



“It is better to see something once than to hear about it a thousand times”

Greetings Campers!

Are you joining us for the first time? Or excited to return after three long years?! We are so excited to welcome you all to **Camp ENERGY!** During our week together, we'll make new friends, try new activities and new foods, and share what makes each of us special.

Our theme this year is **ENERGY Rewind**. You won't need a wormhole to travel back in time, or a gate to the upside down, we'll take you there!

Take a journey with us back to the **60s** – to tie-dye listening to rock and roll, the **70s** – to get groovy with disco, the **80s** – in neon following exercise videos, and the **90s** – with hip hop, boy bands, and girl bands.

There are so many experiences waiting to be discovered and to be shared. There will be other campers, counselors, and staff waiting to meet you and become your new camp family. This group of people is the **magic** of Camp ENERGY.

We challenge you to go back to the future with us and discover *“anything is possible if you put your mind to it.”* – Doc Brown

We look forward to seeing you soon!

Energized!

Jerry, Rachel, and the Camp ENERGY Staff

Contact Info: campenergy@gmail.com

Directors: Jerry Foley, 570-412-1458 | Rachel McGarrigle, 570-441-5624



Welcome to Camp ENERGY!

We are very excited that you are joining us for camp this year!

Throughout the week we will practice ENERGY balance. You will learn about healthy food choices, eat well, try new things, and participate in fun activities around the Camp Victory campsite with some really great people.

Our theme is ENERGY Rewind, take a trip through the 1960s, 70s, 80s, and 90s!

Schedule of events:

Sunday, August 7, 2022

2:00pm: Arrive at **Camp Victory, 58 Camp Victory Road, Millville, PA 17846**

- Stay in your car for the camper to take a rapid COVID-19 test which we will administer; Although not required, you may also consider taking a COVID-19 test before you travel to ensure you will be able to attend camp.
- Upon receiving a negative result, families will check-in at the Welcome Center, ensure we have your forms, and check-in with the medical staff.
- Say quick goodbyes, and camp staff will help campers get settled in their cabin (note that this different than previous years, families will be unable to enter the campsite).

Monday-Thursday, August 8-12, 2022

All campers and staff: Wake up, Get ENERGIZED, Rest, Repeat!

Friday, August 12, 2022

1:00pm: Pick up at the Welcome Center (note that this different than previous years, families will be unable to enter the campsite)

COVID-19 Protocol: We will maintain a supply of COVID-19 testing materials for the rapid detection of any camper or staff member that may have symptoms suggestive of the infection. Any camper or staff member who may test positive will be required to leave camp. The family will be contacted, and the camper will mask and remain in quarantine. **Pick-up is required within 8 hours.** Any camper or staff member who is deemed to have been in close contact with an infected person will be given the option to leave camp if they wish. It is not required or medically necessary for these persons to leave camp. Parents of campers will be contacted to determine their wishes. The medical staff will reserve the option to end camp early should it become evident that a concerning number of campers or staff become infected with COVID-19.



Packing List

We will be active and outdoors so dress comfortably.
 As a *guideline*, here is what we suggest:

Clothing

- | | |
|--|---|
| _____ Shirts (8) | _____ Swimsuit (appropriate for activities) (2) |
| _____ Shorts/pants (4 & at least 1 pair pant) | _____ Underwear/Socks (8) |
| _____ Sweatshirt or light jacket (2) | _____ Pajamas (2) |
| _____ Sneakers (2) (<i>need to be in good shape for physical activities</i>) | |
| _____ Flip flops to wear to the shower/pool | |
| _____ One outfit you don't mind getting dirty for the color run, the powder is expected to wash out, but don't wear your best. | |

If you'd like to, bring any clothes or accessories for our theme, **ENERGY Rewind!** We will provide some fun accessories too!

Toiletry Items

- | | |
|-----------------------------|-------------------------|
| _____ Bath towel | _____ Soap, shampoo |
| _____ Swim towel | _____ Comb or brush |
| _____ Washcloth | _____ Deodorant |
| _____ Toothbrush/Toothpaste | _____ Feminine products |

General Items

- | | |
|---|--|
| _____ Sleeping bag or twin-size sheets/blanket | _____ Glasses/Contact Solution |
| _____ Pillow (& case) | _____ Sunscreen/sunglasses |
| _____ Rain gear (poncho/umbrella) | _____ Swim Goggles |
| _____ Hat/Visor | _____ Bug Spray |
| _____ Laundry Bag | _____ Medications (stored in Med Shed) |
| _____ Favorite sports equipment or musical instrument | |

A few notes...

- Inhalers: Many activities are held outdoors. If you required an albuterol inhaler in the past year, please bring this inhaler with you.
- **All medications are kept in the med shed and should be in their original pill bottle for proper identification.** If there are multiple medications then you may use a pill box but bring the pills with original bottle to the check-in so that pills can be properly identified/verified with staff.
- **Cell phones are not allowed** – we want to enjoy a 'disconnected' week
 - **If you choose to bring a cell phone, we will keep them locked away**
- There will be a variety show, if you have a talent, please bring it!
- Please leave music players, jewelry, cell phones, and other valuables at home



Expectations and Rules of Camp

At Camp ENERGY, we ask that you bring all your GOOD energy to the group. You must have a positive attitude when trying new things and meeting new people.

Campers must obey all Camp ENERGY and Camp Victory rules. Rules will be given on the first day of camp and during various activities.

Some of these rules include:

- Campers will leave cell phones and electronics at home
- Campers will not engage in illegal activities (including but not limited to, possession of alcohol, tobacco products, firearms, or any illegal substances)
- All prescription and other medications will be kept in the med shed under the direction of the Medical Director
 - All medications will be brought in their original pill bottles for proper verification
- Campers will respect the Camp Victory camp facility and its natural environment
- Campers will not bring valuable items to camp
 - Camp ENERGY cannot be responsible for personal possessions
- Campers will follow the instructions given by Counselors and Staff
- Campers will treat everyone with kindness and respect
- Campers will not engage in verbal, relational, physical, or cyber bullying

Camp ENERGY reserves the right to ask any camper to leave at any time for infractions on these rules.

By signing my name, I understand the expectations and rules set for me at the start of camp and promise to uphold the rules throughout the entire week of camp.

Camper Name/Signature: _____