

# CAMP PUGWASH

*Parent & Camper Handbook*

*Consumed for Jesus*



## Camp Pugwash Mission Statement

Through activity, the outdoors, group community, and caring counsellors and staff, campers will know self-worth, skill development, and God's plan for their salvation.

friends found.  
memories made.  
faith formed.  
God glimpsed.

## Camp Pugwash – Parent Package

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Please read this information packet very carefully. It contains important information that will help your camper enjoy their stay to the fullest! If you have any questions, go to our website at [www.camppugwash.com](http://www.camppugwash.com) or call our office at 902-243-2097.

### Camper Check-In Information

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Camper Check-In at camp is on Sunday from 2:00–4:30 pm (Atlantic Standard Time). Because our staff is totally involved in camp preparations, we cannot accept early camper check-ins or have parents drop off campers early. The campers' first meal is Sunday supper and last meal is the following Sunday breakfast.

### Camper Check-Out Information

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Check-out time for campers is 9:00-9:30 am, Sunday (Atlantic Standard Time), at their camper cabin. Thank you for being prompt! A \$5.00/hour late fee will be charged per camper. Because your child's safety is a priority, it is our policy for the parent/guardian to inform us of the pick-up arrangements when registering your child and then to sign him/her out the following Sunday. If your Check-Out plans change, call the camp office at 902-243-2097 so we can send your child home according to your directions.

### Camper Mail & Email

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Camper mail is delivered and picked up from Camp Pugwash daily, as well as UPS, FedEx, and other carriers. You may also bring packages with you to Camper Check-In to be delivered throughout the week. Just be sure to include the campers name and which day you want it delivered. Address camper letters and packages to:

(Camper's Name); Camp Pugwash; 2171 Gulf Shore Drive; Gulf Shore, NS B0K 1L0

If you would like to send your child an email, go to [www.camppugwash.com](http://www.camppugwash.com). Email credits cost \$1 each and are purchased in blocks of five. Your payment helps cover the cost of the computer, paper, ink, and the time to print and deliver them. Each morning, the emails are printed and delivered at 12:00 noon. The last emails of the week – are printed at noon on Saturday. Emails sent after 12:00 noon on Saturday will not be delivered. No mail delivery on Sundays.

### Enjoy Daily Camp Photos & Updates by going Online!

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You can view camp activities and camper photos on our website – pictures will be posted daily. Occasionally there are technical difficulties that interfere with posting pictures – please know we work diligently to correct the problem – we thank you for your patience and ask that you do not send emails in this regard. We cannot guarantee you will see your child throughout the week and cannot take requests for photos of specific campers, but you will get a good overview of camp activity. Check out our website at [www.camppugwash.com](http://www.camppugwash.com). You can also get the inside scoop on Facebook at [facebook.com/CampPugwash](https://facebook.com/CampPugwash) and follow us on Instagram at [instagram.com/camp\\_pugwash](https://instagram.com/camp_pugwash).

## The Camp Pugwash Store

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At our camp store, campers can buy Camp Pugwash souvenirs including T-shirts, sweatshirts, sunglasses, snacks, forgotten items and much more. We suggest \$25-\$50 spending money. You may deposit store money at one of the Check-In stations on Sunday. We encourage campers to keep their money in the camp store bank where it is safe and they may have access to it during camp store hours. Any money left in your camper's store account will be refunded back to you during Sunday Check-Out time.

## Visitation Days

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We appreciate your interest in Camp Pugwash. We invite you to visit on opening and closing days of camp. Should you desire to take a camper from camp early, arrangements should be made with the office.

## Camp Cabins

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Campers are assigned to cabins according to their chosen attraction/camp. This will enable counsellor supervision at all times throughout the week and will enhance your Check-In experience on Sunday. Cabin-mates may be requested but are not at all necessary because part of a great camp experience is making new friends. Cabin-mate requests cannot be guaranteed due to cabin space limitations or session changes initiated by camper families. Please note that it is unlikely for campers registered for different attractions to be in the same cabin. Be assured though, we do try our best to meet each request.

## Medical Help

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### What kind of Medical Help is Available?

Camp Pugwash follows the guidelines of the American Camp Association. A registered nurse is available at the Camp Office 24 hours a day. If your child is confined to the Camp Clinic for more than four hours, we make every attempt to contact a parent/guardian, or contact is made immediately in the case of an injury or emergency. If the camper brings any medications to camp, they must be brought in the original bottle and turned into our First Responder at Camper Check-In. Our staff works hard to maintain a safe camping environment. Please Note: Instruct your child prior to Check-In, if they have any needs emotionally (anxiety), or physically (discomfort), it is imperative for them to speak to their counsellor. If our staff are aware of their needs, they will get help!

### Is there Medical Expense Coverage?

Camp Pugwash has limited accident insurance. The camp will provide the primary coverage to a certain level and family insurance will be secondary. Health insurance remains the family's responsibility, i.e. flu, earaches, and other personal health issues. The specific coverage and limitations is available from the Maritime Conference in connection with Adventist Risk Management.

### What if a Camper gets Homesick?

Through our many years of experience we've learned three things: 1) by watching for early signs of discomfort, homesickness is usually avoidable; 2) once parents are out of sight, counsellors and other campers come into focus and

the fun starts; and 3) parents are usually more uneasy about leaving their children than the children are about leaving their parents. Many parents have found that they can prevent homesickness by encouraging their children to spend a night or two away from home before camp starts.

