



FAMILY HANDBOOK

Day Camp and Overnight



Welcome to Camp

I am excited to welcome you and your family to Covenant Harbor this year. I am looking forward to having your camper(s) experience life transformation at summer camp. Through all our summer programs, we strive to make all campers feel safe, taken care of and encouraged in their individual faith journey all while having an exciting, fun time away from home.

Each of our summer programs are uniquely designed for your camper(s). Campers experience community, form friendships and build confidence as they try new skills and overcome fears in a safe and engaging environment.

It is our goal to encourage campers towards Jesus Christ by introducing them to Bible stories, spiritual practices and meaningful relationships with staff role models. Camp is a place for all campers to learn more about Jesus as their real friend, grow in their own relationship with him and take next steps in their personal faith journey.

At the end of the week, we want kids to go home encouraged and filled with joy. We also want the life transformation that is experienced at camp to continue at home and impact the whole family. I am filled with anticipation for what the Lord is going to do this summer and I can not wait to see you and your family here very soon!

Emma Mueller, Program Director



What's Inside This Handbook?

Get to Know Us:

Read more about who Covenant Harbor is, what our summer programs are like and begin to get an idea of what your camper(s) will experience this summer!

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Helpful Information:

Basic information about a week at camp like packing lists, Check-in and out logistics, communicating with your camper(s) while they are here, meals and camper expectations.

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To Do:

- ☐ Check to ensure your Medical Forms are submitted through your online registration. Please be aware that all medications, including over the counter medications, must be turned into our medical team during check-in.
- ☐ Complete your Camper Information Form through your online registration.
- ☐ Add money into your camper's spending account and purchase any merchandise you would like through your online registration.
- ☐ Be aware of final payments for camp
 - Summer Camp balance due by March 15 to receive the Early Payment Discount.
 - Any remaining Summer Camp balance due by May 15 for all camper families.

Overnight Camp Reminders:

- Check-in is Sunday, 3:00-4:00 p.m.
- Check-out is Friday, 6:30-7:30 p.m.
- Closing Ceremony will take place from 7:15-7:45 p.m. on Fridays for full week Overnight Camp families.

Day Camp Reminders:

- Check-in is Monday-Friday, 8:30-9:00 a.m.
- Check-out is Monday-Friday, 4:00-4:30 p.m.
- Family Night will take place from 4:30-6:00 p.m. on Thursday nights for full weeks of Day Camp.

Getting to Know Camp

Mission:

Covenant Harbor draws people from their routines into opportunities to enjoy creation, recreation and relationships, so that all will experience God through Jesus Christ.

Vision:

Create space for life change.

Our vision for all our summer camps is to **love kids and share Jesus**. Our programming revolves around that vision, and our goal for your camper is to provide space that allows them to grow in faith at camp. We want every camper to feel safe, have fun and see the beauty in Christ. Take a look at a brief overview of the four different summer programs we provide.

Day Camp

With a day packed full of unique experiences, your camper will have opportunities to try activities and explore different parts of camp. At the end of each day, campers return home ready to share what they learned and to respond to their faith journey individually and with your family.

Kishwauketoe

Kish is a community based, first time camping adventure. Together campers grow in confidence and independence. Kish campers learn about Jesus and his deep love for them as their friend. Their week holds hours of fun playing games, creating classic crafts, swimming and making s'mores.

Pier 30

Pier 30 is about personal and spiritual growth. Campers encounter opportunities to branch out and try something new, designed just for them. Campers are encouraged to journey deeper into their faith, learning about Jesus and what a relationship with him means to them in their own life.

Alpha

Alpha brings together a small community of campers to live, serve and grow together. They earn volunteer hours by serving with the summer staff. This experience gives them a taste of what it is like to form relationships in community, grow in their faith and engage in classic camp activities.



