



The Christian Church (Disciples of Christ) in Mid-America, Northwest Area, Inc.

123 Go Church Camp

July 13-15
10 a.m. Saturday to 10 a.m. Monday

Dear Campers,

We are so excited that you'll be joining us for 1, 2, 3 GO #1 camp, July 13-15! It will be a super three days packed with fun, making new friends, seeing friends from past summer camps, and learning more about God and His word. (Please be sure to bring your Bible to camp with you.)

We will be taking an offering during our first night of camp during our evening worship service for a special mission project. But other than that, there is no need to bring any other money to camp.

Along with our letter, we are including a list of items to be sure to remember and some items we would rather not have at camp.

Be sure to tell your parents to write to you at: 1, 2, 3 GO!, Crowder State Park, Trenton, MO 64683. It's always fun, and reassuring to get mail at camp!

You will not need candy or snacks, as we will have snacks in the afternoon and evening. When food or candy is in the cabin, you are inviting any of God's creatures to come visit you! Also, please leave electronic devices and cell phones at home.

We are very anxious to start our camp adventure and look forward to seeing you on July 13 at 10:00 a.m.!!!

Prayerfully Yours,

Michelle & Ted Vandevort
Your 1,2,3 GO Co-Camp Directors

Helpful Packing Tips

*******PLEASE BRING YOUR OWN WATER BOTTLE *******

✓ **Pack with a parent or guardian**

Packing with your child is a great way to build excitement about camp and also a great way to talk through any worries or anxieties your child may have about their time away at camp. In addition, it gives you the opportunity to make sure that they pack everything they need to bring and leave at home the stuff that should stay at home. It also helps the child to know where in their bag or suitcase all of their items are located.

✓ **What to pack your stuff in**

Pack your stuff in something that you can carry a short distance from the Parking Area to the Cabin Area. A duffel bag or suitcase is fine. Pillows, bedding, and sleeping bags do great in large plastic trash bags.

✓ **Label everything you can**

Put your child's first and last name on everything you can using a permanent marker. Be sure to label your child's luggage. If your child loses something (and they usually do) it will turn up in Lost and Found. Having a name on the items makes it much simpler to return it to your child.

✓ **Pack appropriately for camp**

Pack clothing that is comfortable in hot weather, suitable for outdoor games, and can get wet and/or dirty without being ruined.

✓ **Medications**

All medications (prescription, non-prescription and over-the-counter) remain with and are dispensed by the Camp Medical Staff. Please pack ALL camper medications separately from your luggage so that you will be able to turn them in during Registration.

<p>***WATER BOTTLE***</p> <p>Clothing</p> <ul style="list-style-type: none">● Sleepwear/Pajamas● Underwear and Socks● Short Sleeve Shirts● Pairs of Shorts● One lightweight long sleeve shirt or● Swimsuit● A pair of sneakers (we take a camp hike)● Sandals or Flip flops for the shower and pool <p>Toiletries</p> <ul style="list-style-type: none">● Toothbrush and Toothpaste● Shampoo and Conditioner● Soap in a container● Bath Towel & Washcloth● Beach Towel for the pool	<p>Other Items</p> <p>***WATER BOTTLE***</p> <ul style="list-style-type: none">● Bible● Bedding – Sleeping Bag or sheets and blanket● Pillow and Pillowcase● Flashlight● Fan (box size or bunk clip on)● Any Medications Need to be turned in during registration <p>Optional Items</p> <ul style="list-style-type: none">● Hat & Sunglasses● Camera● Favorite Stuffed Animal● Paper, pen, pencil, stamps, pre-addressed envelopes <p>Things to Leave AT Home</p> <ul style="list-style-type: none">● Food, snacks or candy (food and snacks are not permitted)● Cell Phones, Electronic Items● Anything which would result in tremendous unhappiness if it were lost, broken, or dirty.
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If your child will need medication during camp, please complete the form below, cut it out and place it in a Ziploc bag with the medication needed.

No medication (OTC or prescription) will be accepted that is not in the original, labeled container. OTC medication will be dispensed as instructed on the form below.

Prescription medicine must be in original pharmacy container with the camper's name on the label and will be dispensed as prescribed. If dosing instructions have been changed, your physician must provide instructions in writing. Please understand that this is to ensure the health and safety of your child.

