



CAMP KANUGA

PARENT INFORMATION HANDBOOK

Camp Kanuga is a gathering place inviting all people to connect with each other, nature and the Creator.

THIS SUMMER'S DATES AND RATES CAN BE FOUND ON OUR [WEBSITE](http://www.campkanuga.org)

WWW.CAMPKANUGA.ORG/DATES-RATES/

CHECK-IN AND CHECKOUT INFORMATION

OVERNIGHT AND KANUGA LEADERSHIP ACADEMY

ARRIVAL – AFTERNOON OF OPENING DAY

Check-in is from **3:00-4:30 p.m.** on Opening Day. In case of a delay or last-minute cancellation, please notify the Camp Kanuga Director at 828-233-2840. Camper families who have not arrived by 4:30 will receive a call.

DEPARTURE – AFTERNOON OF CLOSING DAY

CLOSING DAY SCHEDULE *(***New as of the 2024 Season)*

We invite you to participate in a celebration on Closing Day. Enjoy refreshments as you meet our staff, browse our booths, and pre-register for next year. This is a wonderful opportunity to share in your camper's experience, see a slide show of the session, and hear firsthand some of their life changing stories.

- 12:00 p.m. - Gates open for families while campers are eating their last camp lunch of the summer!
- 12:00 – 1:00 p.m. - Meet our director and staff. Learn more about Camp, pre-register, and see what is to come for next year!
- 1:00 p.m. – Campers enter the Paved Rec. and the Closing Celebration Ceremony begins.
- 1:30 p.m. – Campers check-out at their cabins with their counselors, families can visit the camp store
- 2:30 p.m. – The camp gates will close

*** Please double-check to make sure everything has made it to your car.** We are happy to ship any personal items left behind, at your expense, IF you have reached out to our camp office within 7 days of the session ending. Items not claimed will be donated.

EARLY AND LATE DEPARTURES

NO EARLY DEPARTURES on Closing Day. Leaving early affects the entire cabin and support staff.

If you need to come the day before, or if there is an emergency, please contact the camp office. We will work out a time that least affects the cabin.

If you do not wish to attend the Closing Celebration from 1:00 pm to 1:45 pm, you will sign your campers out **AT THEIR CABIN** at 1:45 p.m. on Closing Day. **Requests for late departures will not be accepted;** our staff will need some well-deserved rest between sessions.

Campers not signed out by 2:30 p.m. will become Stayovers and your card on file will be charged \$250 whether they stay or not. Please feel free to walk the grounds with your camper after sign-out.



IMPORTANT INFORMATION

Our goal is to ensure your camper has the best possible experience. A great part of that is being prepared. Please take a few moments to read this helpful information.

For more specific information regarding 6, 9, or 13-day Residential Camp and Starter Camp, please refer to the packing lists at the end of this guidebook.

QUESTIONS OR CONCERNS

If you have any questions at all regarding your camper's registration, discounts, balance due, medical needs, or transportation, contact the camp director weekdays from 9:00 a.m. to 5:00 p.m.

828-233-2840 campkanuga@kanuga.org

AIRPORT TRANSPORTATION

Kanuga can provide transportation to and from Asheville Regional Airport and Greenville-Spartanburg International Airport.

When travel plans are firm, please:

- Complete the Transportation Form available in your CampBrain account. (The form is only available for those who have selected airport transportation as an option during registration.)
- Payment may be made online via CampBrain.
- If travel plans change or are confirmed less than two weeks before camp begins, please contact our director..

One-way airport travel to or from Asheville or Greenville/Spartanburg is \$75. Transportation both from and to the airport is \$150.

PLEASE BOOK FLIGHTS ACCORDING TO CAMP SCHEDULE. CAMPERS CANNOT ARRIVE ON PROPERTY BEFORE 3:00pm on Opening Day. Campers flying home at the end of their session must have departing flights scheduled for before 3:00pm EST.

CAMPSTORE

CK Outfitters, located in the camp office building, is where campers may purchase merchandise.

