



Greetings Campers!

Are you joining us for the first time? Or excited to return?! We are so excited to welcome you all to CAMP ENERGY!

Our theme this year is **Safari Adventure!**

Get ready to embark on an exciting journey of discovery. Each of us has unique talents, strengths, and qualities waiting to be uncovered. At Camp ENERGY, you'll explore new ideas, learn healthy habits, and discover the tools you need to **thrive on your own path**.

Before you arrive at camp, take some time to think about the strengths you already carry in your explorer's backpack. What qualities help you navigate challenges, help others, or make a positive difference? Be ready to share them as we begin our Safari Adventure together.

One of the best parts of Camp ENERGY is the community you'll build along the way. You'll meet fellow campers, counselors, and staff who are ready to welcome you into our camp family. This group is the **magic** of Camp ENERGY. Together, we'll encourage one another, celebrate successes, face challenges, and create memories that will last long after camp ends.

Pack your curiosity, your courage, and your sense of adventure. The journey is about to begin!

Energized!

Jerry, Rachel, and the Camp ENERGY Staff

An important note:

Please help us keep our campers and volunteers healthy and safe by ensuring your child is up to date on vaccinations according to American Academy of Pediatrics (AAP) recommendations (with the exception of the following optional vaccines: COVID-19, HPV, and Influenza).

In light of recent measles outbreaks in several communities across Pennsylvania, we encourage families to review their child's immunization status before camp attendance. Because measles can spread very easily in group settings and individuals may be contagious before they appear ill, awareness and prevention are especially important. If your child develops a fever, vomiting, diarrhea, persistent cough, difficulty breathing, a new rash, or other symptoms of a potentially contagious illness before camp, please consult your pediatrician, primary care provider, or urgent care center and obtain medical clearance before attending camp.

To protect all campers and volunteers, Camp ENERGY reserves the right to require early pick-up if a camper develops symptoms of illness during camp, including fever, vomiting, diarrhea, or signs of a contagious infection. Parents and guardians should be prepared to arrange prompt pick-up if contacted by camp staff.

Thank you for partnering with us to create a safe, healthy, and fun camp experience for all.



Schedule of Events

Our theme is Safari!
*Discover your **wild side***

Sunday, August 2, 2026

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

We ask that parents/guardians participate in the check-in process. You will then have the opportunity to settle your camper in their cabin.

Monday-Friday, August 3-7, 2026

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

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.

Friday, August 7, 2026

11:00am: All parents/guardians and families arrive for the closing ceremony

11:30am: Lunch and closing ceremony for families, campers, and staff

1:00pm: Campers depart Camp Victory

We strongly encourage families to attend the closing ceremony.
Building a support system is very important to living a healthy lifestyle.
We want to include you on our team!

Contact Info: campenergy@gmail.com

Directors:

Jerry Foley, 570-412-1458

Rachel McGarrigle, 570-441-5624



Packing List

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

Clothing

- | | |
|---|--|
| _____ Shirts (8) | _____ Swimsuit (2) (<i>appropriate for activities</i>) |
| _____ Shorts/pants (4 & at least 1 pair pant) | _____ Underwear/Socks (8) |
| _____ Sweatshirt or light jacket (2) | _____ Pajamas (2) |
| _____ Sneakers (2) | _____ Flip flops (<i>to wear to the shower/pool</i>) |
- (*need to tie and be in good shape for physical activity; crocs are not sneakers*)
- _____ 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 themes. Optional:

- Monday: Animal Print Day! (wear any animal themed clothes or accessories)
- Tuesday: Team Day! (wear your favorite team – school, sports, or any team)
- Wednesday: Rainbow Colors Day! (any colors for our Color Run day)
- Thursday: Wacky Day! (mismatched clothes, wild prints, crazy accessories, a new hairdo)

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 |
| _____ Rain gear (poncho/umbrella) | _____ Swim goggles |
| _____ Hat/Visor/Sunglasses | _____ 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 have 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 the original bottle to 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 not bring valuable items to camp
 - Campers will leave cell phones and electronics at home
 - Camp ENERGY cannot be responsible for personal possessions
- 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 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 of 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: _____