



Spring 2010

Dear Shalom Camper:

Mt. Cross' staff is ready to welcome you. You have chosen the best camp!

Forms

- All forms and fees must be received a prior to arrival at camp. (Please get these forms to Pastor Adam at Hope Lutheran by July 1)
- This will help to speed up the check-in process. Campers may not check-in without a Health Form.

Check-in

- **Check-in: 3:00pm – 4:30pm on Sunday.**
- **Health Screening:** A camp nurse/health care manager will be available at check-in to take medications and discuss medical concerns. Each camper receives a health screening with the camp nurse before check-in is final. (Note: This is not a medical check-up. You must have had a Physician's visit within 24 months of camp attendance).
- **Photo:** A group photo will be taken Monday. If you would like to purchase this 8x10 photo you can do so at check-in. The fee is \$10.00 per photo.
- **(Our group from Hope will "carpool" together on Sunday, July 11 – time TBD)**

Check-out

- **Closing & Lunch:** After our closing program at 11am on Friday, which parents/family are highly encouraged to attend, everyone is invited to join us for a simple and quick lunch (free-will donation).
- **Designated Pick-Up:** Campers may only be released to the person(s) designated by the parent/guardian during registration. The person picking up the camper will sign them out, and identification may be requested.
- **Med Check-Out:** Pick up camper medications at the Nurse's station before departing for home.

Medication and Health Care

- **Camp Nurse:** The camp nurse/health care manager is on call 24 hours a day. This person, or another trained staff member, will pass out all medications needed by campers during the week. In addition, each of our summer staff is trained in basic First Aid and CPR.
- **Original Container:** All medications prescribed by a doctor must be in original pharmacy containers labeled with the name of the person, name of the medication, dosage, and frequency of administration. Send only the correct amount of medication.
- **Physician Authorization:** Your physician's written authorization to administer medications both *prescribed and over-the-counter must appear on the health form.*
- **Medication Administration:** All medications are kept in the Nurse's Station and administered by the camp nurse/health care manager. The exceptions are: off-site trips when Mt. Cross staff gives the medication under the direction of the camp nurse/health care manager; and asthma inhalers and epi-pens with the written authorization from your health care provider for self-administration.
- **Med Check-Out:** Pick up camper medications at the Nurse's station before departing for home. All medications not picked up will be destroyed.

Shoes for Shoeless Kids

For a third summer Mt. Cross will be collecting donations of new and gently used shoes for **Soles 4 Souls** an organization that blesses people in need of footwear around the world. You are welcome to join in the cause by bringing shoes or a donation to help with shipping costs. For more information visit www.giveshoes.org **In 2009 Mt. Cross collected 215 pairs of shoes.** A record!

Trading Post: Mt. Cross's camp store

- **Trading Post Account:** During check-in, campers may open a Trading Post account and deposit money. No cash is accepted at the trading post during the camp week.
- **Prices:** Campers may visit the Trading Post twice a day. Food items range in price from \$0.50 – \$1.25 and clothing, water bottles, animals, etc. from \$8-40.
- **Soles 4 Souls Donation:** Money in the camper's account on Friday will be returned to them at check-out. On Sunday, during check-in, you have the option to donate this remaining money to Soles 4 Souls.

Clothing

- **Packing List:** Please refer to the packing list for guidance on what clothes to bring.
- **Quantity:** Campers should come with enough clothing to last the whole session. Mt. Cross does not have laundry service available to campers.
- **Label:** Label clothing, sleeping bags, towels, everything! Mt. Cross will return any items we find, if you call or e-mail within one week. Please do not send valuable items with your child. *Mt. Cross cannot be responsible for lost items.*

Camper Mail

U.S. Mail in and out of camp can be slow. Plan accordingly. Address camper mail as below:

Camper's Name

Camp Program and Dates

Mt. Cross

7795 Hwy 9

Ben Lomond, CA 95005

Email: Mt. Cross uses Bunk1.com for emails to campers. More information will be emailed prior to summer and will be available at check in.

Beach Camp – You will be away from Mt. Cross for much of your week and non-emergency messages will not be delivered until the last day of your camp session.

Visitors

Campers are not allowed to have visitors during the time of their session at Mt. Cross.

It is our goal to *Ignite Passionate Faith, Equip Servant Leaders and Spread the Gospel of Jesus Christ*. If you have any questions, please contact our Registrar or Director of Programs in the camp office (831.336.5179 or registrar@mtcross.org or program@mtcross.org). We are looking forward to a great summer and we're glad that you'll be joining us!

Blessings,

Ellie Powers

Director of Programs