Spring 2019

# CALLING ALL High School

‘XTREME SUMMER CAMPERS

**Summer camp is almost here!!** It is the event you’ve all been waiting for! It’s a time away… At ‘Xtreme 2019 you’ll hear Jason Ostrander speak, the band Dividing Asunder led by Blake Scolari lead us in worship and we will laugh as Patrick Weber entertains us again.

Here’s what you need to know and do. **Please read this completely**, some things have changed.

**CALIFORNIA REGULATIONS:**  California has regulations that affect all camps, one of

which requires us to do **LICE CHECKS on EVERYONE** **before** we leave for camp. We suggest you check your kids head for lice yourself the week before, so in case you find any lice you can take care of it before camp. If we find lice your child will not be allowed to go to camp.   
Please arrive at church at **12:30P** with your **HAIR WASHED and DRIED that morning**. **NO HAIR PRODUCTS!!!! Lice checks will be done immediately after church at approx 12:30P.** Go directly to the chairs for HAIR checks, then once you have been cleared you will need to get ‘checked-off’ as having a LICE check, then check in at registration table and get your room and bus assignment.

**SONOMA CANOPY TOURS:** Alliance Redwoods Conference Grounds (ARCG) offers

[Sonoma Canopy Tours](http://www.sonomacanopytours.com). The discounted cost for students while at 'Xtreme Camp is $89 (NEW high tree). You must fill out the [Participant Agreement](http://www.sonomacanopytours.com/forms.php) for Sonoma Canopy Tours and send the signed form with your student with the $89 CASH to be turned in upon arrival at camp.

**FORMS:**

**WHITE half sheet Medication:** ALL MEDICATION MUST BE TURNED IN with the form below and medications in original containers in a Ziploc bag at the registration table.Please note the OTC medication list below. Do not send any of these medications to camp as they will be provided if needed.

**Sonoma Canopy Tours Participant Agreement:** If you want to zipline. See above.

**ROOMING ASSIGNMENTS: Will NOT be changed** the week we leave. If you have **NOT** made any requests they need to be made now. Please contact us **ONLY if you have NOT already made requests**. Email Laura at [LauraR@vc.church](mailto:LauraR@vc.church) or call 925-474-9413 and leave your request.

**WHEN & WHERE:**

**Departure: Sunday, June 16th**. Come to church at **12:30P** **Check in** at LICE check, get cleared, then check-in at registration table and get your bus and cabin assignments. Load on the bus at **1:00P**. Buses will roll by 1:15P.

**Eat before you come or Pack a lunch**, we’re not stopping. Dinner’s at 6:00P.

**Return: Friday, June 21st between 3:00-4:00pm** (We’ve been very consistent…we can’t estimate closer d/t traffic)

**WHO:** Everyone who has already signed up & wants to experience all that God has for them this week.

**WHAT TO BRING:**

* **Clothing for** a week of fun, nighttime, messy games, & swimming. **MODESTY** is the policy.
  + **Girls** must bring **a 1 (ONE) PIECE BATHING SUIT** or plan to wear a NON WHITE shirt. **No spaghetti straps and no skin showing on tummies, no SHORT shorts.**
  + **Boys** no Speedos & no boxers hanging out.
  + **White T shirts** to be used and stained during REC. Buy a package with a friend.
* **Money** for kayaking $20 (if offered), snacks and drinks, merchandise from talent & also for the gift shop. They can spend a wad or no money at all. $89 for Sonoma Canopy Tours plus the signed Participant Agreement. Paintball will only be done during REC activity. NO longer a paintball course at camp.
* **A Refillable WATER BOTTLE with their name on it.**
* A **Bible** & pen! If you don’t have one, then let us know and we’ll hook you up!
* **ONE** bag!! That is 1, not 2, not a suitcase & a bag, not two bags & a backpack, ONE bag! You may bring a SMALL carry on backpack. Space is limited.
* **A sleeping bag, pillow, & flashlight** (optional). Most likely the pillow will go with you to your seat on the bus. Your bag/sleeping bag will go under the bus. To protect your sleeping bag you may want to put it in a plastic bag clearly marked with your name.
* **2 towels,** onefor bathing and one for swimming.
* **Soap, shampoo, toothpaste and brush, deodorant,** and anything else you need 2 B clean.
* **Any medication** that you will need for the week. It will need to be turned in when you check in **with the enclosed WHITE form filled out.**

