

Welcome Pedal & Paddle or Trailblazer Camper,

Sugar Creek Bible Camp is so excited that you are coming to camp this year-whether it's your first summer or your tenth. For generations, Sugar Creek Bible Camp has provided youth with wonderful Christian camping experiences. Youth and families need the benefits of camp now more than ever.



Please read this letter to plan for your week at camp this summer.

A CAMPER PROFILE SHEET and a HEALTH HISTORY/PERMISSION FORM must be completed. If you registered online, forms are included in the online enrollment process. You may print forms from our website, but online forms are preferred. Complete the forms and send them to Sugar Creek as soon as possible.

Please note: the balance of your camp fees is **due in full no later than May 31**, but we welcome early payments. Churches should send "campership" funds to us by May 31 as well. Camper fees can be paid by credit card online through our registration portal, CampWise. You may call and cancel your camp week up until May 31 to receive a full refund. If you cancel after May 31, we will retain your \$100 deposit. Please contact the camp registrar at office@sgrcreek.org or 608-734-3113 if you need to reschedule your week of camp or if you have general registration questions.

Arrival Time: Sunday, 2 - 4 pm

If you will be late, please call ahead to let us know. Early arrivals or check-ins are NOT allowed as our staff are preparing for the week.

**To help the check-in process run efficiently please have all prescription medications entered into CampWise before your arrival at camp. This will assist our weekly Health Officer to maintain the necessary information in the new mobile medical app.

Departure Time: Friday, 1 pm, Closing Program

Families are welcome and encouraged to attend. Be sure to allow time to park. You may wish to bring a lawn chair. If you plan to pick up your child before the closing on Friday, you must complete an early release form at Sunday check-in.

After the closing program, check the Lost and Found table, your children's luggage, and claim the correct sleeping bag and pillow before you depart. Many valuables are left behind! We do not keep Lost and Found long after summer. Sugar Creek has a lost and found form on the website to complete to help us find your item and return it to you.

LEAVE PETS AT HOME when you drop off or pick up your child.



Phone Calls: Campers are not allowed to have their cell phones or other technology devices at camp. Parents/Guardians, do not promise your campers that they may call or text you from camp, or that you will call them. Sugar Creek finds that phone calls home make it harder for your camper to adjust to camp life and often make the homesickness worse. The Program Director, or other designated person, will call you in case of an emergency, severe homesickness, injury, or illness which prevents your child from participating in camp activities.



First Aid, Medications, Dietary Needs: Sugar Creek always has a qualified, volunteer health officer to administer First Aid. **Medications must come in the original container with directions for use.** All medications will be collected and dispensed by the health officer, including non-prescription drugs. *Inhalers are an exception.* Please refer to our Health History Form for a list of OTC medications available in the infirmary. If your child has special dietary needs (e.g., gluten-free, severe allergies, etc.) you can pack food to supplement their meals at camp. Please call or e-mail if you have dietary or medical questions.

Canteen: Campers may bank money (~\$4 per day, maximum \$20/week) to use at camp for snacks and drinks in the Canteen. You can put money in your camper account on CampWise or in person at check-in.

Pedal & Paddle, like other offsite programs, may bring a small amount of pocket change instead to use off-site for snacks.

Families may purchase Sugar Creek apparel and other items for their campers at the Trading Post-Camp Store during camper arrival and departure times.

Packing for Camp: Bring only the essentials and pack old clothing that can get dirty. Pack lightly! *Label everything with your camper's name and phone number.* Sending a checklist can help campers with end-of-the-week re-packing.

Pedal and Paddle is especially a tenting program, and you will want to be able to easily carry your items. You will not need to carry your items on your bike as you return to the same campsite each night.

Sugar Creek Packing List:

Your camper must bring a bike in good working condition and a helmet for these biking programs. If you do not have a bike, Sugar Creek recommends renting one. The closest bike shop & a great friend to Sugar Creek is Blue Dog Cycles in Viroqua, WI. Otherwise, please contact the Program Director for further assistance.

- o Backpack or drawstring bag – Needed to carry essentials around camp or on the trail.
- o Bible – If you do not have a Bible, one can be borrowed.
- o Reusable water bottle
- o Raincoat or poncho – Activities happen rain or shine.
- o Personal items – Bring travel size items such as: shampoo, soap, toothpaste, toothbrush, deodorant.
- o Towels – bath, washcloth, and beach
- o Flashlight – and extra batteries!
- o Shoes – Closed-toe shoes are required for many camp activities. All shoes must have a heel strap. Flip flops/slides can only be worn for showers/pool time. Sugar Creek recommends you bring:
 - o Sneakers – for everyday use
 - o Sandals – for the pool
 - o Boots/sturdy shoes for horse rides (Please note: crocs are not allowed in the barn.)
 - o Water shoes or old shoes that can get wet for creek stomping.
- o Sleeping bag and pillow – Bring a warm, outdoor-use sleeping bag.
- o Bug repellent
- o Sunscreen
- o Warm clothes – Evenings are often cool, pack a sweatshirt or a light jacket, and long pants and socks.
- o Summer wear – Pack comfortable clothes for warm daytime activities.
- o Swimsuit(s)

All clothing and bathing suits should be appropriate for Bible camp, including logos or graphic designs. In general, this will be similar to your camper's school dress code policies. If you have specific questions please contact Program Director, Stephanie Engel, at program@sgrcreek.org.

Optional items you may wish to bring:

- o Camera – Digital or disposable cameras are recommended.
- o Card games, friendship bracelet string, book, journal, etc. for cabin time
- o Hat, sunglasses
- o Guitar or other musical instruments
- o Additional blankets, stuffed animals, or hammock & straps

DO NOT BRING: valuable or irreplaceable items, cell phones, or other electronics, pets, firearms, fireworks, knives, tobacco products, alcohol, non-prescription drugs, or food. Campers found with alcohol or drugs will be dismissed from camp. Other items will be locked up securely in the camp office and returned at departure.

Mail: Campers love getting mail, but please, NO food or candy! Sugar Creek highly recommends bringing letters with you to check-in. Otherwise, plan to put mail in the post a full week before your camper's week at Sugar Creek.

Address letters to: SUGAR CREEK BIBLE CAMP
Camper's Full Name, Program, Week of Camp
13141 SCBC Road
Ferryville, WI 54628

Get ready for a fun, faith-building adventure at Sugar Creek Bible Camp this summer!
Here are some faith practice ideas you can do before camp:

- Practice looking up Bible verses as a family, here are a few to get you started!
 - John 3:16
 - Isaiah 40:31
 - Joshua 1:9
 - Mark 1:17

- Sing camp songs or meal graces from camp!
One of Sugar Creek's favorite meal graces, sung to the tune of the *Superman Theme*:
"Thank You, God, for giving us food.
Thank You, God, for giving us food.
For the food that we eat,
And the friends that we meet,
Thank You, God, for giving us food!
Amen, amen, amen.

- After your camper is all done packing, gather around your camper and their items and pray for their upcoming week at camp.
Example: "Dear God, bless (Camper's Name) week at Sugar Creek. May (name) have an amazing week making new friends, exploring nature, and learning about You! Bless their cabinmates and counselors, may everyone have safe travels and be ready to make memories together. Amen"