Campers will have the opportunity to visit the Camp Store 7-9 times a session (for the longer sessions) and 4-5 times for shorter sessions. When you stop by the Camp Store, you can expect to find items like these:

- Snacks, drinks, popsicles
- CK branded t-shirts, sweatshirts, pajama pants, caps, bandanas.
- CK postcards, stationary, pens, stamps
- CK Nalgene water bottles, tumblers, and mugs
- CK Crazy Creek Chairs
- CK totes, laundry bags, backpacks
- CK Stuffed animals, toys, games.
- CK posters, decals, magnets, playing cards.
- CK wristbands, lanyards, carabineers, flashlights
- Color Games sunglasses, cowbells, team spirit gear

The camp store will be open to families for purchase on Opening and Closing Day. You are welcome to purchase items on Opening Day for your camper and drop them into the designated mail bins to be delivered to your camper on the day of your choice. Cash can be used in the store on Opening and Closing Day **only**.



Campers **DO NOT** need to bring cash for the Camp Store. Purchases are made using funds from each camper's CampBrain account. At any point, you may add additional funds to your camper's account by logging into your CampBrain account. You are not required to make a camp store deposit for your camper. However, please note that this is the only way for your camper to purchase snacks and goodies at the camp store, as campers are unable to make purchases at the store with cash.

Any unspent camp store balances will not be refunded at the end of the sessions and will be considered donations to future camper scholarships.

If your camper makes purchases that exceed their camp store funds, you will be responsible for paying the full balance. You may choose to make a plan with your camper before the session begins to ensure they do not exceed the funds in their store account.

HEALTH AND SAFETY

The health and safety of our campers and staff is our number one priority. Camp Kanuga provides age-appropriate activities for young people to develop Christian community, take on new responsibilities, gain independence and an appreciation of God's creation; as well as overcome challenges through safe and fun adventure-based programs.

It is important to the Kanuga experience for campers to interact effectively in a small, group-based, and community-living environment. Cabin groups include 10-14 campers and two counselors. Camp Kanuga facilitates programs under "Challenge-by-choice" practices.

Please contact the Camp Director for any special situations that might affect your child's experience at camp - such as divorce, death in the family, separation, new location or any other mental, emotional, physical, or social health issues. Knowledge is power - the more we know about your camper, the better we will know how to serve and care for them.

The Henderson County Department of Health inspects our kitchen facilities, cabins, and bathhouses. Our sanitation grade is A.

Camp Kanuga Medical Services

****Note: Additional requirements may be implemented based on the Status of COVID-19 and guidance from the CDC, ACA and local health authorities.***

Camp Kanuga has an infirmary staffed with a registered nurse. Campers have access to healthcare staff twenty-four hours a day for basic medical treatments, evaluation, and medication distribution. Kanuga healthcare staff follow Standing Treatment Orders signed off by our Medical Director who is a local physician. You have completed the Kanuga acknowledgement of risk, release of liability waivers, permission-to-treat, and photo release signature when you registered online. There may be more waivers to sign by a parent or guardian on Opening Day of camp - these are provided by your camper's counselor at cabin check-in.

Updates or Changes to Health History

Our healthcare staff will review all information prior to your camper's arrival. Please update and make changes to your camper's health history at least 10 days **before arrival**.

You can do this by logging into your online Kanuga account from the top center-right of our website. Click the LOGIN button. This information is saved from year to year and will only need to be updated annually.

Physical and Licensed Medical Provider Signature

It is **NOT** a requirement to submit a physical or have a licensed medical provider signature (doctor,



physician's assistant, nurse practitioner, etc.) to attend Kanuga's summer camp program.

Opening Day Health Screening

It is our desire for all campers to have the best experience possible. **Please do not arrive at camp if your camper is sick or is showing signs of illness.** It is better to delay your camper's arrival a day or two to get completely healthy than to get the rest of the cabin sick.

Please inspect your camper for lice. Notify your cabin counselor on opening day if your child has been exposed within 10 days of your arrival to camp. We can help monitor your child and make sure they are cared for as well as protect other campers. Be prepared for your cabin counselor to inspect your camper's hair during check-in.

Medications

You need to check in **all** prescription medications with the Kanuga Healthcare Staff. They must be in the **original packaging**. Medicine will **NOT** be given to campers if they are not in its original packaging. When administering prescription medications, Kanuga's healthcare staff will only follow the directions printed on the original prescription box or bottle.

Kanuga's healthcare staff will dispense prescription medications when campers are located on the main campus. However, when campers are on campout or on an off-site trip, a trained staff member will administer medications according to directions described on the original bottle or prescription.

