

2023 SUMMER CAMP OVERNIGHT HANDBOOK



Sequanota

Lutheran Conference Center and Camp

Get Ready for Summer Camp!

THANKS FOR REGISTERING FOR CAMP



We are busy preparing for your arrival - training staff, working on the facilities, and putting the finishing touches on the summer programs. We are excited to hear that you will be joining us for camp this summer!

This handbook will help answer some questions about your week at camp. If you have any additional questions, please contact the camp office by phone (814) 629-6627 or email contact@sequanota.com.

We can't wait to share this summer's theme with you - Holy Trinity Wholly Love; which is based on the bible verse: *"I am the Alpha and the Omega, the first and the last, the beginning and the end."* -Revelation 22:12

God is good and has created a beautiful world for us to live in. Christ loves us unconditionally, welcomes everyone regardless of our unique identities, forgives us when we stray, and gives us all the gifts and abilities we need to show love to others. Throughout the week, campers will learn that God's love is good, loving, welcoming, forgiving, and generous.



Sequanota offers a holy place to connect with Christ, creation, and community.

SUNDAY

- 2:30-4:30p Check-in
- 4:30p Camp Tour & Swim Tests
- 5:30p Dinner
- 6:30p Evening Assembly & Introductions
- 7:00p Get to know ya games
- 7:45p Store Time & Free Rec
- 8:25p Opening Campfire
- 8:50p Worship
- 9:15p Cabin Time (prepare for bed)
- 9:45p Candle Power

MONDAY - THURSDAY

- 7:15a Rise and Shine
- 8:00a Assembly
- 8:15a Breakfast & Song Time
- 9:00a Living as Community
- 9:20p Cabin Devotions
- 9:45a Games
- 10:20a-12:20p Activity Rotations (*bible study, nature, crafts, games, group building*)
- 12:30p Lunch & Song Time
- 1:35p Rest Time - F.O.B - Flat on Bunk
- 2:00-5:00p Activity Rotations (*pool time, hiking, canoeing, slip-n-slide, tower/zip line*)
- 5:00p Cabin Time
- 5:30p Dinner & Song Time
- 6:30p Evening Activity
- 7:30p Store Time & Free Rec
- 8:00p Campfire
- 8:30p Worship
- 9:00p Cabin Time (prepare for bed)
- 9:30p Candle Power

FRIDAY

Follow Monday - Thursday until 4:00 pm

- 4:15p Cabin Time (pack up)
- 5:00p Dinner
- 5:30p Worship at Founder's Fire Circle
- 6:15p Head to cabins for check out
- 6:30p Dismissal - pick up store money & medication at camp store

Packing Guide

Based upon the amount of time you are staying, please make sure to pack an appropriate amount of clothing. There will be plenty of opportunities to get wet, muddy, or spill ketchup on your shirt. Please review the following list as a guide, but use your best judgement when it comes to packing.

WHAT TO BRING TO CAMP

Bedding:

- ☐ pillow
- ☐ sleeping bag
- ☐ sheets/blanket (optional)

Personal Items:

- ☐ toiletry items (soap, toothbrush, toothpaste, deodorant, shampoo)
- ☐ 2 towels (1 pool, 1 bath)
- ☐ brush/comb

Clothes and Footwear:

- ☐ sleepwear
- ☐ 6 t-shirts (3 for 1/2 weeks)
- ☐ long sleeve shirt
- ☐ sweatshirt/fleece
- ☐ 4 pairs of shorts (2 for 1/2 weeks)
- ☐ 2 pairs of long pants
- ☐ 6 pairs of underwear (3 for 1/2 weeks)
- ☐ 6 pairs of socks (3 for 1/2 weeks)
- ☐ 2 pairs of sneakers
- ☐ pair of old shoes/water shoes
- ☐ swim suit (rash guard)
- ☐ shower shoes
- ☐ raincoat or poncho

Medications & Forms:

- ☐ medication (prescription & over-the-counter) will be given to the Health Center and will need to be in original labeled container with camper name and instructions
- ☐ all paperwork (not already in via camper dashboard)

General Items:

- ☐ bible
- ☐ paper and pen/pencil
- ☐ laundry bag
- ☐ hat
- ☐ flashlight
- ☐ water bottle
- ☐ insect repellent
- ☐ sunscreen

Optional:

- ☐ light blanket
- ☐ camera
- ☐ extra batteries
- ☐ sunglasses
- ☐ rain boots
- ☐ envelopes with stamps



Camp is surrounded by nature, which includes water, mud, sticks, rocks and roots. We recommend that you pack clothing that is loose fitting and allows for freedom of movement. We encourage T-shirts, sweatshirts, shorts, jeans, and advise against restrictive and "fashion" clothing. Clothing that promotes, violence, alcohol, drugs, or demeans another person is not permitted. As you pack, please keep this in mind as you decide what to wear and bring to camp.

WHAT TO LEAVE AT HOME

Expensive items or expensive clothing
Cell phones
Laptops
Electronic games
Pets
Food & Drinks
Jewelry

Alcohol or tobacco
Illegal drugs
Knives/Firearms/weapons
Revealing swim suits
Over-the-counter medication (If brought must be given to nurse)

"Not allowed" items will be held by staff and returned at the end of the week. We reserve the right to search personal belongings, with camper present, if we believe items not allowed have been brought to camp.

MORNING ASSEMBLY

low ropes -
team challenge
course

NATURE EXPLORATION

field games

BIBLE STUDY

song time

GAGA BALL

climbing wall

ZIP LINE

hiking

SWIMMING

arts & crafts

CANOEING

skits

GARDENING

cookout &
s'mores

CREEK HIKES

rest time

CAPTURE THE FLAG

bonkers

STRING TAG

camp store

CAMPFIRE

worship

CABIN TIME

Forms - Arrival Information - Final Payment

PAPERWORK & FORMS

All camper forms can be found as online forms on the Parent Dashboard.

Log into the Parent Dashboard using the same email address and password you created for the registration process.

To access the forms, look for the forms tab on the Parent Dashboard and complete the paperwork for each camper. **All paperwork needs to be completed two week before your camp week.** If you would prefer paper forms, please contact the office.

Required forms are:

- Camper Information
- Covid testing consent
- Consent & Waiver
- Health History 1-4
- Pick-up Release
- Camper Health Care (signed by physician)

COVID-19 PREVENTION STRATEGIES

PRIOR TO ARRIVAL AT SITE

- Any camper, volunteer or staff, who are not feeling well or have any of the symptoms for COVID-19 (fever, dry cough, shortness of breath, chills, fatigue, recent loss of taste and/or smell) are to remain at home. After negative test results are received, Sequanota will work with families to reschedule campers for a week of camp.

FINAL PAYMENTS

Your balance should be paid-in-full two weeks before arrival. If the church is paying a portion of the registration fee, please make sure the portion you are responsible for is paid.

ARRIVAL & CHECK-IN INFORMATION

Full-week & half-week check-in

Main Camp Dining Hall

Sundays from 2:30 - 4:30 PM

Sampler Camp check-in

Main Camp Dining Hall

Monday from 9:00 - 9:30 AM

Camp Bethesda check-in

Bowersox Center

Sunday from 2:30 - 4:30 PM

Please bring the following items with you to check-in. The rest of your belongings can stay in the car until you've received the cabin assignment.

- any paperwork or payments not yet turned in. All camper paperwork will be confirmed and finalized.
- camp store money will be collected and a camp store card will be created.
- any medications needed during your camp stay. Each camper will visit with the camp health care team to update any medical information and turn in medication.

Once campers check in at their cabin and meet their cabin guide, they must remain with their cabin guide. Parents are welcome to help set up their campers bunks. For campers that may be nervous, a short set up with a cheery hug goodbye is usually best. Encouraging words like "I'm so excited for you, or "I love watching you try new things" are helpful. Cabin guides will then engage the campers in decorating their bunk, play yard games, or getting to know their cabin mates.



CABIN MATE REQUESTS Every effort will be made to honor cabin mate requests. Campers are assigned to cabins and family groups based on age in the best interest of the camper and the overall camp community. If there are any questions, please contact us for more details.

Departure Information - Camp Store - Communication

DEPARTURE & CHECK-OUT INFORMATION

On Fridays, closing and pick-up will be at Founders' fire circle/chapel.