**WHAT NOT TO BRING:**

* **Electronic devices.**
* **SPEAKERS for iPhones or other music devices are not allowed. Your phone with headphones will only be allowed in your cabin or on the bus**. They will be confiscated if we see them. We’re going up to experience something outside our normal lives. Let’s leave “normal stuff” here.
* **Anything illegal**. Substances or weapons of any type. Enough said.
* **Bad attitudes**. We’re gonna have a blast! So start out on the right foot.
* **Valuables, nice clothes, more than 1 bag**.

KEVIN and LAURA

**P.S.** If you get **motion sickness** take something on Sunday before we leave and bring an additional dose for the trip home.

You may send a letter or care package to your child to the address below…remember it takes several days to get there. Plan ahead.

**CAMP ADDRESS**: A.R.C.G. HS ‘Xtreme Camp, 6250 Bohemian Hwy, Occidental, CA 95465-9107 Phone #: 707-874-3507

Students ALLIANCE REDWOODS SUMMER CAMP

MEDICAL PROCEDURES

The camp works under the National guidelines of ACA (American Camping Association)

Please follow these directions:

1. Parents of attending students will need to fill out Alliance Redwoods’ medical form.
   1. All medical forms must be copied back to front on ONE sheet of paper.
   2. All medical forms must be signed in BOTH places by a legal guardian.

NO FAXES OF THE MEDICAL FORM ARE PERMITTED.

1. Medicines should be in plastic Ziploc bag.
   1. All bags should be labeled with CHURCH and STUDENT’S name.
   2. MEDICATION FORM with directions regarding medicine in bag. (Below)
   3. All medicine in original prescription bottle or original labeled box (for non prescription).
   4. NO LOOSE PILLS OR MIXED PILLS IN SINGLE CONTAINER.
2. Do NOT send Tylenol, Advil, cough drops or any first aid supplies as the Medic has all these supplies. See next page for list of O.T.C. meds available at ARCG.
3. Put all of student’s Ziploc plastic bags into ONE box labeled with church’s name.

Cut along line and put in Ziploc bag with medication

ALLIANCE REDWOODS SUMMER CAMP

MEDICATION FORM

CAMPER’S NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CHURCH:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CABIN NAME/#:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| AS NEEDED | TAKEN DAILY | NAME of MEDICATION | DOSAGE/TIME | REASON FOR MEDICATION |
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PLEASE: Place camper’s medicine in original prescription bottle or original over-the counter labeled bottle (for non-prescription) together with this form in a Ziploc Bag.

NO LOOSE PILLS WILL BE ACCEPTED OR GIVEN TO CAMPERS.

**Alliance Redwoods Conference Grounds**

**O.T.C. Medication List**

* IBUPROFEN 200MG TABLETS
* ACETOMINOPHEN 80mg, 325mg, 500mg TABLETS
* ACETOMINOPHEN LIQUID 160mg/5ml
* ACETOMINOPHEN CHEWABLE 80MG
* MIDOL
* COLD RELIEF TABLES (Multi-symptom)
* MEDI-SELTZER
* MILK OF MAGNESIA
* COUGH DROPS
* COUGH SYRUP
* CLARITIN 10mg
* BENADRYL 25mg & 50mg
* PEPTO-BISMOL
* BISMUTH TABLETS
* ANTACID TABLETS
* ORASOL GEL
* LIP OINTMENT
* CALAGEL (Itch Relief)
* HYDROCORTISONE CREAM
* TECHNU POISON OAK WASH
* TRIPLE ANTIBIOTIC OINTMENT
* ICY HOT CREAM