

# CAMP HENRY

CAMPER GUIDE 2026



# PRE-CAMP CHECKLIST

Camp is almost here and we're so excited!

This checklist highlights the most important steps to complete now. Please review and quickly finish these items so your camper is 100% ready for a smooth and successful start to camp.

TO BEGIN: [Log into Your Account Here](#)

- Submit any Final Payments**
- Complete Camper HEALTH FORMS(s)**
  - \*One for each camper attending camp
- If you'd like, Add or Confirm a BUDDY REQUEST for your Camper**
  - \*Under your camper's name/camp session, click on Buddy Request
  - \*Complete for each session your camper is attending
- Add AUTHORIZED PICK UP**
  - \*List names of key adults, including yourself, who are authorized to pick up your camper
  - \*Complete for each session your camper is attending
- Add Funds to Camper's STORE CARD**
  - \*For a visit to the camp store and/or ice cream shop
  - \*Optional, though we find that most families choose to add \$20-\$40
- Print & Complete [MEDICATION SHEET: CLICK HERE](#)**
  - \*For ANY Prescribed and Over the Counter Medications

**Check out DROP OFF & PICK UP times & PACKING LIST**

\*Seen within this guide

Helpful/detailed info, on each checklist item above, is found on the following pages.

Once checklist items are completed, please review the remainder of this guide.



## WELCOME

We can't wait for your camper to join us for an incredible experience along the Shores of old Lake Kimball.

Our hope is that your camper will have the opportunity to have a life changing experience in a loving, caring, authentic, Christian environment. Our staff are truly awesome; energetic, encouraging, compassionate, fun-loving, dedicated, hard-working, & full of joy. They can hardly wait to welcome you to Camp Henry!

Our goal is for this Guide to answer all of your questions. If it doesn't, please give us a call or send a quick email, we would love to hear from you! We want to do everything we can to help you and your camper feel excited and prepared for an amazing experience at Camp Henry.

To discuss special circumstances or ask specific questions, you can reach us Monday-Friday between 9:00 am and 4:30 pm at 616.459.2267 or email [registration@campheny.org](mailto:registration@campheny.org) and a staff member will respond to your message as soon as possible.

## CAMP PHILOSOPHY

Camp Henry's mission is to provide life changing experiences for all in a Christian environment. We believe that a Camp Henry experience should be available to all and that we are called to be respectful of every camper and guest, including individuals of varying abilities, genders, cultures, religions, races, regions, and socioeconomic status.

Camp Henry welcomes campers of all faiths as well as no faith at all. We don't require, assume, or expect that all campers are Christians or come from Christian families. Our hope is to simply be Christian toward everyone who comes to camp.

We have had the privilege of serving campers, families, and guests at Camp Henry since 1937. We believe that a camping experience at Camp Henry has the capacity to transform lives in many ways. With such a concentrated amount of time, a beautiful natural environment, intentional camp programs and activities, opportunities to try something new, and campers being surrounded by positive Christian role models – the combination is perfect for enhancing and positively changing the lives of campers and guests who come to Camp Henry.

# ARRIVAL & DEPARTURE

**On Opening and Closing Days, for the safety and comfort of all campers and guests, please leave all dogs and pets at home.**

## ARRIVAL - Opening Day | Sunday Afternoon

Please base your arrival time based on the youngest camper you are checking in for camp. To help with parking, traffic flow, and a smooth check-in experience for all families, we ask that you arrive as close to your assigned time as possible. Upon arrival, campers and family members will register at check-in and walk together to their cabins to settle in and meet their counselors.

If you are checking in multiple campers, we strongly encourage families to follow each camper's assigned arrival time whenever possible. We understand this may not be practical for every family; however, please note that older campers who arrive early with younger siblings may spend a large amount of time waiting in their cabin before the remainder of their cabin group arrives and cabin activities begin. The Camp Store will be open during check-in for families who have time between scheduled arrival windows.

**3:30pm | 8-9 year olds (and Teen Adventure)**

**3:45pm | 10-11 year olds**

**4:00pm | 12-13 year olds**

**4:10pm | 14+ year olds**

**4:20pm | Frontier Campers**

## DEPARTURE - Closing Day

**Weeks 1-8: Saturday @ 10am | Weeks 9: Friday @ 1pm**

Please park in the main camp parking lot upon arrival. We know how excited you'll be to see your camper! We kindly ask that families remain near the entrance of camp or stop by the Camp Store until the closing ceremony begins right at 10am in the Theater. At that time, we invite families to gather around the outside of the Theater for the ceremony.