Parents, grandparents and guardians are welcome to join us for a 45 minute worship service beginning at 5:45 p.m. at Founders' fire circle. Campers will be signed out to leave camp at 6:30 p.m. Family members are invited to bring lawn chairs to the service since seating will be limited.

Half-week camper pickup is on Wednesday. There will be a 30 minute campfire service at 6:00 p.m. near the Main Camp Dining Hall. Following campfire, camper sign out will happen with the cabin guide at the cabin at 6:30 p.m.

Sampler Camp pick up is on Tuesday at 7:00 PM following a 30 minute service at Founders' fire circle. Parents, grandparents and guardians are welcome to join us for a 30 minute closing program.

Prior to departure, it is very important that you

- Sign out your camper with their cabin guide.
- Collect all of your camper's belongings; it's a good idea to check the lost and found, the cabin clothes line, dining hall, and craft cabin.
- Pick up your camper's meds at the camp store.
- Check if there is a balance of store money at the camp store.



PHONE CALLS & VISITS

We welcome and encourage you to support your camper with notes from family and friends. Encouragement can come from letters mailed, letters dropped off at check-in or emails. Campers do not have access to telephones or email so please do not encourage campers to call or email home. If there is an emergency, staff will contact you immediately. The emergency number, available to you anytime is (814) 629-6627. Any cell phone brought by a camper will be kept in the office for safe keeping until the end of the week. There is also no visiting of campers allowed during their stay.

CAMP STORE

All campers have an opportunity to visit the camp store daily. At the camp store, campers may buy camp shirts, souvenirs, water bottles, snacks, drinks. Store money (cash or check) can be deposited for the camp store during camper check-in. It will be kept on account for the week of camp. We recommend \$20-30 for the week. \$3 per day is enough if not purchasing any souvenirs.



Refunds can be picked up at the camp store on Friday evening during check-out & pick-up. Any money that is not picked up will be put toward the designated summer camp charity. Ask any summer staff member for information on this summer's charity.

SENDING LOVE & CARE PACKAGES

If your camper has a birthday coming up while at camp, please notify the staff during check-in and we will celebrate at one of the meals. **Please do not send or allow campers to bring food.** This attracts insects and small animals to the cabin.



USPS MAIL

Campers love getting mail from parents and friends. Please be sure to send your mail by Wednesday at the latest or it may not arrive in time. Please address all mail as shown below.

Return Address

Camper Name, Cabin #
Sequanota
PO Box 245
Jennerstown, PA 15547

EMAIL

To send an email, use the following ...

To: contact@sequanota.com

Subject: Camper Name, Cabin #

Campers will not be able to send a reply email.

Specialty Camp Specifics - Lost & Found - Health Care

SPECIFIC CAMP EXTRAS

SaLT — Campers will be at camp for two full weeks! That includes the weekend in between. There will be time for laundry on the weekend. You'll be in a cabin with younger campers the second week, so pack in a tote or something that can make switching cabins easier.

Theme Week — Look for an email two weeks prior to the camp week for the daily themes and costume suggestions. You do not need to pack something for every day; we have some supplies here.



If you have any questions, please contact us. Any personal equipment brought to camp is the responsibility of the camper. Sequanota is not responsible for lost or damaged items.

LOST & FOUND

We collect LOTS of lost and found items every week at camp. Please label your camper's belongings properly. There's nothing we like better than being able to return things to their owner! All lost items are kept until Labor Day, after which they are donated to a local charity. Feel free to go through the week's Lost and Found items box, located in the Dining Hall, during check-out if you suspect an item is lost.



HEALTH CARE INFORMATION



The health and safety of each camper and staff member is of the utmost importance to us at Sequanota. Campers will receive a health screening as part of the registration process.

State law requires that all medications be given to the Camp Nurse upon arrival (prescription and non-prescription). Our nurse team has found it very helpful to distribute medications that are already in bubble packs. Your local pharmacist will have more information on bubble packs.

All campers, volunteers, and staff must have a current health history form before coming to camp.

A rapid COVID-19 test can be completed at camp if recommended by the camp nurse.