It is not permitted for campers and staff to keep any medications in their cabins, including over-the-counter medications and vitamins. However, campers that bring inhalers or Epi-pens must always have them on their person. Camp Kanuga can provide campers with a carrying case for the Epi-pens and inhalers by request. Please do not bring over the counter (OTC) medications (aspirin, Tylenol, first-aid supplies) unless prescribed by a licensed medical provider.

Allergies

Camp Kanuga's maintenance and summer staff spend a lot of time and resources to make sure campers are not exposed to environmental dangers, such as bees, poison ivy/oak and other pests and animals. Because we are a nut-free camp, **we do not allow any food to be sent to camp. No outside food allowed.** The kitchen and healthcare staff communicate with each other before your camper's arrival regarding food allergies and dietary needs.

Vaccinations/Immunizations

By attending Camp Kanuga programs, the parent or guardian is attesting that all immunizations required for school are up to date. The American Camping Association (ACA) requires all campers be up to date with their Tetanus shots (within the last 10 years).

During the registration process, you will provide the dates of the following vaccinations:

1. Tetanus (Required)
2. MMR: measles, mumps, and rubella
3. Pertussis (whooping cough)
4. COVID-19 (not required, recommended)

Communicating with Parent/Guardian about a Child's Health Status

The phone numbers you provide on your child's online account will be used to contact you in case of an emergency, or if your child needs to see a health care provider other than our healthcare staff. We generally



do not contact you if your child needs treatment in our infirmary for routine problems (skinned knee, sore throat, low-grade fever, overnight stay.) The decision to call parents is determined by the nurse on a case-by-case basis. The cost for any medications, doctor visits, or additional expenses incurred will be charged to your credit card on file.

Inclusion Policy Camp Kanuga is a place where all people are invited to gather and connect with each other, nature, and the Creator. It is our goal to inspire a more mindful and compassionate world. Our motto is “In Honor Preferring One Another,” found in Romans 12:10. Unconditional love and radical inclusivity are key elements to living into Romans 12:10. Rooted in the Episcopal Church

Statement of Inclusion

Camp Kanuga is a place where *all* people are invited to gather and connect with each other, nature, and the Creator. Our motto is “In Honor Preferring One Another,” found in Romans 12:10. Unconditional love and radical inclusivity are key elements to living into Romans 12:10. We believe that summer camp has the power to change lives, through time spent in an unconditionally loving and supportive community. Further, we believe that these life-changing camp experiences are for campers and staff members of every race, socioeconomic status, sexual orientation, gender identity, and background. We believe that every person is created in the image of God, exactly as they are, with experiences and perspectives that are precious to God. **As an Episcopal ministry, rooted in the [Baptismal Covenant](#), with God's help, we strive to:**

- **Continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers.** The simple acts of daily life together: prayer, meals, rest, and play, bring us into closer relationship and community. Our community is rooted in the Gospel, loving our neighbors as ourselves.
- **Seek and serve Christ in all people, loving our neighbors as ourselves.** Our staff seeks to listen to others' stories, consider their perspectives, and learn to treat people how they would like to be treated according to their needs and abilities. This is the mindset we invite campers into as they navigate daily life in the community.
- **Strive for justice and peace among all people, respecting the dignity of every human being.** Our community strives to be a safe, inviting, and harmless environment for all people. We seek to love and respect others and their various elements of identity, like race, culture, ability, age, sexual orientation, gender, identity, spiritual practice, or personal belief. We stand against violence, aggression, intimidation, belittling, or bullying and have no tolerance towards slurs, phrases, expressions, or attitudes that marginalize or perpetuate stereotypes.
- **Persevering in resisting evil, and, whenever falling into sin, repent and return to God.** With God's help, we work to maintain the safety and integrity of the whole Camp Kanuga community. By acknowledging that we might slip, we recognize both the awe-inspiring grace of God and the need to protect the integrity of the beloved community in which we choose to be in.

If you have questions, concerns, or suggestions as to how we can better live up to these ideals at Camp Kanuga, we invite your conversation with camp leadership.

Bullying Policy

Bullying is the antithesis of what the Camp Kanuga community seeks to be. Please speak to your children about being a source of love and kindness within the camp community before they arrive. Encourage your camper to communicate any negative behaviors to their counselors. If someone's behavior brings harm to the community, it may result in dismissal from camp. Campers excused from camp for behavioral reasons are not eligible for a refund and may not be eligible to attend in future years.