**Parents/guardians are required to sign out their camper with their counselor following the ceremony.**

Prior to drop off, parents/guardians must provide a list of anyone allowed to pick up their camper. You can do this through [your account](#) under each registration- make sure to list all parent/guardian names as well. Photo ID will be required to be shown prior to signing out a camper. Campers picked up after 11:00 am will be subject to a late pick-up fee.

### Lost and Found

Please stop by the Lost and Found table on Closing Day. Lost items are not the responsibility of Camp Henry. Remaining items will be donated to charity after 2 weeks.



# PLANNING FOR CAMPHENRY

## YOUR ONLINE ACCOUNT

Every camper and family has an account. You can login using the email address associated with [your account](#) to make a payment or schedule automated payments, add money to your camper's store account, make a Buddy Request for your camper, and complete your camper's health form. If you have questions about your online account, you can call 616.459.2267

**You will need to add the names of adults who will be authorized to pick up your camper in [your account](#) - within your camper's registration. This will need to be completed for each session your camper is attending.**

## LICE CHECKS

We have a lice and nit-free policy. We require that **all campers be checked/treated for lice prior to arrival**. This can be done at home, or we recommend Remedy Lice Boutique in West Michigan for pre-camp screenings and treatment. Camp Henry staff will also check each camper for lice when their cabin visits the health team during opening day activities. If a camper is found to have lice, parents/guardians will be asked to pick up their camper for treatment.



## CAMP STORE & ICE CREAM SHOP

The Camp Store is available during Opening and Closing Day for families. Additionally, each cabin will have one scheduled visit to the Camp Store during their session at camp. At that time, campers may use money from their store card to purchase their favorite camp merchandise. Adding money to your camper's store card is optional, though we find that most families choose to add \$20–40.

Each cabin will also have one scheduled visit to the Ice Cream Shop during their session, where every camper will receive one complimentary ice cream (or allergen friendly) treat. The Ice Cream Shop may also be open one or two additional times throughout the week, giving campers the opportunity to purchase additional treats using funds from their store card if they choose. To add money to your camper's registration, easily log into [your account](#), call, or email [registration@camphenry.org](mailto:registration@camphenry.org).

## CABIN ASSIGNMENTS

Campers are assigned to cabins by age and grade level and attention is given to creating cabins with a mix of new and returning campers. Groups of two or three requesting each other can be placed in the same cabin.

To make a Buddy Request, Please login to [your account](#) and follow the instructions below:

- Click on Registrations
- Under your camper's name and desired camp session, click on Buddy Request to send a request to the family of your camper's buddy. An email invitation will be sent, which must be accepted for the campers to be linked and placed in the same cabin. Please note that campers can be linked together in groups of two or three.

## CARRYOVERS

A limited number of carryover spots are available for campers enrolled in both Weeks 4 and 5 or both Weeks 6 and 7. A carryover allows campers to remain at camp during the weekend between these consecutive sessions.

To request a carryover, log in to your account and select the carryover option associated with the first week of the pair (Week 4 for Weeks 4–5, or Week 6 for Weeks 6–7). Carryover spots are limited and available on a first-come, first-served basis.

# CAMPER COMMUNICATION

## MAIL & PACKAGES

After you help your camper move in, you can drop off camper mail and packages with camp staff. Labeled bins are available for your desired delivery days.

Please include the following:

- Camper Name
- Camper Cabin (you'll find this out during check in)
- Day to be delivered

**Please do not send food, candy, or beverages.**

All packages received at camp will be opened by two staff members, and any food or inappropriate items found will be removed and returned on closing day.

All major package delivery companies (UPS/FEDEX/Amazon) deliver to Camp Henry. Any package received after a camper's departure can be shipped to you if you would like to cover the shipping charges.

## CAMPER PHOTOS

We will email a link to access camper photos at the beginning of the camp session.

You will be able to view photos of your camper's time at camp as they are updated periodically throughout the camp session. You can also share this link with family and friends!

## VISITORS & PHONE CALLS

We ask that all parents/guardians and family members refrain from visiting camp during the week, yet letters and packages are welcome and encouraged!

Due to the volume of campers, Camp Henry does not permit campers to make or receive phone calls. Especially when campers are homesick, we have found calls to or from home prolong the camper's adjustment to camp life.

If an emergency arises outside of business hours, please call (616) 459-2267 and press # for the after hours emergency voicemail, and a Camp Henry Leadership Staff Member will return your call.

