaven.org)