MEDICATION POLICY

- All medications must be in original prescription container or bubble pack from the pharmacist. If you are sending over-the-counter medications, please provide written instructions from a physician. Unless we have these instructions, we can only administer medications as written in our Medical Treatment Procedures (approved by the camp doctor).
- The first full day's dosage of any new medication must be given at home.
- Parents are responsible for picking up medication or making shipping arrangements if forgotten.

Parent Medical Notification

Sequanota will notify parent/guardian of a camper injury or illness when:

- A fever lasts longer than 24 hours
- Flu symptoms last longer than 24 hours
- The Camp Nurse or Physician recommends that the camper be taken to the Emergency Room or his/her office
- Emergency medical treatment is needed
- A reoccurring medical condition or problem persists

Directions - Policies

Where is Sequanota?

If you are using Google Maps or a GPS, enter the address:

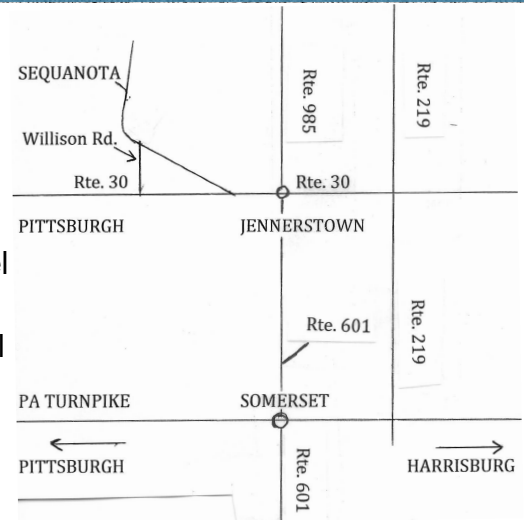
368 Sequanota Road, Boswell, PA 15531

Directions:

From the west (Pittsburgh): Follow the PA Turnpike/I-76 and travel east to Exit 110/Somerset. **continue below

From the east (Harrisburg): Follow the PA Turnpike/I-76 and travel west to Exit 110/Somerset. **continue below

From the south (Baltimore/DC): Follow I-70 and travel west to Breezewood. Follow PA Turnpike/I-76 and travel west to Exit 110/Somerset. **continue below



****From Somerset/Turnpike exit:** After exiting the toll booths, travel to the second traffic light and turn left onto 601 North. After 4 miles, 601 N will make a right turn. Continue to travel straight on 985 North to Jennerstown. There is a BP gas station at the intersection.

At the traffic light in Jennerstown, turn left on Rt. 30 West. Travel a 1 1/4 miles. Watch for the Sequanota signs. Turn right onto Willison Road. At the stop sign, turn left and travel - 1 mile. Sequanota's entrance is on the left - look for the green and white signs.

From the north (Johnstown/Altoona/State College): Follow Rt. 219 South to the Jennerstown/Rt. 30 Exit. Turn right at the end of the exit ramp onto Rt. 30 West. Travel about 3 1/4 miles. Watch for the Sequanota signs. Turn right onto Willison Road. At the stop sign, turn left and travel - 1 mile. Sequanota's entrance is on the left - look for the green and white signs.



NON-VIOLENCE POLICY

Sequanota is a welcoming community where all of God's children can gather for worship, relaxation and fun. No camper, staff, volunteer, or visitor will be made to feel unwelcome based on age, sex, race, color, sexual orientation, national origin or disability. Harassment or bullying of any kind will not be tolerated.

CAMP DISMISSALS

On rare occasions, campers are asked to leave camp before the end of the week. This is due to the camper's behavior not being in accordance with Sequanota's policies and practices. In these situations, the camper will be dismissed with no refund of the registration fee, and the parent/guardian will be responsible for the immediate transportation of the camper from the camp.

REFUND POLICY

The registration deposit is non-refundable and non-transferable. A refund will be made of any payment above the deposited amount if cancellation occurs at least 30 days before the first day your camp session. No refund once the camp session begins and no carry over of deposits from year to year.



GRATUITIES

Gratuities or tips of any kind are prohibited, in order to ensure fair treatment for all campers, staff and volunteers. If you would like to make a contribution toward the end-of-summer dinner for summer staff, please speak with one of the directors.