Covenant Harbor Vocabulary

Big Hill - The hill that runs from the parking lot to the Big Field

Big Field - Activity field at the top of the Big Hill where campers play games and overnight parents park their cars during check-in and check-out

Jackson Family Activity Center (JAC) - The gym, overnight check-in area for campers, and where some Pier 30 sessions take place

Boat House - The building closest to the water

Bath House - The building closest to the big tent that Day Campers use for changing and restrooms

The Big Tent - Open air tent where daily sessions are held for Day Camp and some Pier 30

Pier 30 - Camper program for grades 4-9

Day Camp - Camper program for grades 1-6

Alpha - Camper program for ages 15+, 10-12 grade

Maple Commons - Housing for Summer Staff

Geneva Bay Center (GBC) - The hotel style lodging option for group rentals

Kishwauketoe (Kish) - Cabins for our Kishwauketoe campers as well as the name of the program for our youngest campers grades 2-4

Lodge - Dining Hall and cabins for our Alpha campers

Guest House - Pier 30 Cabins

Hilltop - Pier 30 Cabins

Engebretson - Pier 30 Cabins

Twins - Pier 30 Cabins

Session - Campers have 1 or 2 times in their day, typically in the morning and evening, where they gather together with all the campers in their specific program for worship. A session involves singing songs, playing silly games and listening to a Bible story about the theme of the day

Program - Camp's different summer 'programs'; Day Camp, Pier 30, Kishwauketoe, and Alpha

Camp Programming

Our vision for all our summer camps is to love kids and share Jesus. Our programming revolves around that vision, and our goal for your camper(s) is to provide space that allows them to grow in faith at camp. We want every camper to feel safe, have fun and see the beauty in Christ.

We know that every camper, and staff member, comes to camp with a different experience of faith. Serving kids who come from many faith traditions and levels of involvement in their local church and community is why we believe our camp community is so special.

With that in mind, we train our staff and shape our programs to offer opportunities and space for campers to discuss faith without forcing them into anything. Our curriculum revolves around teaching who Jesus is, what he did and what that means to us personally. We stay rooted in the gospel and guide campers through a response that they choose. We meet campers where they are at and encourage them to take that next step or ask questions through conversations and relationships with peers and staff.

We also know that since campers are here for a short time, most of a camper's growth in faith happens outside of camp. Our hope is that the programming during a camper's week at Covenant Harbor is a launching point and they are able to continue growing and shaping their faith with a trusted community at home. Every summer program at Covenant Harbor has a unique vision that drives our planning and curriculum.



Overnight Packing List

Clothes:

- Underwear
- Socks
- Shorts
- T-shirts/Tops
- Pants/J Jeans
- Swimsuit
- Closed Toed Shoes/Gym Shoes
- Flip Flops/Sandals
- Jackets/Sweatshirts
- Raincoat/Poncho
- Pajamas

Bedding:

- Blankets and Sheets (standard twin size) or Sleeping Bag
- Pillow and Pillow Case

Optional

- Camera
- Small Fan (battery operated)
- Water Shoes for waterfront time
- Snacks (must be in sealed containers; no nut products)
- Wash Cloths
- Laundry Bag
- Sunscreen and Insect Repellent

Other

- Bible
- Pen/Pencil
- Paper/Notebook
- Flashlight (with extra batteries)
- Toiletry Items (soap, shampoo, deodorant, toothpaste, toothbrush, etc.)
- Towels (bath and swimming)
- Medications (given to nurse at check-in including over the counter medications)
- Water Bottle
- Small Backpack

What not to bring

- ✗ Personal sports equipment (scooters, bikes, etc.)
- ✗ Cell Phones, Electronic Devices and Smartwatches
- ✗ Cash (deposit in their spending account)
- ✗ Pets
- ✗ Weapons of any kind
- ✗ Fireworks
- ✗ Tobacco, Alcohol and Drugs
- ✗ Nut Products of any kind

Clothing at Camp

- Clothing choices should not make anyone else feel excluded or uncomfortable. With the desire for all campers to feel comfortable, a camper whose attire does not follow these parameters will be asked to change. Please monitor your camper's packing to align with the following:
 - No clothing with logos that reference violence, sex, drugs, tobacco or alcohol. Logos, slogans and statements should not be divisive.
 - Camp is very active and often kids play hard and get messy. We recommend athletic shorts, t-shirts, and gym shoes as perfect camp wear! Clothing should be comfortable and allow campers to run and play in. Clothing should always cover private areas and undergarments.
 - Appropriate swimsuits, that cover all private areas, must be worn at camp. Due to the high energy activities at the waterfront (i.e. tubing, banana boating, water trampolines) one piece swimsuits are recommended for girls and swim trunks for boys.

