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	<u>WHAT TO BRING</u>	<u>HEALTH CARE/FIRST AID</u>
WEEK 2 <u>REGISTRATION BEGINS</u>	 Comfortable camp clothes for warm weather 	• A Camp Nurse is on duty at all times providing first aid, medication administration, and lots of TLC.
Sunday, July 14th	 Comfortable camp clothes for cool weather 	• Over-the-counter medicines will be administered the nurse's assessment of
@ 2 p.m.	□ Jacket □ Sweatshirt	the situation.Please send only vitamins and/or
If you arrive before 2pm,		prescription medications in original
you will be asked to leave	weather)	labeled containers with your camper.A health screening and a head lice
and return at 2pm, as we	2 pair of shoes At least one pair should be sturdy & closed toe for	check, is conducted with each camper
are in staff training.	walking and hiking.	during registration, all individuals attending camp need to be fever free
All camp fees are to be paid and received no later than July 1st.	 Modest swimsuit (see dress code) Underwear Socks Pajamas 	for 24 hours prior to attending camp and come to camp with no sickness symptoms.Cedarbrook Camp Southern California
QUESTIONS?	 Personal items: Soap, Toothbrush, Toothpaste, Towel, Shampoo, Wash- 	carries secondary medical insurance for injuries occurring at camp, after
Contact: Camp Director	cloth, etc.	your primary insurance coverage has
Marjie "Tweety" Randall	□ Chapstick, Bug Spray, & Sunscreen	been used.You will be contacted by the Camp
tweety@cedarbrookcampca.org	 Water Bottle Sleeping bag or bed roll (warm/well 	Nurse if your child becomes ill or
Registrar Jane "ChaChi" Chang Bright	insulated sleeping bag suggested)	injured to the point where outside medical intervention appears
registrar@cedarbrookcampca.org	 Pillow Extra blanket (if you get cold easily) 	necessary. You may be asked to come
NOTE: The Camp Director	□ Bible	get your child during the week if they are sick. CCSC does not have facility to
reserves the right to ask a camper to	Pencil Signal Angelander Angel	house sick children for a long portion of
remove any body piercing, and cover any tattoo or bare skin that is	 Stamped & addressed envelopes (if you want to mail letters home) 	time (i.e. the whole week.) You will have
considered to be offensive or a	□ Camera (if you want to take pictures)	expected to pick up your child within a reasonable time frame (no longer that 4
distraction to other campers.	Disease mark all items with some or	hours). If you are unable or not in the
Dress Code:	Please mark all items with camper name!	area, we need an emergency contact on file.
Please use modesty and discretion in your choice of clothing & swimwear		
(no bikinis, open sides, tankini's top	WHAI NUT TU BRING	CAMPER ADDRESS Camper's Name
must meet bottoms, speedos), no bare midriff, no exposed cleavage or		CCSC @ Camp Osito Rancho
undergarments. Straps on shirts must	smart watch, electronic games, kindle,	1801 Osita Camp Road Big Bear Lake, CA 92315
be 2 fingers wide and inseams at least 3 inches.	etc.)Food including soda, candy, gum	
	Pets	PHONE (for emergencies only)
Week 2	 Illegal substances (alcohol, recreational drugs, tobacco) 	(909) 866-9366
<u>CAMP ENDS</u>	urugs, tobaccoj	Between 7A.M. – 8 P.M. No outgoing calls are allowed. We will
Saturday, July 20th @ 11 a.m.	If you're not sure leave it home!	contact you in the case of an emergency
Plan to pick up your child	Cedarbrook Camp Southern California	condition at camp.
NO LATER THAN 1pm	cannot be held responsible for loss or	
Exceptions must be prearranged and	damage to personal vehicles or personal	

MONEY

CAMP STORE MONEY: Campers deposit spending money during registration in their *Camp Store Account*, and draw from it like a debit card when they shop at the camp store. T-shirts, sweatshirts, novelties, snacks, pop stamps and personal items are available. Usually \$20-\$35 is an adequate amount. **Campers can buy up to 2 snacks each day at the Camp Store**.

MISSIONS OFFERING:

Every year we do a mission project, and information will be displayed at registration. Each camper will be given an opportunity to designate their offering amount from their camp store account if they wish. It will then be deducted like any other purchase.

VISITORS

No visitors are allowed during the week unless pre-arranged at **least 1 week in advance** and cleared with Camp Director.



DIETARY NEEDS

If your camper has food allergies and/or has a special diet, you can pay an additional \$35 during registration for their substitutions or provide your own. If you have questions please contact <u>tweety@cedarbrookcampca.org</u>

TRANSPORTATION

You are responsible for your camper's transportation to and from camp. A map is enclosed. If you are not picking up your own child, please make sure the transporting adult's name is on your child's authorized pick up list.

*Road into camp can be difficult for LOW clearance vehicles

PICTURES

We know that you LOVE pictures of your child, but we won't be posting any pictures of your child on social media during the camp week. WHY?! Because we want THEM to be the first to tell you all they did and all the fun they had. All photos will be uploaded after camp (in August) to our registration platform. You will receive an email nightly from our Camp Director about what the day was like at camp.

A LOUSY NOTE FROM THE CAMP NURSE

Head lice has been known to reach epidemic proportions in the schools and in our communities. In order to protect our campers, Cedarbrook Camp Southern California staff will be conducting head inspections for all incoming campers during the check-in process. Please know we have no intention of sending campers home if this is found, we will have the necessary treatment kits available so you can treat your child and they can stay at camp.

Please inspect your child's head at least one week before camp starts. If you discover any sign of head lice, this will give you time to treat and de-louse your child.

Look primarily at the base of the neck along the hairline and around the ears for nits. Eggs are usually shiny white; it is very unusual to see the lice themselves, which are tiny and black. If you do find positive signs, call your pediatrician about treatment for head lice.

THANK YOU for your help! We want every camper to have a safe, healthy time at Cedarbrook Camp Southern California this summer.

~Cedarbrook Camp Southern California Nurse