



**DEEPER FAITH. STRONGER RELATIONSHIPS. GREATER ADVENTURES.**

## **PARENT INFO: Overnight Camps**

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## **SCHEDULE**

### **ARRIVING AT CAMP, UNLOADING & MOVING INTO CABINS**

**SUNDAY 4:00-4:30 p.m.**

After coming in the Deer Run entrance, stay to the right when the camp road splits at the bottom of the hill. A Deer Run staff member will greet you and begin the check-in process.

Once your camper receives his/her cabin assignment, you may drive to the parking area adjacent to the cabin to unload and move into the cabin.

### **IF A BALANCE IS DUE**

The camper parent/guardian is required to pay the balance before the camper may join his/her cabin group.

### **IF YOUR CAMPER HAS MEDICATIONS**

Allow time to stop by the Camp Nurse table to leave medications with the nurse.

**CAMP BUCKS** for the Camp Store may be purchased online prior to the camp start date OR at check-in at camp.

**SUNDAY 4:30 p.m.**

**CAMP BEGINS**

Cabin Time – Get-to-know-you Games, Welcome & Intros in The Fortress  
Dinner & Recreation (group rotation), Evening Activity, Worship & Speaker  
Cabin Devotion, Showers (group rotation), Cabin Lights Out at 10 p.m.

**DAILY 7:15 a.m.**

Get Up & Get Ready! Clean Cabins, Breakfast & Devotions, Track Groups  
Morning Group Recreation Rotations, Lunch, Afternoon Recreation Rotations  
Bible Study, Camp Store, Lake, Group Rec Games, Dinner & Recreation (group rotation)  
Evening Activity, Worship & Speaker, Cabin Devotion, Showers (group rotation)

**10 p.m.**

Cabin Lights Out

**SATURDAY 7:55 a.m.**

Get Up & Get Ready! Clean Cabins, Pack, Breakfast & Devotions (group rotation)  
Cabin pack-up and cleaning

**10:00 a.m.**

Camp Closing at The Fortress: short performance track presentations, camp video  
and camper pick-up

Early Registration for 2020 camps is available.

**Campers are released no earlier than 10:30 a.m. on Saturday.**

The Camp Store is open to make purchases before heading home.

The Camp Nurse is at The Fortress during checkout to return any unused camper medications.



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## CAMPER PICK UP POLICIES

**For camper safety, all campers must go through the camper check-out process.**

Checkout is at The Fortress.

The person picking up a camper **MUST** have the camper pickup code and is **REQUIRED** to show or say the code to Deer Run staff in order for the camper(s) to be released to them.

A camper will not be released to someone without the camper pickup code even if the staff recognizes them.

If the person picking up your camper(s) does not have the camper pickup code, they will be asked to contact the parent or guardian of the camper to retrieve the code.

### SHARING CAMPER PICKUP CODE WITH FRIENDS AND FAMILY

Your camper pickup code is chosen by you and set during the registration process. You may access/update your code by logging into your account [HERE](#) and clicking on "View Registrations." Select the current registration and then click the box that says "Additional Questions."

You are welcome to share your camper pickup code with any friend or family member who will be picking up your camper but please know Deer Run staff are not permitted to divulge the code to anyone at any time.

Changes can be made in your online account up until 1 week before the camp start date. For questions regarding the camper pick up code email [Contact@DeerRun.camp](mailto:Contact@DeerRun.camp) or call the office at 615.794.2918, Monday–Friday, 8 a.m. to 5 p.m.



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## WHAT TO PACK

**LABEL ALL PERSONAL ITEMS:** We recommend [NameBubbles.com](http://NameBubbles.com) which are a high quality, waterproof, customizable label in a variety of styles. They are dishwasher, laundry, microwave, and freezer safe! Use this code to save 20% off your order: **DEERRUNGRP20** \*\*The code is case sensitive and should be entered in the shopping cart in all caps. It cannot be applied to sale items or combined with additional discount codes. Expires 7/26/2019

★ **2-WEEK CAMPS:** Enough clothes, toiletries, towels, etc. for 14 days. Laundry service is not available. ★

### WHAT TO PACK

- **REQUIRED:** Long pants and long sleeves for paintball.
- **REQUIRED:** Close-toed shoes climbing tower, Leap of Faith, low or high ropes, zip line adventures and paintball.
- Casual clothing and athletic shoes for rec activities.
- Bible: If your camper does not own a Bible, inform our staff in advance and Deer Run can provide one at no cost.
- Sunscreen, beach towel and waterproof sandals
- 2-3 garbage bags for dirty laundry & bedding
- Rain gear and/or light jacket
- Pillow & sleeping bag or bedding for twin mattress
- Toiletries: soap, shampoo, personal items, etc.
- Bath towels and washcloth or loofah
- Insect repellent (especially for paintball course)

### WHAT NOT TO PACK OR WEAR

- Sleeveless shirts, spaghetti strap tops or tank tops
- Tight-fitting clothes or short shorts
- Clothing with offensive language or promoting persons, bands or products which are offensive
- Chewing gum or bubble gum; it damages camp property
- Electronic devices: cell phones, tablets, etc. These are a distraction to your camper and to other campers and may become lost or stolen. If brought to camp, they will be collected for safekeeping and returned at the end of camp.
- Tobacco products, alcohol, illegal drugs, firearms, fireworks, matches, lighters, aerosol cans or weapons including pocket knives
- Shaving cream, squirt guns or other “prank” items
- Anything valuable. Deer Run is not responsible for lost or stolen items. Items left behind by campers will be placed in a Lost & Found box in The Fortress for 2 weeks so they can be claimed. See Camp Policies for more info.