Swimming*

Campers are not required to swim throughout the session. They can participate in other opportunities at the



waterfront, such as wading, fishing, and canoeing. It is a great skill for all campers to know how to swim, and we encourage all campers to learn before they arrive at camp.

*A note about swimwear: Swimming at Camp Kanuga is active, fun, and often athletic. There may be swim races, activities, or games that require swim attire. Swimsuits should be comfortable, reliable, fit appropriately, and support athletic or playful activities.

VISITATION AND COMMUNICATION

At Kanuga, campers enjoy the outdoors and develop a greater appreciation for the environment. They also experience the companionship of other children as they acquire skills that improve self-confidence, increase self-reliance, and enhance the ability to cooperate with others.

Being away from your child can be hard, and they are sure to miss you. However, visiting can cause many disruptions in their acclimation to the camp environment.

- Camp Kanuga does not allow campers to receive calls or make calls to anyone off property.
- We do not allow any outside visitors to visit campers during the camp session.
- Campers may not come and go throughout the session. If a camper must leave camp for any reason, they are not able to check back into camp.
- Emails sent to campers are not able to be delivered. Please write letters ahead of time, sorting them into our mail bins on opening day or send letters via USPS.

CAMP KANUGA GOALS

Camp Kanuga's primary goal is to provide space for developing healthy relationships. We desire that all persons involved grow in love with each other and with God. We provide age-appropriate activities that support our goals:

- Campers will connect more deeply with themselves. They will have an enjoyable, fun, and safe experience where they try new things and expand their “comfort circle” and sense of self.
- Campers will deepen their connection to one another, building social skills, relationship building skills, and resilience and confidence within relationships.
- Campers will experience connection to Creation. Campers will engage with, learn about, and gain appreciation for the outdoors.
- Campers will experience connection to spirituality and a community rooted in Christianity and the Episcopal Church.

CORRESPONDING WITH YOUR CAMPER

Mail is very important to your camper.

- We recommend preparing mail prior to your camper's opening day to be sorted at drop-off into mail boxes corresponding to each day of their session.
- If your camper is to receive mail via the USPS, write soon and cheerfully.
- Work to avoid including messages that may cause them to worry or stress such as, “I am so sad you are gone” or “I just miss you so much and worry about you.”
- Teach your child how to address an envelope or post card properly. Please send them with stamps.
- Postcards work best for campers to send mail home with. Envelopes tend to seal due to the moisture in our mountain air.
- Emails will not be delivered to campers. Please only write and send tangible letters.
- Mail received on the last day of the session **will not be delivered** to your camper – however, you may pick it up at check-out along with any medications.



CARE PACKAGES AND MAIL

Bring mail and packages on Opening Day of camp.

Camper mail first arrives through the Kanuga Conferences' central mail distribution center. Due to this system, letters and packages may take 3 extra days to be delivered. This especially affects shorter sessions.

The easiest way to ensure your camper receives their mail is to pre-write your letters or pre-pack packages and bring them with you on Opening Day. We will have mailboxes available for you to drop off letters/packages during check-in. Each day of the session will have its own mailbox.

If you decide to use the Post Office or other mail carriers, please use the following address.

For letters and parcel delivery by Fed-Ex or UPS:

Camper First and Last Name
Camp Kanuga [Session #, if known]
130 Kanuga Chapel Drive
Hendersonville, NC 28739

WE DO NOT ALLOW ANY OUTSIDE FOOD OR CANDY SENT TO CAMPERS. This includes home baked goods as well as store bought items. Many of our campers have **severe and life-threatening allergies** to many different food items. We will hold all food items (such as candy, pre-packaged and home-baked foods,) until the end of the session. They will be available on Closing Day to enjoy on the way home. Also, please do not send water guns, fireworks, or slime.

THE CAMP STAFF AUDITS ALL PACKAGES AS THEY ARE OPENED BY CAMPERS.

TECHNOLOGY POLICY

Camp Kanuga is an “unplugged” environment. Please help us to create an environment where new friendships can blossom, and each camper has a unique and special outdoor experience. **Do not bring portable music players, video games, computers, iPads, tablets, electronics, and cell phones to camp.** Furthermore, **cell phones** especially interrupt camp in a variety of ways; namely our ability to enhance your camper’s confidence and independence.