Packing Tips

- Label your items. Please write your camper's first and last name where possible.
- Pack with your camper. Help them know what they have, what they can wear and what they need to bring home.
- Kids play hard at camp. Only send things to camp that you do not mind getting dirty, stained or possibly lost.
- Adventure activities (such as climbing tower, zip line, giant swing, indoor wall, big games, etc.) require gym shoes that are closed-toed and longer shorts or pants. Crocs are not appropriate closed-toed shoes for adventure activities.
- A pillow and sleeping bag are great options for campers. Cabins have air conditioning and maintain a consistent temperature throughout the week. All cabins have twin bunk beds. If you are planning to send a fitted sheet with your camper, please make sure it is a standard twin sheet.

Overnight Check-in

Checklist for Overnight Camp

Check-in

- ☐ Check-In at the Jackson Family Activity Center (JAC)
- ☐ Bring mail into the JAC
- ☐ Bring medications to the JAC
- ☐ Leave luggage in the car
- ☐ Verify purchases of camp t-shirt, cabin photo and/or camp photo, e-scans, and care packages
- ☐ Purchase sweatshirt or other items at the Galley (optional)

Check-in

First Day of Camp, 3 - 4 PM

Kish Partial Week Details:

- June 23, Check-in 3:00 -4:00 PM
- June 26, Check-in 3:00 - 4:00 PM
- July 7, Check-in 3:00 - 4:00 PM
- July 10, Check-in 3:00 - 4:00 PM

Details

At Check-in, you will receive your camper's housing assignment, give all medications to the camp nurse, and be able to drop off any camper mail. You will also have the option to put spending money in your camper's account and purchase a t-shirt, cabin photo, camp photo, care package, and/or e-scan(s) (or you can save time by purchasing items in advance through the online registration).



After checking in your overnight camper...

- You will take your camper and their luggage into the Kishwauketoe Village or to their Pier 30 cabin to meet their counselor.
- Staff will be available at Check-in and in the Big Field to direct you to cabin locations.
- Camper families are welcome to go into the cabin to help make their bed and set up their area.
- When you are ready to depart from camp, hand the departure slip to your camper's counselor. Once you have received the departure slip, Covenant Harbor assumes responsibility for your camper. **We do not take responsibility for campers until that trade off.**
- Once your camper has been fully checked in and is with their counselor, you can say your good-byes! Please depart from the grounds by 4:30 p.m.

Day Camp Packing List

Clothes:

- Swimsuit
- Beach Towel
- Closed Toed Shoes/Gym Shoes
- Flip Flops/Sandals
- Raincoat/Poncho (if necessary)

Optional

- Camera
- Water Shoes for waterfront time

Other

- Bag or Backpack
- Bible
- Pen/Pencil
- Paper/Notebook
- Medications (given to nurse at check-in including over the counter medications)
- Water Bottle
- Sunscreen and Bug Spray

What not to bring

- ✗ Personal Sports Equipment (scooters, bikes, etc.)
- ✗ Cell Phones, Electronic Devices and Smartwatches
- ✗ Cash (instead, deposit in spending account)
- ✗ Pets
- ✗ Weapons of any kind
- ✗ Fireworks
- ✗ Tobacco, Alcohol and Drugs
- ✗ Nut Products of any kind

Clothing at Camp

- Clothing choices should not make anyone else feel excluded or uncomfortable. With the desire for all campers to feel comfortable, a camper whose attire does not follow these parameters will be asked to change. Please monitor your camper's packing to align with the following:
 - No clothing with logos that reference violence, sex, drugs, tobacco or alcohol. Logos, slogans and statements should not be divisive.
 - Camp is very active and often kids play hard and get messy. We recommend athletic shorts, t-shirts and gym shoes as perfect camp wear! Clothing should be comfortable and allow campers to run and play in. Clothing should always cover private areas and undergarments.
 - Appropriate swimsuits, that cover all private areas, must be worn at camp. Due to the high energy activities at the waterfront (i.e. tubing, banana boating, water trampolines) one piece swimsuits are recommended for girls and swim trunks for boys.

Packing Tips

- Label your items. Please write your camper's first and last name where possible.
- Covenant Harbor recommends sending your camper's items in a bag/backpack and including a separate plastic bag for wet items.
- Kids play hard at camp. Only send things to camp that you do not mind getting dirty, stained or possibly lost.
- Adventure activities (such as climbing tower, zip line, giant swing, indoor wall, big games, tc.) require gym shoes that are closed-toed and longer shorts or pants. Crocs are not appropriate closed-toed shoes for adventure activities.
- Day campers are served a snack each morning, lunch each day and also have access to the camp store (where they may purchase drinks or snacks) each afternoon.

