

## 2019 Adventure Camp: Camper Handbook

Thank you for choosing Adventure Camp at Lake McMurtry. We are busy getting ready for all our summer outdoor adventures! Please review the following information to prepare for camp and do not hesitate to contact me with questions at:

[nicole@lakemcmurtry.org](mailto:nicole@lakemcmurtry.org) or cellphone (828)-773-7662.

**About Camp.** Adventure Camp will be held entirely outdoors at the East Side Pavilion at Lake McMurtry. Each week-long session includes a brand new adventure with themed activities. Depending on the weather conditions, campers will have opportunities to learn about and use the lake facilities, including:

- Guided hikes with counselors on well-maintained trails and recreation areas
- Basics of fishing and practice skills such as casting, knot tying, and fish ID
- Roped swimming/boating area with certified lifeguards and life jackets available
- Disc golf (gripping, driving, and putting), basic rules, and scorekeeping

**When and Where:** Please find the schedules for dropping off and picking up your camper. Camp will be held at the East side Pavilion at Lake McMurtry ([directions](#) here).

### **Regular registration:**

**8:50-9:00** Camper Check-in at Lake McMurtry East Recreation Area (East Pavilion)

**12:00-12:15** Camper Pick-up at Lake McMurtry East Recreation Area (East Pavilion)

### **Early Bird Option (\$50 additional per week):**

**8:00-8:15** *Earlybird* Camper Check-in at Boomer Lake Playground

**12:45-1:00** *Earlybird* Camper Pick-up at Boomer Lake Playground

**What to wear:** We urge campers to dress comfortably at camp and in the kinds of clothes they would wear for play at home. Do not buy new clothes--instead, wear clothes you can get dirty or won't care if you damage. Please don't wear perfumes, hair sprays, lotions, or other scented items that might attract insects. We also recommend dull, rather than bright, colors to avoid attracting bugs or scaring away birds

We require that campers wear closed toed shoes and their swimsuit under their normal clothes, everyday. Every Monday we begin camp with a long hike and we require campers to wear long pants to protect your child from insects and grass burrs.

Changing tents will be provided to assist their campers in changing before going home at the end of the day. We highly recommend campers bring sandals or swim shoes for the water, but they will need closed-toed shoes for other camper activities.

**What to bring:** Campers should not bring cellphones, knives, or toys from home. We recommend that you **label your camper's name** on their water bottles, clothes, and backpacks. We recommend a **water bottle with a shoulder strap or handle** for easier carrying during hikes. Please bring one backbag per camper with the following items:

- Towel
- Water bottle
- Sunscreen/Bug Repellent
- Hat and/or sunglasses
- Sandals or swim shoes
- Raincoat or poncho (as needed)
- Life jacket (optional)

**Snacks and drinks:** We will provide a healthy snack each day, as well as water for refillable bottles. Please do not pack additional snacks and drinks unless your camper has special dietary needs.

**Let's work together to keep campers safe:** We recommend generously applying sunscreen and insect repellent everyday. We will be exploring fields, playing in water, and hiking on trails, so please check you campers thoroughly for ticks and chiggers each day. If your children are allergic to stings, please provide an appropriate medication in case children are stung. At registration we will ask you to confirm/update your contact information in case of emergency.

**Our Counselors and Guest Speakers:** All of our camp counselors complete an outdoor program safety course and are certified in First Aid/CPR/AED by the American Red Cross. All guest speakers, interns, and camp counselors complete an OSBI Background Check.

**Camp Photos:** You can find pictures of your camper in action on our camp Flickr account. We will share the link with parents/guardians via the email address provided during registration. While all campers have signed photo release forms, we appreciate your discretion when sharing photos of on social media and request that you only share photos of your own camper(s).

**Camp Vision and Parent Feedback.** This is our second year of camp and we want your feedback! We are looking to establish relationships with parents and community members who have a passion for outdoor and environmental education. Please do not hesitate to contact me at [nicole@lakemcmurtry.org](mailto:nicole@lakemcmurtry.org) or my cellphone (828) 773-7662.

Our mission is provide an fun and safe camp experience based on four core values:

**Outdoor Adventure.** Active play in outdoor spaces provides rich opportunities for young people to develop social skills and gain appreciation for nature. Many life-changing experiences at summer camp come from trying new things, meeting new friends, and solving problems together.

**STEM in Nature.** Nature explorations provide authentic and engaging experiences for learning about science, technology, engineering, and math (STEM). Lake McMurtry Natural Resource and Recreation Area provides an ideal landscape to learn about wildlife and aquatic conservation in Oklahoma.

**Ethic of Care.** An ethic of care promotes respect for self, others, and natural world and its inhabitants. Outdoor Adventure Camp is an inclusive community with counselors who model respect for people of various sizes, abilities, ethnicities, and ages.

**Health and Safety.** Spending time outdoors is good for physical and emotional health. The safety of every camper is our priority.

Thank you for supporting Adventure Camp! I look forward to meeting you and your camper.

Nicole Colston  
Camp Director  
Cell: (828) 773-7662  
[nicole@lakemcmurtry.org](mailto:nicole@lakemcmurtry.org)

### Find us online and social media:

Website: <https://www.lakemcmurtry.org/adventure-camp.html>

Facebook:

[https://www.facebook.com/LMadventurecamp/?eid=ARCxchppUWvZcKAM1\\_pf1t1BHlvdQOpU4X\\_aFTa-8k4AN-8E5tgd-XD\\_p3qehEA1lky94A3p3gQ0WHe0](https://www.facebook.com/LMadventurecamp/?eid=ARCxchppUWvZcKAM1_pf1t1BHlvdQOpU4X_aFTa-8k4AN-8E5tgd-XD_p3qehEA1lky94A3p3gQ0WHe0)

Instagram: <https://www.instagram.com/adventurecampmcmurtry/>