## NO CELL PHONES, SMART WATCHES, OR TABLETS

We know that many campers and parents/guardians want to try to stay connected during camp, and that many folks are accustomed to utilizing cell phones or other devices to keep in touch. Yet, cell phones prove to be VERY problematic and disruptive at camp. In addition, we hope to give all campers a break from distractions and the opportunity to "Unplug & Connect".

Any cell phones, smart watches or tablets brought to camp will be collected immediately and placed in a locked office until closing day.

We encourage all campers to grow in their independence and remain immersed in the camp experience while at Camp Henry.

# CAMPHENRY PACKING INFORMATION

- **All items that are brought to camp should be labeled with the camper's first and last name.**
- Campers often use a large duffel bag or suitcase for packing. It is really helpful if camper items can slide underneath our bunk beds which sit 12 inches off the floor.
- Consider including a list of contents so that counselors can help campers maintain their possessions. Counselors will do their best to help your camper keep up with their belongings. However, camp is not responsible for lost items. Please consider this when making decisions of what to pack for camp.
- It is our hope and expectation that all campers will spend some time either near or on a horse. Horses, while wonderful and beautiful creatures, are big, heavy, and sometimes unpredictable. We have multiple staff with campers whenever they are near the horses, and campers receive an orientation covering how to safely be around the horses. Yet, to help protect feet and toes, **all campers must bring sturdy, closed-toe shoes and long pants.** Boots or tennis shoes are fine for being around horses, yet Crocs, Toms, sandals, etc. – even though they might cover the toes– don't provide adequate protection.

## SWIMWEAR & CLOTHING GUIDELINES

Swimwear should provide adequate coverage, be secure and appropriate for active camp activities, staying in place during swimming, running, and water play. Two-piece suits are permitted if they have secure fastenings in addition to ties (bikini tops and bottoms that only tie are not permitted). If a camper arrives without suitable swimwear, they will be asked to wear a t-shirt or shorts over their suit for activities.

We also ask families to help campers pack clothing that is appropriate for our camp community. Clothing with offensive language, slogans, or symbols can create discomfort or conflict among campers and should be left at home. Please also ensure that clothing provides appropriate coverage for camp activities. Our goal is to create a camp environment where everyone feels welcome, respected, and comfortable. Campers may be asked to change clothing that does not match these guidelines.

## WHAT NOT TO BRING

Cell Phones	Fireworks
iPods – iPads – etc.	Knives – Firearms *
Electronic Games	Tobacco Products *
Laptop Computers	(E)Cigarettes/Vaporizers*
Smart Watch	Alcohol *
Cash/Valuables	Marijuana*
Food/Candy/Pop	Illegal substances*

\* Campers with these items will be dismissed from camp without refund.

\*\* Please remember, Camp Henry is not responsible for any lost, stolen, or damaged items. \*\*

Counselors will be available to assist campers as they unpack on opening day. Any prohibited items brought to camp, including those listed above, will be collected and held in the camp office until closing day, when they may be returned to a parent or guardian. Items not claimed at pickup can be shipped home at the family's expense.

## NO FOOD OR CANDY

**PLEASE DO NOT BRING FOOD OR POP** due to critters getting into cabins in search of food, as well as the need to protect campers that may have significant food allergies. Any food or pop brought to camp will be collected by staff. We provide all campers with snacks each afternoon/evening, with typical snacks including crackers, popcorn, pretzels, cereal bars, fruit snacks, s'mores, etc.

# Packing List for Camp Henry

## Week-Long Camp Edition

### Clothing/Apparel

- 2 Swimsuits
- Raincoat
- Sweatshirt
- Shirts
- Shorts
- Old clothes that can get dirty/ripped
- Flip Flops/Sandals
- Underclothing & Pajamas
- Tennis Shoes (required for horse experience)
- Nice Outfit for Banquet (ex, sundress/ collared shirt)
- Long Pants/Jeans (required for horse experiences)
- Plastic Bags for Dirty Clothes

### Other Necessities

- Water Bottle
- Sleeping Bag
- Pillow & Pillow Case
- Blanket & Single Sheet (recommended, not required)
- Flashlight
- Bug Spray
- Sun Screen
- Bathroom Belongings (toiletries)
- Towels (1 beach, 1 bath) / Wash Cloths

### Please DO NOT Bring

- Electronics (Cell Phone, Laptop, Tablet, Video Games)
- Fireworks
- Valuable Jewelry / Cash
- Tobacco Products | Smoking Devices
- Alcohol | Illegal/Recreational Drugs
- Food/Pop/Candy
- Knives or Firearms