Day Camp

Check-in

Checklist for Day Camp Check-in

- ☐ Drive-through Check-in
- ☐ Greet our staff as you drive in and out
- ☐ On Monday receive a check-in paper for each camper
- ☐ Bring medications and deliver to medical team during check-in
- ☐ Verify purchases of camp t-shirt, cabin photo and/or camp photo

Check-in

Mornings, 8:30 - 9:00 AM

Details

The drive-through Check-in process allows Covenant Harbor staff to quickly sign your child in to camp without you having to leave your car. Leave a little extra time for the first check-in of your week of camp, as campers will have the opportunity to put spending money in their camp store account and drop off all medications with the nurse. You will also have the option to purchase a t-shirt and team photo (or save time by purchasing items in advance through the online registration).



Boat or walk up drop off:

If you wish to drop off your camper via boat or by walking up along the lake path, you may do so between 8:50 a.m. and 9:00 a.m. Please use Covenant Harbor's northernmost pier, closest to downtown. Walkers will also check in at that same pier. A staff member will meet you at the pier to sign your camper(s) in, please do not leave until a staff member has completed the Check-in process.

Camp Life

Camper Expectations

Covenant Harbor's hope is that every camper has a life-changing experience at camp. While campers are having fun, growing in self-confidence and building friendships, they will be learning more about Jesus. The first evening of each session of camp, rules and expectations will be reviewed with campers. Campers will be given more specific direction, but here is a brief summary of camper expectations at Covenant Harbor:

01 **Respect Each Other**

Make friends at camp by saying and doing kind things and by standing up for each other.

Respect the privacy of other people. Follow the code of conduct which includes no hitting or kicking, no bullying, no threats, no bad words, etc. Campers who choose to bully others, fight with or physically attack another person, or use hate speech that attacks another person with words, especially pertaining to their race or background, will have serious consequences.

02 **Respect Camp**

Keep camp clean and leave things the way you found them.

03 **Respect the Staff**

All staff are here because they care about you. Make sure to listen to the staff and stick by your counselor.

04 **Respect God**

God created everything and every single person at camp. Respect God by respecting his creation!



Disciplinary Actions

In all situations, it is our hope that we can work with the camper to take responsibility for their conduct and identify a plan to move forward that allows for them to grow, adapt and restore community with others. Violation of Covenant Harbor's policies, refusal to participate in the program or follow instructions from our staff, or other gross misconduct may result in disciplinary action such as restorative practices up to and including being sent home. In the case of serious discipline, issues will be addressed by the full time Program Team and, when necessary, the Program Director and/or Executive Director.

Any camper who feels unsafe, threatened or uncomfortable at any time should talk to their counselor or another staff member, so that the situation can be dealt with in a timely manner.

Camp Life



Cabins

Covenant Harbor offers quality facilities for all programs at camp. Our overnight cabins include air conditioning and attached bathrooms. Campers are sure to be kept comfortable in their home away from home.



Camp Store

Prior to camp (recommended) and at check-in, you will have the opportunity to deposit money in your camper's spending account. Campers will have the opportunity to visit the camp store each day. Depositing spending money allows your camper to make choices without having to keep track of any cash. The store carries candy (.25-1.50), snacks (.25-2.00), drinks (.50-2.00), souvenirs (.25-25.00), and clothing (5.00-45.00). Campers are only allowed to go to the store once each day and are limited on the amount spent on candy and snacks. We do not limit water or Gatorade.



Medications

- All medications must be given to the health staff at check-in and must be in original containers with instructions.
- All medications will be administered by Covenant Harbor's onsite health staff throughout the week.
- Medication must be current; expired medications cannot be accepted. This is a state law.
- Campers may not keep any medications on their person or in their belongings (including over the counter meds).
- Please do not bring nonprescription medications (vitamins, fluoride pills, etc.) that are not essential for maintaining your child's health while at camp.
- If your child uses an inhaler, please send two inhalers to camp, if possible. One will be kept at the health center and one will be carried with the counselor throughout the week. Both inhalers need to be labeled with the camper's name directly on the inhaler.
- Epinephrine delivery systems (Epi-pens, AuviQ, etc) must be current and labeled directly on the pen with your camper's name.