### EMAILING YOUR CAMPER / MAILING A CAMPER CARE PACKAGE

**NEW FEATURE!** Parents have the ability to email their overnight camper! There are several camper email packages to choose from! Log in to your account and click View Registrations, choose the camper you want to email and click on “Send Emails” to add this to your child’s account. The camper emails will be delivered to overnight campers each night during mail time.

Mail a camper care package **NO LATER THAN TUESDAY**. Our staff put the package in your camper’s cabin.

Send to: Deer Run Camps, Camper Name, 3845 Perkins Rd, Thompson’s Station, TN 37179

### SWIMSUITS

- Girls are **REQUIRED** to wear modest one-piece swimsuits or a tankini that covers the stomach.
- Swimsuits **CANNOT HAVE** metal or plastic zippers, grommets or metal of any kind since these damage the fabric on the slide. Campers with these will not be allowed to go down the slide. No exceptions.

### CAMP STORE / CAMP BUCKS

Campers use Camp Bucks from their individual camper account when they visit the Camp Store to purchase drinks, snacks, merchandise or apparel. You can view your camper’s purchases while they are at camp and purchase more Camp Bucks at any time by logging into your account. Any unused camp store bucks in the amount of \$10 or more will be refunded to the credit card or e-check we have on file. Any unused camp store balances \$9.99 and under will be applied as a donation to the Deer Run Scholarship Fund. You may also choose to donate the full amount of your camp store balance.



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## **BRINGING MEDICATIONS TO OVERNIGHT CAMP**

**Make every effort to be reachable by phone in case of an emergency or if your child gets sick.**

### **UPDATE MEDICAL INFORMATION IN EACH CAMPER'S ACCOUNT**

Please update medical information **NO LATER THAN 14 DAYS BEFORE** the camp start date.  
Be sure medications, allergies and health history are updated!

### **ALL MEDICATIONS MUST BE ENTERED ONLINE PRIOR TO ARRIVAL.**

Sign into your account [HERE](#), click on View Registrations,  
Choose the camper you'd like to update and click on Health Form.

**COMPLETE THE LIST OF MEDICATIONS ON THE FOLLOWING PAGE  
and place the list along with the ORIGINAL MEDICATION CONTAINERS in a Ziploc bag.  
Print the camper's FIRST & LAST name legibly on the bag.**

### **PACKING MEDICATIONS**

Provide enough medication to last the entire time your camper is at camp OR for the length of time the medication should be taken.

**Under no circumstances may a camper keep medication in their backpack — prescribed, over-the-counter, vitamins, essential oils or homeopathics.** ALL must be checked in with the Camp Nurse.

If an exception is needed, and the medication needs to be readily accessible (ex: inhalers or epi-pen), this needs to be cleared through the Camp Nurse by special request. Once cleared by the Camp Nurse, the medication will be kept with the summer staffer assigned to your camper's group. For safety reasons campers are not allowed to have medications with them at camp.

### **PRESCRIBED MEDICATION**

**MUST be unexpired and in the original container with a pharmacy label** that has the camper name, prescribing doctor name and directions for use. Do not place medication in medication organizers! Deer Run Camp Nurses need to be sure of the medication he or she is administering to your child.

### **OVER-THE-COUNTER MEDICATION OR VITAMINS**

**MUST be unexpired and in the original container and clearly labeled** with the camper's FIRST & LAST name.

### **ESSENTIAL OILS OR HOMEOPATHICS**

**MUST be unexpired and in the original container and clearly labeled** with the camper's FIRST & LAST name. Note, our camp nurses do not dispense these. Campers are responsible for their own personal use of these but will be supervised by the Camp Nurse.

### **FIRST DAY OF CAMP: At Camp Checkin**

Give Ziploc bag containing the completed medication list and labeled medication containers to the Camp Nurse.

### **LAST DAY OF CAMP: At Camp Checkout**

The Camp Nurse is at The Fortress during check-out to return any unused camper medications.

CAMPER NAME \_\_\_\_\_ CAMP DATE \_\_\_\_\_



## CAMPER MEDICATIONS LIST

List all medications this camper will take while at camp. PRINT LEGIBLY. This includes prescribed medications, over-the-counter medications, vitamins, essential oils or homeopathics.

Place this list along with unexpired medications in the original containers inside a Ziploc bag. Write the camper's first and last name legibly on the bag.

Provide enough medication to last the entire time your camper is at camp or for however long the medication should be taken.

**MEDICATION #1** \_\_\_\_\_

Dosage \_\_\_\_\_ Day & Time Last Taken \_\_\_\_\_

Frequency of Dose or Time to Administer \_\_\_\_\_

**MEDICATION #2** \_\_\_\_\_

Dosage \_\_\_\_\_ Day & Time Last Taken \_\_\_\_\_

Frequency of Dose or Time to Administer \_\_\_\_\_

**MEDICATION #3** \_\_\_\_\_

Dosage \_\_\_\_\_ Day & Time Last Taken \_\_\_\_\_

Frequency of Dose or Time to Administer \_\_\_\_\_

**MEDICATION #4** \_\_\_\_\_

Dosage \_\_\_\_\_ Day & Time Last Taken \_\_\_\_\_

Frequency of Dose or Time to Administer \_\_\_\_\_

**MEDICATION #5** \_\_\_\_\_

Dosage \_\_\_\_\_ Day & Time Last Taken \_\_\_\_\_

Frequency of Dose or Time to Administer \_\_\_\_\_

**COMMENTS** \_\_\_\_\_

**PARENT SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

**PRINT PARENT NAME** \_\_\_\_\_