### Additional Specialty Camp Items

#### Frontier

- Extra Pairs of Long Pants (stretchy leggings or jegging) and/or Jeans
- Sturdy Closed-Toes Shoes/Boots with a heel (square 1" – 1.5" heel preferred) and mostly smooth sole
- For Riding -- please **NO** flip flops, sandals, open-toed shoes, steel toe work boots, hiking boots

#### Wakeboarding

- Extra Swimsuit & Towel

### Optional Items

- Talent Show Items (instrument, magic tricks, etc)
- Book, Bible, or Magazines
- Small Clip-On Battery Fan
- Hat/Sunglasses
- Rainy Day Games/Cards
- Stationary, Addressed envelopes, stamps



# LIFE AT CAMPHENRY

## CAMP-OUTS / COOK-OUT

Every camper will have a camp-out or cook-out experience. Our younger cabins will have a cook-out and spend time around the campfire before returning to their cabins to sleep, while older cabins camp out at various on-site locations. Cabins with campers who are 17 may go off-site for their campout.

## TEEN ADVENTURE

Campers attending Teen Adventure trips can review [this planning guide](#). Additional trip itinerary information will be provided roughly one month in advance of their trip date.

## BIRTHDAYS

Many campers celebrate their birthday while at camp! On the camper's birthday, if they would like, they are recognized and sung to during a meal. Please do not send food items to help them celebrate. Suggested ideas are: hats, necklaces, or games for their cabin to celebrate with them!

## LAUNDRY

Laundry facilities are not available for camper use at Camp Henry. If a clothing or bedding need arises during a camper's stay, our staff will do their best to provide assistance.

## FIRST-TIME CAMPERS & HOMESICKNESS

Homesickness can be a normal part of the camp experience, especially for first-time campers. A positive, confident goodbye and conversations about the exciting opportunities ahead can help campers feel prepared and supported. We encourage families to avoid promising phone calls or an early return home. Knowing that the plan is to make it through the week helps campers fully engage in the camp experience and develop confidence as they navigate new situations.

Our staff are trained to help campers settle in by involving them in cabin life, team-building activities, and new friendships right away. Camp Henry has a strong track record of helping campers adjust successfully. If a camper is struggling with homesickness, a member of our leadership team will contact parents or guardians to provide updates and discuss how we are supporting them. Letters from home can be a meaningful source of encouragement. Simple, positive messages about enjoying camp, making friends, and trying new activities are often the most helpful.

## DISCIPLINE & BEHAVIORAL CONCERNS

Camp rules are designed to support the safety, well-being, and positive experience of all campers. If a camper is experiencing ongoing or significant behavioral challenges, a member of our leadership team will contact parents or guardians to discuss the situation and how we are working together to support the camper. In some cases, at the discretion of our Directors, a camper may need to leave camp early due to health or behavioral concerns. When this occurs, families will be asked to arrange pickup within 4 hours. Early dismissal from camp does not result in a refund of fees.

## CAMP HENRY SAFETY AND COMMUNICATION STANDARDS

Camp Henry Staff and Campers are encouraged to stay in touch beyond summer camp via Camp Henry Events and Camp's social media channels. For the safety of campers, guests, and staff, Camp Henry staff members and campers should never be alone together in an unobserved context during camp or away from camp (in person or online). Following a camp experience, Camp Henry staff are not allowed to "friend" or "follow" campers on any social media platform. Any contact between campers and Camp Henry staff members outside of camp must be approved by the camper's parents/guardians, as well as Camp Henry.

## REFUND/CANCELLATION POLICY

Cancellations made after May 1st, our final payment deadline, will incur a 50% administrative fee unless we are able to fill your camper's spot. If we are able to fill your campers spot, camp retains a \$100 administrative fee. Cancellations within 48 hours of the start date of camp are not eligible for a refund.

# Typical Daily Schedule

7:45	Wake-up Bell
8:20	Flag Raising
8:30	Breakfast
9:00	Chapel
9:30	Cabin and Area Clean Up
9:50	First Activity
10:50	Second Activity
11:50	Open Areas
12:30	Lunch
1:00	Rest Period
2:00	Cabin Activity 1
3:00	Cabin Activity 2
4:00	Cabin Activity 3
5:05	Fun Swim
5:45	Cabin & Shower Time
6:15	Flag Lowering
6:30	Dinner
7:15	Evening All Camp Activity
9:15	Vespers
10:00	Lights Out!

