

# CAMP HENRY

CAMPER GUIDE 2024





## 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 Parent 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 8:30 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.

# PLANNING FOR CAMPHENRY

## NEW POLICY: LICE CHECKS BEFORE ARRIVING TO CAMP

We have a strict lice and nit-free policy. We are requesting 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.

## 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.**



## CAMP STORE

Each cabin is scheduled to visit the Camp Store once during their session. At that time, campers can use money in their store account to purchase their favorite camp merchandise. Adding money to your camper's store account is not required, yet we find that most families add \$20-40. To add money to your camper's registration, you can log into [your account](#), call, or email.

## 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 more than three campers requesting each other are split into groups and placed in different cabins. Campers staying multiple sessions will often be in a different cabin each week, since counselors typically work with different ages each week.

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

- Click on Registrations
- Under your camper's name, select "Cabin Partner Request", then click on the "edit" button to view or list requests
- Make sure to press "Save" when you are finished

## CARRYOVERS

We are providing the opportunity for campers to stay the weekend between two consecutive weeks (this is not available for mini camps). To add a carryover, login to your account and "manage add-ons" or reach out to us at [registration@camphenry.org](mailto:registration@camphenry.org)

# 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

Upon arrival, campers and family members will register at check-in and walk together to their cabins to settle in and meet their counselors.

Please see below for the time to arrive with your camper based on age group. If you are checking in more than one camper, you can check in all at once.

2:40pm- 8-9 years old & Teen Adventure Campers

3:00pm- 10-11 years old

3:20p- 12-13 years old

3:30pm- 14+ years old

**Frontier Campers check in at 3:30pm at the Nicely Center - Upper Entrance at Camp Henry**

## DEPARTURE - Closing Day | Weeks 1-8: Saturday @ 10am | Week 9: Friday @ 1pm

Please park in the main camp parking lot and join us for the closing ceremony in the theater. You can sign out your camper following the ceremony with their counselor.

Parents must give written permission for anyone else to pick up their child. 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 be sure to stop by the Lost and Found items on Closing Day. Lost items are not the responsibility of Camp Henry.

If you have a lost item and are no longer at closing day, you can submit a request for us to search for lost and found items by completing this [form](#).

Any Lost and Found items that are unclaimed will be held for two weeks and then donated to a local charity.

Please make sure that all of your camper's items are clearly marked with first and last names.



# CAMPER COMMUNICATION

## MAIL & PACKAGES

After you help your camper move in, you can drop off camper mail and packages with camp staff. Bins will be available to drop mail into according to which days you would like them to be delivered.

If you drop off mail, please write the following items on the mail or package:

- Camper Name
- Camper Cabin (you'll find this out during check in)
- Day or days you would like it 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) service 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 week.

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

## VISTING & PHONE CALLS

We ask that parents and family members please 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 that 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.

## CELL PHONES, SMART WATCHES & TABLETS

We know that many campers and parents 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 the camp safe until closing day.

We want to 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 (oversized) duffel bag or suitcase for packing. Whatever you utilize to pack your belongings, it will be really helpful if it can slide underneath our bunk beds which sit 12 inches off the floor. While we hope that families can carry their own belongings to the cabins, help is available for anyone that might need assistance.
- Consider attaching a list of contents to the top of the container so that counselors can help campers maintain their possessions. Counselors will do their best to help your camper keep up with their belongings. However, we cannot be 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.

## LAUNDRY

Laundry facilities are not available for camper use at Camp Henry. In the case of an emergency, we will certainly work with campers to help meet their needs.

## SWIMWEAR GUIDELINES

Swimwear should provide adequate coverage, fasten securely, and be designed for active wear. Two piece suits are allowed if they have no more than one tie and are accompanied by another fastener (bikini tops and bottoms that only tie are not allowed). If the camper does not come to camp with an appropriate suit, a t-shirt or shorts will be required.

## WHAT NOT TO BRING

Counselors will be on hand while campers are unpacking on opening day and if any of the items below are found, they will be held in the office and returned to parent/guardian on closing day. If not picked up on closing day, the items will be shipped back to the camper at the expense of the camper's family. Please examine your camper's selection of clothing, looking for items which might carry offensive slogans or symbols. In a large camp community, these items can result in conflicts between campers. In addition, please be certain that your camper brings clothing that provides appropriate coverage. Our goal is to create a community where all people feel welcome and accepted. Campers wearing clothing that is inappropriate will be asked to change.

