

Help your child prepare for the next big adventure!!



One Month or More Before Camp Begins:

1. Talk to your child about your adventures at camp, or your hope for their experience. Positive, fun discussion will help you child seek to expand her horizons and limit her fears of the unknown.
2. Overcoming fears and bravely meeting challenges are skills developed with time. If your child is new to camp help him experience as many components of camp as possible while he's still at home. A sleep over at a friend's house, eating new foods, taking walks, meeting new people in a familiar environment will make facing those challenges at camp much easier.
3. Make sure your child has comfortable supportive shoes that are well broken in for camp. Sandals, cowboy boots or new shoes can lead to blisters, cuts and scrapes. Athletic shoes or hiking boots are best for camp. You might want to include a pair of flip flops or other water sandals for showers and the pool. Don't leave shoes to the last minute!

One Week Before Camp

1. Talk to your child about writing home and have stationary on hand to pack with your child's belongings. Mail call at camp can be an especially fun time. Your child would benefit from daily mail from home.
2. A packing list is provided on our "Questions?" link. Please read this list with your child and help her pack. A list of what not to bring can be found on the "Common Questions" page of the "Questions?" link as well. It's a good idea to pack at least 24 hours before you leave for camp to be sure you have everything you need. A last minute rush can add to your child's anxiety about leaving home.
3. Camp can be dirty business! It is always a good idea to pack an extra set of clothes for your child. This is especially important if your child would happen to encounter poison ivy or some other irritant and we are forced to "quarantine" his clothing.
4. Be sure to acquire adequate amounts of your child's medications both prescription and over the counter. **PLEASE LEAVE ALL MEDS IN THEIR ORIGINAL CONTAINERS.** If you do not wish to send a full container of meds with your child please remove the excess and keep it at home. It is important in emergency situations that we have your child's medication packaging so that local emergency workers can act quickly and with confidence in treating your child.
5. If your child requires daily meds, talk to them about co-operation with our staff during meds time. Our staff is trained in meds distribution and takes that responsibility very seriously. However, their training may vary from your practices at home. For example: our staff will double check names on labels every time a med is given and place the medication into a small cup, not shake them into the hand, nor is the child allowed to retrieve his med from the bottle himself. This is to ensure that the right dose is given to the right child. While this practice is employed to protect your child, it may seem foreign and frightening to a child who is used to a different routine. Please talk to your child and prepare them for this new experience.

The Day of Camp

1. Go with confidence. Try to plan ahead so the trip to camp is full of fun and excitement. A last minute rush can add to the anxiety of camp for your child. If you seem unsure and harried, your child will most likely feel the same.
2. Double check your packed items and talk to your child about packing up at the end of camp. No body wants that new sleeping bag left behind. Lakeside is not responsible for lost or stolen items. However, we do have a lost and found box in the office. If you notice an item missing from your child's belongings please call and check our lost and found.
3. Try to stay relaxed. It's normal to feel a bit nervous about leaving your child at camp, but try to let the excitement of the day show through to your new camper. Preparation can help ease those tensions. Here are a few common challenges parents face on the day of camp:

*Camps are always located a bit off the beaten path, that's what makes them camp! This means you may make a few wrong turns before you get there, try not to worry. After all it's a positive adventure for everyone. A link to Google maps is available on our "Camp Compass" page or feel free to use other maps services to help you find your way.

*Be on time! Early arrivals make it difficult for deans and staff to finish their prep work and make for a long, sometimes uncomfortable wait for your child. Late arrival can rob your child of important introductory, ice-breaking time. This can mean the difference between a positive experience and a stressful one.

*Try to arrive at camp within 15 minutes of the listed check-in time. If you arrive early, take a drive around the lake and get to know the area with your child. If you are running late please call the camp office so we can let the deans know when to expect you.

*Be prepared for a short line at check-in. Our deans process registration very quickly, but with everyone getting there at once, lines do form from time to time. Have your registration papers out and ready for the deans.

*Make good byes a positive experience. Try to stay upbeat and confident. Your child will draw confidence from you.