# HEALTH RELATED ITEMS

## HEALTH FORM

We are required to have a Health Form for each camper. Guardians can complete the online Health Form by logging into their [account](#). **We encourage you to complete this as early as possible after receiving your Camper Guide so our health team can be fully prepared to support your camper's time at camp.**

## HEALTH CENTER

Campers who are not feeling well can visit the Health Center. Our Health Directors meet all State of Michigan and American Camp Association guidelines and are on site 24 hours a day. A doctor is always on call.

Calls are placed to parents/guardians when:

- 1) a camper has a health-related concern and requests a call home.
- 2) a camper has a temperature of 100 degrees or higher.
- 3) a camper spends more than four hours in the health center.
- 4) a camper goes to the hospital.

Cabin Counselors check in with campers regularly and remind them of the importance of drinking water and utilizing sunscreen and bug spray, and are available to support campers with any health-related concerns.

Please keep in mind that if a camper needs to be picked up for health or behavior related concerns families will be asked to arrange pickup within 4 hours.

## HEALTH ASSESSMENTS

As an ACA Accredited Camp, we are required to screen all campers for good health prior to admission. We request that no campers arrive at camp ill or with any contagious condition. Campers need to be fever free for 24 hours without taking fever-reducing medicine before coming to camp. In addition, if a camper has lice or has had lice within the last seven days, the camper may be allowed to attend camp with proof of certification from a licensed lice treatment facility approved by Camp Henry. Campers who are sick and potentially contagious will need to leave camp in order to help us ensure the health and safety of our camp community. If you have questions regarding the health of your child prior to camp please call or email [registration@camphenry.org](mailto:registration@camphenry.org) and they can connect with our Health Directors on your behalf.

## MEDICATIONS

Parents/guardians must check in all medications, both prescription and over the counter, including vitamins and supplements, at the Health Center table with the Health Directors during check-in (i.e. eye drops, melatonin, allergy medications, hydrocortisone, etc). If your camper is on a prescribed medication routine, we ask that it be continued without interruption to support their health and overall well-being during their time at camp. No medications are allowed in cabins no matter your camper's age (with the exceptions of emergency inhalers and epi-pens with a plan communicated in advance). Camper medications are dispensed prior to each meal as well as prior to bedtime by the Health Directors. If campers need to receive medication outside of these four times, arrangements can be made with the Health Directors to accommodate this need.

All medications must be in their ORIGINAL CONTAINER noting RX number, camper name, physician name, and dosage. We cannot accept medication if it's not in the original container. We recommend that you only bring the amount needed for the duration of camp plus one extra dose. If your camper will be bringing medication to camp you will need to stop at our Health Center table to check in their medication once your camper is checked in. Streamline this process by [completing a medication sheet](#) ahead of time and bringing it with you to camp.

The Camp Health Center stocks a variety of over-the-counter medications (OTC), however, if your child requires a specific OTC medication or vitamin on a daily basis, you must provide the medication in the original container and must note on the health form that this medication is necessary daily. All unclaimed medications will be thrown away. We are NOT able to mail home any medications.

All prescription medications purchased and/or hospital care provided during camp are billed to parents/guardians at the close of the camp session.

# HEALTH RELATED ITEMS

## BEHAVIORAL MEDICATIONS

We want your camper to be successful at camp. While we think of camp as being a relaxing and fun time, it's important to remember that campers are learning new skills, having lots of new social interactions, and need to concentrate on instructions from counselors, not only in the cabin, but during activities as well. In keeping with The American Academy of Pediatrics and The American Camp Association (ACA) joint policy statement; we are requiring all campers who normally take psychotropic medicines and are in long-term psychotropic therapy to not have elective interruption of their medicines while at camp (aka a "Med Holiday").

## MEALS

Nutritious meals and daily snacks are prepared and served under the careful supervision of our trained food service staff. Fresh fruits, vegetables and other healthy options are offered every day. At mealtime, counselors guide campers towards healthy choices. Vegetarian or vegan options are available if the need is communicated in advance. While we are happy to work with campers and families to meet dietary needs, we cannot accommodate all dietary preferences. Please indicate [food allergies and other special dietary](#) needs on the Camper Health Form. The more information we know ahead of time, the better we can serve your camper. Please feel free to email any food allergies and/or dietary concerns to our Food Service Director at [foodservice@camphenry.org](mailto:foodservice@camphenry.org).



**Camp is almost here and we're so excited!**