## N.S.F. Checks/Credit Cards

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For our protection, there will be a \$38.00 service charge added to the Non-Sufficient Funds check to cover the costs of additional handling. Also, if your credit card is not valid, you will be notified and asked to make payment by another method.

## Camp Rules

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The Administration reserves the right to reject an applicant and send home any boy/girl whose influence is considered to be injurious to the best interest of the camp/campers. **Due to safety, health concerns, and camp environment, we mandate that campers DO NOT bring:**

electronic devices; computers; cellular phones; skateboards; scooters; jewelry; pets; knives; guns; ammunition; fireworks; matches; tobacco; vaping devices; alcohol; drugs or drug paraphernalia to camp.

### What Things should be Brought to Camp?

To keep the possibility of your child losing clothes to a minimum, we are recommending that each camper's clothing be properly identified. Other items that should be brought to camp include: Beach Towel, Bedding (single bed), Bible, Camera, Chapstick, Everyday Clothes, Flashlight, Insect Repellent, Flip Flops (for the Shower), Laundry Bag, Long Pants/Jean (for horseback riding & BMX), Modest Swimsuit (No 2-pieces), Pajamas, Pillow, Personal Toiletries (Shampoo/Soap/Comb/Toothbrush, etc.), Rain Gear, Socks & Sturdy Shoes (for horseback riding & BMX), Sweatshirt/ Light Jacket, Store Money, Sunscreen, Towel & Washcloth, Underclothes, Water bottle.

## Personal Effects

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Camp insurance policies do not cover loss of camper belongings. Keep this in mind as you determine what to bring to camp, i.e. expensive cameras, personal belongings, etc. If bringing your own sports equipment (Paintball Gear, Mtn. Bike, Archery Gear, etc.), it must be checked in at the office to be stored properly and safely for them. The campers will be able to access their gear at attraction time only.

### Lost & Found

Any Lost & Found needing to be mailed to the owner will be sent at owner's expense. All unclaimed Lost & Found items are donated to a charity two weeks following each camp week. **CAMP PUGWASH IS NOT RESPONSIBLE FOR LOST ITEMS!**

### Electronics

If a camper shows up with any form of electronic device (computer, cellular phone, iPad, iPod, Tablet, Gaming, etc.) it will be stored in the Camp Office in a locked cabinet. There will be selective scheduled time for campers to call their parents throughout the week in the evening, if requested by the parent. Please speak with Office Personnel. We seek to protect the natural setting of the Camp Pugwash experience for our campers, so they can "unplug from the artificial source and plug in to the REAL Source!"

## Junior/Teen Camp Schedule

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### Morning

7:00 am	Campers Reveille
7:45 am	Flag Raising
8:00 am	Breakfast
9:00 am	Camp Council/Cabin Inspection
10:00 am	1st Class Period: _____
11:05 am	2nd Class Period: _____

### Afternoon

12:00 pm	Dismissal into Cafeteria
12:15 pm	Lunch and Duties
1:00 pm	Store Open/Quiet Time
2:00 pm	3rd Class: _____
3:05 pm	4th Class: _____
4:10 pm	Swim Time/Beach Games (Mandatory)

### Evening

5:15 pm	Dismissal into Cafeteria
5:30 pm	Supper and Duties
6:20 pm	Camp Activity
7:20 pm	Group Spiritual Experience
7:45 pm	Flag Lowering
8:00 pm	Campfire
9:00 pm	Prepare for Bed/Devotions
9:30 pm	Curfew/All is Quiet

### SABBATH SCHEDULE

8:00 am	Wake Up
8:45 am	Breakfast
9:30 am	Sabbath School - Question Panel
10:10 am	Break
10:30 am	Church
1:00 pm	Lunch
1:45 pm	Rest/Down Time
2:30 pm	Afternoon Activity (Junior: Amazing gRace, Teen: Bible Journaling)
4:30 pm	Music Spiritual Jam Session, Bible Studies, Beach walks, Bible Time Portal City
6:00 pm	Supper
7:30 pm	Campfire (Beach)
8:30 pm	Camp Game (Junior: Peanut Carnival, Teen: Capture the Flag)
10:00 pm	Bedtime Preparations
10:30 pm	Curfew/Lights Out



## RAD Camp Schedule

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### Morning

7:00 am	Campers Rising
7:30 am	Breakfast
9:00 am	Camp Council
9:45 am	1st Class
11:00 am	2nd Class

### Afternoon

12:15 pm	Dinner
1:30 pm	Rest Period
2:15 pm	RAD Swap
3:30 pm	3rd Class
4:45 pm	4th Class

### Evening

5:30 pm	Supper
6:30 pm	RAD to the Max FUN & FAITH
8:00 pm	Campfire
9:30 pm	Prepare for Bed / Reflections / Lights Out

## General Sunday Schedule

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- 6:45 am - Wake-up and Pack-up
  - 8:00 am - Breakfast
  - 9:00 am - Parents Pick-up Camper(s)
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- 4:00 pm - Registration Stations Open
- 5:00 pm - Get-to-know-you-Games in Cabin
- 5:20 pm - First Call-Supper
- 5:30 pm - Supper
- 6:15 pm - Cabin Mania Preparations
- 7:30 pm - Directors Judge Cabin Mania
- 8:15 pm - Flag Lowering
- 8:30 pm - Campfire Program
- 9:45 pm - Return to Cabin / Settle in / Prepare for Bed / Devotions
- 10:30pm - Curfew/Lights Out