Camp Life



Meals

Our talented kitchen staff lovingly prepares each meal to provide a menu that is delicious and provides balanced nutrition. In addition to an entree and at least two side dishes, cold cereal is available at breakfast, sun butter and jelly sandwiches are available at lunch and dinner and a salad bar is available at dinner to provide campers with different options.

Meals for those with dietary restrictions are carefully prepared separately to ensure the safety of each camper. Additionally, **Covenant Harbor is a nut free facility, serving campers with severe allergies to nut products safely.** Meals are a self-serve buffet line. Handwashing stations are available and washing is required before meals.



Special Nutritional Needs

Food is an integral part of a camper's experience. As you complete the health form, please identify nutrition needs based on documented health concerns, such as anaphylactic reactions and diagnosed food allergies. We try our best to make sure that every camper has enough food at every meal. If you are concerned about your child's nutrition, for reasons like picky eaters, food sensory issues, and/or avoidant/restrictive food intake disorders, vegetarians or special diets like ketogenics, 'low-carb' or similar programs, please contact our [Food Service Director](#) and we will work with you to determine our ability and the support required to meet the camper's medical needs.



Snacks from Home

Snacks are welcomed at camp. **In order to keep all our campers safe, Covenant Harbor summer camp kitchen, camp store and all camper environments are nut free.** If packing or mailing snacks, please refrain from candy or food items with nuts or peanut butter. Nut product snacks will be taken, stored for the week and returned to campers on day of check-out. We encourage you to not only send your camper with snacks, but snacks that can be shared by the cabin.

Communicating with your Camper



Email

You can email your camper while they are at camp. Emails can be sent to camper@covenantharbor.org with subject: Counselor Name, Camper Name. Remember, campers can not respond via email. Emails must be text-only (emojis, symbols and other characters will not translate through the system) and are limited to no more than 3 per week.

E-Scans

E-Scans are letters that your camper writes to you. Covenant Harbor scans and sends their letter to you via email. E-Scans can be purchased through your camper's registration account, but are limited based on the length of camp session. Campers can also purchase E-Scans at the camp store. After check-in parents cannot purchase additional E-Scans through their portal. If you would like to purchase an E-Scan while your camper is here, please contact camp by phone to arrange that.

Cell Phones

Camp is a place to learn and grow. At camp, campers are able to open up and be free from normal distractions and responsibilities. This creates a space that leaves a lot of mental and emotional space for campers. **We strive to make camp a retreat away from the busyness of daily life. With that in mind, cell phones, smartwatches and other electronic devices are not allowed at camp.** Campers will have one opportunity to turn in their devices (for safe-keeping in the camp safe) on the first day of camp. Any devices discovered after that point will be understood to indicate a camper's choice not to fully participate in the program and result in serious consequences.

Calling Camp: Covenant Harbor's phone number is (262) 248-3600. If there is an emergency, your family can call this number. After business hours it will direct callers to the night emergency contact. The after-hours emergency message service is only for emergencies.

Packages and Mail

Letters

Mail, including letters, envelopes and emails, may be dropped off at check-in to be delivered to your camper throughout the week or can be mailed to Covenant Harbor. All paper mail (including email) is delivered before or at lunch each day. Anything that arrives after 11:00 a.m. will be delivered the next day. Emails or letters received after 11:00 a.m. on the last full day of camp may not be delivered so be sure to send before 11:00 a.m. on Fridays.

Packages from Home

Care packages are a special touch point for your camper throughout the week. **New this year, care packages will only be delivered on Tuesday and Thursday each week. Kish partial weeks will deliver packages on Monday for the first half of the week and Thursday for the second half of the week.** We encourage sending only one or two care packages to your camper for their time at camp. If you would like to provide your camper with more care packages, we suggest sending them with one on Sunday night. As a reminder, Covenant Harbor is nut free - Please be sure that no nut products are included in your camper's packages.

Covenant Harbor Care Packages

Covenant Harbor Care Packages are available for purchase. These specific packages will be delivered on Wednesday for full week programs. For Kish partial weeks they will be delivered either Monday or Thursday.



Communicating with your Camper



Photos

On check-in day, you will receive instructions on how to view updates posted throughout your child's camp session. Covenant Harbor's goal is to provide a snapshot of what each program is doing throughout the week, not to show every camper doing every activity every day. Not every camper will be featured in photos but we do our best to capture images of different campers throughout the week.