If any of the items listed are discovered, the camp staff will collect the items and return them at the end of the session.

SOCIAL MEDIA POLICY

With the prevalence of social media and the internet in our daily lives, Kanuga has identified some expectations for how staff and campers conduct themselves on the internet when any reference to Camp Kanuga is being made (mentioning CK, wearing CK merchandise, engaging with other CK people etc).

If a camper chooses to identify themselves as a camper at Kanuga on the internet, it is our hope that they be intentional about what it is they’re publishing or posting. Avoid posts that are:

- Pertaining to illegal and immoral acts as defined by the law and society
- About alcohol, drugs, and/or sexual behavior
- Anything that may put the safety of others at risk
- Anything that may be interpreted as belittling, bullying, aggression, or being violent towards any others
- Jokes, comments, or gestures of a sexist or sexualized nature
- Slurs, phrases, or expressions of attitudes that marginalize or perpetuate any stereotype
- Avoid posting anything that does not align with Camp Kanuga’s mission and values.



It is important to note that photographs are for personal memories; please do not post pictures on the internet of another camper without their permission. Kanuga may monitor the internet for information pertaining to its programs. If any material posted by a camper is found to be questionable, problematic, risking the safety and wellbeing of any CK constituent, specifically, as it relates to the use of the Camp Kanuga name, brand or logo, the camper's family may be notified.

DATES TO REMEMBER

- **Transportation Form:** For shuttle to and from Asheville and Greenville/Spartanburg Airports.
Due by **May 1**
Schedule flights so that campers do not arrive at camp before 3:00pm on Opening Day and depart no later than 2:00PM

- **Balance Due:** Balances are due by **April 1**

PHYSICAL ADDRESS TO CAMP KANUGA

Physical Address *(There is no mail service or mailbox at Camp Kanuga's physical address.)*

221 Camp Kanuga Circle
Hendersonville, NC 28739

CAMP KANUGA OFFICE

828-233-2840

campkanuga@kanuga.org



TYPICAL DAILY SCHEDULE

7:30	Wake-Up Bell
8:00	Breakfast Begins
8:30	KP/Announcements
8:45	Cabin Clean Up/Prep for Morning Activities
9:15	Morning Jam
9:45-11:45	Morning Activity Period
11:45	Get ready for lunch
12:00	Lunch
12:30	KP/Announcements
12:45	Go to cabins for Rest Hour
1:45	Rest Hour. Nap, read, draw, write letters, have quiet time!
2:15	Free Swim!
3:15	Canteen! Snack time.
3:30- 5:45	Afternoon Activities
5:45	Big Circle
6:00	Dinner
6:30	KP/Announcements
6:45	Free time/Prep for evening program
7:00	Evening Program
8:45	Evening program ends
	Evening Worship
	Showers/Prep for bed
	Cabin Devotionals
10/10:30	Lights Out!



CAMP KANUGA

CAMP KANUGA OVERNIGHT CAMP: SESSIONS 1-5 PACKING INFORMATION & LIST

IMPORTANT INFORMATION

Campout Information

All campers will go on one campout during the session. Some campsites are a two-mile hike from camp (yet remain on Kanuga property). Two cabins go on each campout together (same age group cabins from both Boys and Girls Village). The cabin counselors from both cabins, often accompanied by additional staff members from our Crew staff team, are the leaders of the hike and campout experience.

Prior to departing for the overnight experience, campers participate in an interactive learning experience called “Campout School” where they learn necessary information on how to go camping at Camp Kanuga. They learn things like how to pack a pack, how to pitch a tent, how to responsibly use the restroom in the woods, the Leave No Trace (LNT) principles, how to build their own Jet Pack (our delicious dinners that are cooked directly on the coals of the campfire), and more.

When at their campsites, campers work together to collect firewood, chop vegetables for dinner, build their cabin group’s sleeping structures, and enjoy the wilderness. Campers customize their own dinner packs, which we call Jet Packs. Jet Packs are aluminum foil structures that can contain ingredients like chicken, black beans, bell peppers, onions, carrots, potatoes, butter, salt, pepper, hot sauce, and other various seasonings. Campers and staff often say that this meal is their favorite meal at camp!

Below is a list of important items that are necessary for a campout. All campers will carry their personal items in a backpack. Generally, older campers camp at sites farthest from the main campus. Please be sure that you have the correct items to ensure a safe, comfortable, and fun experience.