Cell Phones  
iPods – iPads – etc.  
Electronic Games  
Fireworks  
Knives – Firearms \*  
Cash/Valuables  
Food/Candy/Pop

Laptop Computers  
Smart Watch  
Tobacco Products \*  
Alcohol \*  
(E)Cigarettes/Vaporizers\*  
Illegal substances\*  
Marijuana\*

\* 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. \*\*

## FOOD & CANDY

**PLEASE DO NOT BRING FOOD** 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 brought to camp will be confiscated. We provide all campers with snacks each afternoon and evening, with typical snacks including 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  
Tennis Shoes (required for horse experience)  
Nice Outfit for Banquet (ex, sundress/ collared shirt)  
Long Pants/J 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

### 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

#### Climbing

Sturdy closed-toed shoes

#### Wakeboarding

Extra Swimsuit & Towel

#### Service Crew

Gloves & tennis shoes/boots  
Clothes that can get dirty/painted on

### Optional Items

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

### 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

# LIFE AT CAMPHENRY

## CAMP-OUTS / COOK-OUT

Every camper will have a camp-out or cook-out experience. Our youngest 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 to their camp date.

## BIRTHDAYS

Many campers celebrate their birthday while they are at Camp Henry! On the camper's birthday, they are recognized and sung to in front of the entire camp at either lunch or dinner. Please do not send food items to help them celebrate. Ideas to help them celebrate while at camp could include hats, necklaces, or games, for their cabin to celebrate with them! If a camper would prefer to not be recognized on their birthday, that's no problem - just let us know.

## FIRST-TIME CAMPERS & HOMESICKNESS

Missing home for first time campers is common. Parents can help the adjustment of their campers by leaving them on a positive note. Make sure to set your camper up for success by letting them know you expect them to have fun. Help them to set some goals for camp (meeting people, learning something new, etc.) before you leave and be enthusiastic about their time at camp. "Childsick" parents often lead to homesick campers.

It is best to not promise a camper they can come home if they do not like camp. Camp Henry Staff are well trained to help campers adjust to camp by immediately involving them in goal setting, team building, and fun activities. Parental support and encouragement are crucial to the happiness of the child.

Camp Henry has an extremely high success rate of working with campers when parents work with us. A leadership staff member will contact parents if a child is homesick to let them know that we are working through the challenge. Encouraging comments in letters ("we know you are having a great time at camp," "we look forward to hearing about everything you are doing," "have fun at camp because you are not missing out on anything here") are also helpful in this process. Though homesickness is common in first-time campers, it is usually short-lived due to all the fun people and dynamic activities at Camp Henry!

## DISCIPLINE

Camp rules are designed to enhance the happiness and safety of all campers. A leadership staff member will contact parents to let them know if there is a significant or on-going behavioral problem. Children who do not demonstrate appropriate behavior, in the judgment of the Directors, will be sent home from camp. Early dismissal from camp will not warrant the 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 in camp, we will ask for a \$100 administrative fee. Cancellations within 48 hours of the start date are not eligible for a refund.



# Typical Daily Schedule

7:45	Wake-up Bell
8:20	Waiter Bell/Flag Raising
8:30	Breakfast
9:00	Chapel
9:30	Cabin and Area Clean Up
10:00	First Activity
10:45	Second Activity
11:30	Third Activity
12:15	Waiter Bell
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	Waiter Bell/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 in to their account.

## HEALTH CENTER

Campers who are not feeling well have the opportunity to 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 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 daily and remind them of the importance of drinking water and utilizing sunscreen and bug spray, and are available to help campers with any health-related concerns that might arise.

## 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 come to 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 any questions regarding the health of your child prior to camp, please feel free to contact the Health Director starting June 7th at 616.717.5567 or email [campnurse@camphenry.org](mailto:campnurse@camphenry.org).

## MEDICATIONS

Parents 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). 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. You can expedite this process by [completing a medication sheet](#) 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 at the close of the camp session. If you have any questions, please don't hesitate to email [campnurse@camphenry.org](mailto:campnurse@camphenry.org).

# HEALTH RELATED ITEMS CONT...

## 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 accomodate 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).

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