Social Media

Covenant Harbor will post regular updates of what is going on at camp during each week on Facebook and Instagram. Please note that this will not be an update of every program.

Overnight Check-out

Checklist for Overnight Camp

Check-out

Timely departure is essential, so please arrive promptly.

- Check-out is a drive thru process to begin. Sign your camper out and receive a release card - Pick-up person must be authorized and show a photo ID.
- Let our staff at the money table know if you want a refund of leftover spending money or want to donate it to the Covenant Harbor Camper Activity Fund.
- Retrieve remaining prescription medications, including inhalers and epinephrine delivery systems from our health staff.
- Pick up a cabin or camp photo (if purchased) from counselor.
- Hand release card to counselor and pick up your camper and luggage at the cabin.

Check-out

Last Day of Camp, 6:30 - 7:30 PM

Kish Partial Week Details:

- June 26, Check-out 9:00 -10:00 AM
- June 28, Check-out 6:30 - 7:30 PM
- July 10, Check-out 9:00 - 10:00 AM
- July 12, Check-out 6:30. -7:30 PM



Closing Ceremony

You are free to depart with your camper once their counselor has the release card. However, after you have picked up your camper(s), **your family has the opportunity to stay at camp for a closing ceremony at 7:15 p.m.** We encourage your family to stay for the closing ceremony to celebrate the week! Experience first hand what your campers did and learned during the week. Many of our staff members will be there for you to talk with as well. All families and overnight campers are required to depart from the Covenant Harbor grounds by 8:00 p.m.

Kish partial week check-outs will have a brief closing ceremony at 9:45 a.m.

Early Check-out

Early pickups are strongly discouraged and should be considered only in the most extreme circumstances. If it is necessary and you are looking to pick up your camper early, arrangements must be made in advance with our staff at the time of Check-in at camp. Please do not contact us on the last day of camp and ask to pick your camper up early. We will not be able to accommodate a request with that late notice.*

**We will work with families should there be a reasonable emergency that requires a last minute call for an early pick up.*

Day Camp

Check-out

Checklist for Day Camp Check-out

Check-out is a drive thru process. Timely departure is essential, so please arrive promptly.

- Sign your camper out - Pick-up person must be authorized and show a photo ID.

Friday Check-out

- Let our staff know if you want a refund of leftover spending money or want to donate it to Covenant Harbor Camper Activity Fund.
- Retrieve remaining prescription medications, including inhalers and epinephrine delivery systems from our health staff.
- Cabin or camp photo (if purchased) will be given to you.

Check-out

Everyday, 4:00-4:30 PM



Check-out Details

- Boat and walking Check-outs are also available at our northernmost pier, at the same location as Check-in. Please arrive for boat and walking Check-outs between 4:20 and 4:30 p.m. A staff member will meet you at the pier to sign your camper(s) out. Please do not leave with your campers until we sign you out.
- Arrival or departure outside of the listed timeframes is strongly discouraged and should only be considered in extenuating circumstances. Campers may come and go only once per day.

Family Night!

Families are invited to join us after Check-out (4:30 p.m.) on the Thursday of your *week of camp! Come meet your child's counselor and learn about their week at Day Camp. Enjoy a potluck style dinner with us. Let us know by Check-out on Tuesday of your week of camp if you will be joining us! If you plan to join, please bring a side to share or a dessert (no nuts, please!).

*Family Night is only scheduled for our 5-day Day Camps.

Check-out Additional Information



Camper Family Surveys

Before your camper leaves camp or when you return home, we ask them to fill out a survey. These surveys are important as they help us learn how to better serve campers and their families.

Lost and Found

Covenant Harbor is not responsible for lost or stolen belongings. At check-out, lost and found items are brought to a designated area. If one of your items is missing, please fill out the [Summer Lost and Found form](#). Once that is submitted, Covenant Harbor staff will get in contact with you.

If the items are found, they can be returned via mail (shipping reimbursement is required). At the end of the summer season, unclaimed items are donated to charity. For health reasons, socks, underwear, toothbrushes, used soap, etc., will be thrown out.