Important Campout Supplies

- Footwear: Comfortable worn-in shoes such as tennis/sneakers or even “day-hiker” type boots.
- Sleeping Bag: Every camper needs a sleeping bag suitable for campouts.
- Backpack: needs to be big enough for the sleeping bag, change of clothes, water bottles and food.
- Two Water bottles (16oz).

Costumes and Color Games

Campers may participate in a “County Fair” night program that takes place on the last evening of our overnight sessions. You are encouraged to bring overalls, a straw hat, an old pair of jeans, bandanas or other clothing items that fit a ‘western’ theme. Campers attending a full 13-day session will have the chance to participate in our camp-wide Color Games. We offer Team Bags that may be purchased within your CampBrain account. These bags are packed with your camper’s Color Games Team items. We will know which team your camper is on and will reserve either a RED, BLUE, GREEN, or YELLOW bag for them including a Team Shirt in your camper’s size. If you purchase a Team Bag, packing items of all four colors will be unnecessary! If you do not purchase a Team Bag before your camper’s session (13-day sessions only), simply pack items that are red, blue, green, and yellow, so that when your camper gets assigned to their color team on the day of Color Games, they’ll have something in their luggage to put on that is the color of their team.

Laundry Bag and Laundry Service

Each camper will need to bring their own washable laundry bag. We will wash and dry every camper’s laundry in the middle of our 9- and 13-day sessions (additionally, we can handle any unforeseen laundry needs as needed). Each camper will need to bring a **clearly labeled** laundry bag with their name on the bag. Please clearly label all items of clothing, including the laundry bag, with a permanent marker.

Trunk

It is suggested that you bring all your items in a trunk where clothing is better protected and organized. Trunks can be a great



place to sit, apply camp stickers and have your new camp friends sign their names as memories. Ideal dimensions for your trunk: 32”L x 18”W x 14”H.

Check-In/Linen Bag

Upon arrival at camp the Kanuga staff will carry your trunk to your cabin. You will arrive at the cabin before your trunk does. You’ll need to pack a “linens” bag to take with you to your cabin during check-in as you won’t have access to your trunk for at least 60-90 minutes. This is a good time to begin to make up the bunk while you wait for the rest of the luggage. This bag must include: twin fitted sheet, twin top sheet, pillow, sleeping bag, blanket/sleeping bag.

DO NOT BRING food of any kind. We will supply all meals and have snack time each day after Freeswim and for purchase at the canteen. Many of our campers have **severe and life-threatening allergies** to many different food items. We want to do everything we can to ensure a safe and healthy experience for all our campers.

Bring mail and packages on Opening Day of camp

All campers’ mail comes through the Kanuga Conferences’ central mail distribution center. Due to the mail system here at Kanuga, mail may take 3 extra days to be delivered. The easiest way to ensure your camper receives their mail is to pre-write your letters or pre-pack packages and bring them with you on Opening Day. We will have mailboxes available for you to drop off letters/packages during check-in. Each day of the session will have its own mailbox. The camp store will also be open to purchase items to place in the bins.

PACKING CHECKLIST

Clothing

- Shirts (8)
- Shorts (5)
- Jeans (1)
- Belt (1)
- Jacket (1)
- Socks (8)
- Sweatshirts (2)
- Underwear (10)
- Pajamas (2)
- Swimsuits (2)
- Raincoat (1)

Label all clothing and personal items with a permanent marker!

Footwear

- Tennis shoes/sneakers (2 pair)
- Sturdy/hiking shoes (1 pair)
- Sandals with heel strap (1 pair)

Toiletries

- Shower caddy
- Toothbrush
- Toothpaste
- Shampoo
- Body soap/wash
- Deodorant

Gear and Equipment

- Sleeping bag (1)
- Sheets set (twin fitted)
- Pillow (1)
- Pillowcases (1)
- Heavy blankets (1)
- Bath and beach towels (2-3)
- Backpack for overnight camping
- Flashlight/Head Lamp and batteries
- Laundry bag (washable mesh)
- Canteen/water bottle (2)
- Sunscreen
- Bug spray

Non-Clothing Items (optional)

- Bible
- Book of Common Prayer
- Books
- Addressed postcards and stamps
- Journal and Writing Utensils
- Deck Cards
- Sleeping Pad (for campout)
- Face coverings