Ibuprofen, Tylenol, Benadryl or other common OTC medicines may be given if needed, with your permission. Please check with the nurse/first aid staff at check-in if you have questions about this.

Thank you for assisting us to provide for your child's good health at camp!

✂ cut here ✂ cut here ✂

Outdoor Ministry Medication Record	
MEDICATIONS MUST BE IN ORIGINAL PHARMACY CONTAINERS LABELED W/ CHILD'S NAME	
Camper Name: _____ Camp Session: _____	
Step 1 – List all medications to be administered at camp (OTC and prescription)	
Step 2 – Sign this form and place it inside a quart or gallon Ziploc bag	
Step 3 – Place all medication in this bag and bring to camp with your camper	
All medication is collected at check-in and stored in a locked area for distribution according to physician instructions or as indicated below for OTC meds.	
Medication	Medication Dosage, Times, Special Instructions
The information on this form is correct and complete. I hereby give permission for the Mid-America , MUP and Jo-Ota Camp Staff to administer the medication as directed above.	
Parent Signature: _____ Date: _____	

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Food Allergy Action Plan

Emergency Care Plan

Place
Camper's
Picture
Here

Name: _____ D.O.B.: ____/____/____

Allergy to: _____

Weight: _____ lbs. Asthma: Yes (higher risk for a severe reaction) No

Cabin #, Counselor: _____

Family Group Leaders: _____

Extremely reactive to the following foods: _____

THEREFORE:

- If checked, give epinephrine immediately for ANY symptoms if the allergen was *likely* eaten.
- If checked, give epinephrine immediately if the allergen was *definitely* eaten, even if no symptoms are noted.

Any SEVERE SYMPTOMS after suspected or known ingestion:

One or more of the following:

- LUNG: Short of breath, wheeze, repetitive cough
- HEART: Pale, blue, faint, weak pulse, dizzy, confused
- THROAT: Tight, hoarse, trouble breathing/swallowing
- MOUTH: Obstructive swelling (tongue and/or lips)
- SKIN: Many hives over body

Or combination of symptoms from different body areas:

- SKIN: Hives, itchy rashes, swelling (e.g., eyes, lips)
- GUT: Vomiting, diarrhea, crampy pain



1. INJECT EPINEPHRINE IMMEDIATELY

2. Call 911
3. Begin monitoring (see box below)
4. Give additional medications:*
 - Antihistamine
 - Inhaler (bronchodilator) if asthma

*Antihistamines & inhalers/bronchodilators are not to be depended upon to treat a severe reaction (anaphylaxis). USE EPINEPHRINE.

MILD SYMPTOMS ONLY:

- MOUTH: Itchy mouth
- SKIN: A few hives around mouth/face, mild itch
- GUT: Mild nausea/discomfort



1. GIVE ANTIHISTAMINE

2. Stay with student; alert healthcare professionals and parent
3. If symptoms progress (see above), USE EPINEPHRINE
4. Begin monitoring (see box below)

Medications/Doses

Epinephrine (brand and dose): _____

Antihistamine (brand and dose): _____

Other (e.g., inhaler-bronchodilator if asthmatic): _____

Monitoring

Stay with student; alert healthcare professionals and parent. Tell rescue squad epinephrine was given; request an ambulance with epinephrine. Note time when epinephrine was administered. A second dose of epinephrine can be given 5 minutes or more after the first if symptoms persist or recur. For a severe reaction, consider keeping student lying on back with legs raised. Treat student even if parents cannot be reached. See back/attached for auto-injection technique.

Parent/Guardian Signature _____

Date _____

Physician/Healthcare Provider Signature _____

Date _____

TURN FORM OVER

Form provided courtesy of the Food Allergy & Anaphylaxis Network (www.foodallergy.org) 9/2011

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- Swimsuit
- A pair of sneakers (we take a camp hike)
- Sandals or Flip flops for the shower and pool

Toiletries

- Toothbrush and Toothpaste
- Shampoo and Conditioner
- Soap in a container
- Bath Towel & Washcloth
- Beach Towel for the pool

Other Items

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- Bible
- Bedding – Sleeping Bag or sheets and blanket
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- Flashlight
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