Helping Campers Succeed

Attending summer camp is not only an awesome experience for the camper, it involves and impacts the whole family. The summer camp week can hold a variety of different emotions for everyone, and preparing for that week is so important. The anticipation of summer camp can create excitement. It is a new experience filled with new friends, fun activities, exciting games and a whole list of things to learn. It can also cause some nerves. There can be a lot of unknowns about a week away from home with many new, sometimes challenging, components. **Here are a few tips for campers and their families to help prepare everyone for a week at camp.**

01 Pack Well and Pack Together

The preparation for camp is exciting! Take a look at the packing list and think through it together. Gather the supplies and maybe make a special shopping trip to pick up any new items needed. Think about not only the things you need to bring like gym shoes, a sleeping bag and clothes, but the things you might want such as a stuffie, pictures of home and favorite snacks. Pack everything together so that campers know exactly what they have for the week and how to use it. This will also help them pack up everything at the end of the week without your help.

02 Practice Camp

Practice makes some of the unknowns of camp less intimidating. Do a trial sleep over at a trusted friend or family member's house. Or maybe make a tent in the living room. Instead of going right to bed at night, practice some flash light time in the dark with a journal or book. Going through the motions of some aspects of camp can help prepare campers for when they do it for real in the summer.

03 Plan for Anticipated Challenges

Homesickness can and will happen to all kinds of campers. Thinking through what that might feel like and giving campers tools to tackle those feelings ahead of time will not eliminate those feelings but can help them resolve them more independently. Pack letter writing supplies or a journal for campers to document the days throughout the week so they can share those moments with you when you pick them up. Include comfort items like favorite snacks or a special item from home that they can have. Pack pictures of family or favorite places at home for them to look at and also share with their cabinmates. Talk with them about the resources they have to stay in touch like writing an e-card that will be sent to you during the week and plan to send your camper an email back as well.

04 Visit Camp Ahead of Time

There are a lot of different ways you and your camper can check out the camp grounds before the Sunday of check-in. You can sign up for a scheduled camp tour or contact us about arranging a private tour. You can also attend events and retreats that are all listed on our website.

Setting Campers Up Well

In order to give your child the most successful week at camp possible, any special accommodations must be requested prior to your child's arrival at camp. The Covenant Harbor team can, with limits, provide additional staff support to specific campers in order to set them up for success. This is available on a first-come, first-served basis. In all cases involving special accommodation, please contact Covenant Harbor as early as possible (and at least three weeks in advance of your child's anticipated arrival at camp) so that the Covenant Harbor team may gain a complete understanding of your child's unique circumstances, and with your input, assess if your child's needs can be met. The Covenant Harbor office number is (262) 248-3600.

Parents must inform Covenant Harbor of any medical, physical or behavioral conditions that may require special or beyond usual assistance from staff. This includes, but is not limited to the following:

- Any condition for which the camper receives special assistance from an aid at school, such as:
 - ADHD
 - Autism
 - Any need for a companion/comfort animal
 - Diagnosed intellectual disability
- Any physical limitations for which special accommodations are required.
- Any pre-existing medical issues that require special observation or intervention.
- Any behavioral or social issues that require special interventions or accommodation.
 - Any noteworthy behavioral challenges that may affect cabin dynamics or social interactions with others.
 - Any "triggers" for "behavioral issues" (e.g. PTSD, etc.) including positive ways to help them regulate themselves.

Please be aware that Covenant Harbor has the following parameters for summer campers:

- Covenant Harbor cannot accommodate campers that require a one-on-one buddy/supervision all of the time while at camp.
- Child should be able to follow directions and schedule without displaying aggressive behaviors.
- Child cannot be verbally or physically abusive toward other children.
- Child must be able to be redirected without the use of restraint.
- Child must be able to receive medicine and food orally or by injection (e.g. no G-Tubes).
- If a child has a history of seizures, they must be controlled (inquire with camp Health Director to determine if Covenant Harbor can serve the camper).
- Child needs to be able to self-ambulate around the property (use of an assistive device such as a wheel chair is okay; however, Covenant Harbor has significant hills and not all cabins are ADA accessible).
- Child must not be a flight risk.
- Occasionally, bedwetting happens with campers. This can be managed. However, all campers are required to be able to independently use the bathroom facilities.

If you have any questions about the above guidelines or if you would like to discuss whether your child is ready for camp, please call Covenant Harbor at (262) 248-3600 and ask to speak with the Program Director, Emma Mueller.