WHAT NOT TO BRING

Cell phones, iPods or other portable music players, **computers, video games**, electric devices, **food**, pets, revealing and offensive clothing, firearms, fireworks, fixed blade knives, inappropriate music or magazines. Tobacco products, alcohol, illegal drugs, and non-prescription drugs are prohibited. Kanuga will not be responsible for damaged or stolen jewelry and other valuables. The camp will provide all sports and safety equipment; campers should leave theirs at home. Campers who drive their own vehicles will park their cars in the staff parking lot. Keys will be turned into the main office until the end of the session. Camp Kanuga is not responsible for any damage to personal vehicles.

CELL PHONES

Camp is a unique environment. During the camp experience, youth develop life skills including independence and self-reliance. We respect and appreciate the wonderful relationship youth and families have that may include communication via cell phones, and for campers to enjoy camp fully, we ask that phones are left at home.

Hiding Cell Phones: We appreciate that most families will honor our request and support our reasoning for not allowing cell phones at camp. We also recognize that some families may feel that hiding a cell phone in camper luggage is OK. Keep in mind that by doing this, YOU are teaching your campers that it is OK to break the rules as well as creating a level of distrust between the camper and counselor. If you are unable to send your camper to camp without a cell phone, then you or your camper may not be ready for the camp experience.

CAMP KANUGA OVERNIGHT CAMP: 6-DAY STARTER CAMP PACKING LIST

IMPORTANT INFORMATION

Check-In/Linen Bag

Upon arrival at camp, the Kanuga staff will carry your trunk to your cabin. You will arrive at your cabin before your trunk does. Please pack a "linens" bag during check-in to take to your cabin as you will not have access to your luggage for at least 45 minutes. This is a good time to make up the bunk while you wait for the rest of the luggage. This bag should include: twin fitted sheet, twin top sheet, pillow, sleeping bag and a blanket.

Costumes and Color Games

Campers who attend Starter Camps B and D will get a chance to attend Kanuga's County Fair. For the County Fair you are encouraged to bring overalls, a straw hat, old pair of jeans, bandanas or other clothing that fit this theme.

Laundry Bag and Laundry Service

Unlike full sessions of camp there is no "laundry service" for Starter Campers. Although, if a camper has an accident or needs their sleeping bag, sheets or clothing items washed we will do this for them with care and discretion.

Trunk

It is suggested that you bring all your items in a trunk. Clothing is better protected and organized in a trunk than in a duffel bag. Trunks can also be used as places to sit, apply camp stickers and have your new camp friends autograph. Ideal dimensions for trunks are: 32"L x 18"W x 14"H. If you cannot acquire a trunk, a regular suitcase will work just as well.

Food

DO NOT BRING or send food of any kind. Many of our campers have **severe and life-threatening allergies** to many different food items. We want to do everything we can to ensure a safe and healthy experience for all of our campers.

Bring mail and packages on Opening Day of camp.



All campers' mail comes through the Kanuga Conferences' central mail distribution center. Due to the mail system here at Kanuga, mail may take 3 extra days to be delivered. **This especially affects Starter Campers.** The easiest way to ensure your camper receives their mail is to pre-write your letters or pre-pack packages and bring them with you on Opening Day. We will have mailboxes available for you to drop off letters/packages during check-in. Each day of the session will have its own mailbox. The camp store will also be open to purchase items to place in mail bins.

Starter Campers will receive mail on Day 2, Day 3, Day 4, and Day 5.

PACKING CHECKLIST

Clothing

- Shirts (7)
- Shorts (5)
- Jeans (1)
- Belt (1)
- Jacket (1)
- Socks (7)
- Sweatshirts (1)
- Underwear (7)
- Pajamas (1)
- Swimsuits (1)
- Raincoat (1)

Label all clothing and personal items with a Permanent marker!

Footwear

- Tennis shoes/sneakers (2 pair)
- Sandals with ankle strap (1 pair)

Toiletries

- Shower caddy
- Toothbrush
- Toothpaste
- Shampoo

WHAT NOT TO BRING

Cell phones, iPods or other portable music players, **computers, video games**, electric devices, food, pets, revealing and offensive clothing, firearms, fireworks, sheathed knives, inappropriate music or magazines. Kanuga will not be responsible for damaged or stolen jewelry and other valuables. The camp will provide all sports and safety equipment; campers should leave theirs at home. Camp Kanuga has a one-piece bathing suit policy.

CELL PHONES

Camp is a unique environment. During the camp experience, youth develop life skills including independence and self-reliance. We respect and appreciate the wonderful relationship youth and families have that may include communication via cell phones, and for campers to enjoy camp fully, we ask that phones are left at home.

Hiding Cell Phones: We appreciate that most families will honor our request and support our reasoning for not allowing cell phones at camp. We also recognize that some families may feel that hiding a cell phone in camper luggage is OK. Keep in mind that by doing this, YOU are teaching your campers that it is OK to break the rules as well as creating a level of distrust between the camper and counselor. If you are unable to send your camper to camp without a cell phone, then you or your camper may not be ready for the camp experience

- Body soap/wash

Gear and Equipment

- Daypack/book bag (1)
- Sleeping bag (1)
- Sheets (fitted, twin)
- Pillow (1)
- Pillowcases (1)
- Heavy blankets (1)
- Bath or beach towels (2)
- Flashlight/Head Lamp and batteries
- Laundry Bag (washable mesh)
- Canteen/water bottle (2)
- Sunscreen
- Bug spray

Optional Non-Clothing Items

- Bible
- Book of Common Prayer
- Books
- Addressed, envelopes, stamps
- Journal and Pen
- Deck Cards



LEADERSHIP ACADEMY PACKING LIST

IMPORTANT INFORMATION

The Leadership schedule will be a combination of training, programming, adventure, and hands-on learning at Camp Kanuga. Some will be done in a group setting and other times testing skills learned practically in various program areas and as a counselor in training (CIT). Leadership will use bunks from camp, assigned in-cabin with occasional camp out opportunities.

Off-Site Trips and Spending Money:

There will be limited opportunities to have excursion time away from Camp Kanuga. This may include trips during session breaks. There will also be times when we travel to an outdoor venue, where participants may want to purchase food, merchandise, etc. CITs should have extra money for this purpose.

PACKING CHECKLIST

Clothing:

- Shirts (8)
- Shorts (8)
- Khaki Shorts (2)
- Jeans (1)
- Belt (1)
- Jacket (1)

Label all clothing and personal items with a permanent marker!

- Socks (8)
- Sweatshirt and/or Flannel (2)
- Underwear (10)
- Pajamas (2)
- Swimsuits (2)
- Raincoat or poncho (1)
- Nice clothing for church (Optional)

Footwear

- Tennis shoes/sneakers (2 pair)
- Sandals with ankle strap (1 pair)
- Hiking footwear (boot or sturdy trail shoe) (1)

- Daypack for use during Camp
- Backpack for overnight camping
- Flashlight/Head Lamp and batteries
- Laundry bag (washable mesh)
- **Canteen/water bottle (2)**

Toiletries

- Shower caddy
- Toothbrush
- Toothpaste
- Shampoo
- Body soap/wash
- Deodorant

Other

- Sunscreen
- Bug spray
- Spending Money - \$100 suggested

Gear and Equipment

- Sleeping bag (1) and twin sheets (2) and blanket.
- Pillow (1)
- Pillowcases (2)
- Bath and beach towels (3)

Optional Non-Clothing Items

- Bible/Book of Common Prayer
- Books
- Addressed postcards and stamps
- Journal and Pen
- Camera
- Deck Cards
- Sleeping Pad

Laundry Information:

CITs will have the opportunity to do laundry at camp.



CAMP KANUGA

WHAT NOT TO BRING

iPods or other portable music players, **computers, video games**, electric devices, food, pets, revealing and offensive clothing, firearms, fireworks, sheathed knives, inappropriate music or magazines, sports and safety equipment. The camp will provide all sports and safety equipment. Tobacco products, alcohol, and illegal, non-prescription drugs are prohibited. Kanuga will not be responsible for damaged, stolen jewelry or other valuables.

CELL PHONES

Cell phones will be collected at the beginning of the session and returned on the last day of session.

CITs may have access to their cell phones at various times throughout their session. With access to a cell phone, one is at risk of missing out on the Camp experience. CITs especially are functioning as volunteers with similar responsibilities as staff for much of their time at camp, so to have a cell phone may be detrimental to their ability to serve campers and build community within camp.