



## Welcome to Camp Sweyolakan

Come experience and enjoy the outdoors with us. My caring and enthusiastic staff cannot wait to share the beauty and fun of Sweyolakan with you. There will be days filled with swimming, new friends, archery, nature, hiking, boating and all the creativity you can handle.

Whether you are joining us for the long –or short- haul with our resident programs, or you are headed back to your families at night with our day camp, I promise that Sweyolakan has something for you. Come gain new experiences while learning about yourself and the world around you, and most importantly let's have some FUN!

I am so excited to share Camp Sweyolakan with you this summer! See you soon!

*Miss Erica*

Erica Nolte – Camp Sweyolakan Director



  
**Camp Fire USA**  
INLAND NORTHWEST COUNCIL

524 N. Mullan Road • Spokane Valley, WA 99206  
509 747-6191 X10 • 800 386 2324 X10  
[sweyolakan@campfireinc.org](mailto:sweyolakan@campfireinc.org)





## Parent Checklist

Most of these forms and guides are available at [www.CampFireINC.org](http://www.CampFireINC.org)

### NOW

- Review this guide and your confirmation e-mail for correct session(s)

### 2 WEEKS BEFORE CAMP

ALL CAMPERs complete:

- Pre-Camp Questionnaire
- Online Health History
- Pay balance due, if any.  
Unpaid balances will automatically be charged to your debit/credit card for online registrants.



### 2 WEEKS BEFORE CAMP (con't)

Return the following if applicable:

- Asthma Management Plan
- Emergency Action Plan  
(Obtain from physician)
- Behavior Management Plan  
(Obtain from school or your own)

### 1 WEEK BEFORE CAMP

- Review this Welcome Packet with your child.

### THE NIGHT BEFORE CAMP

- Get plenty of rest

## Health History

Camper will not be admitted to camp without current Health History information. Health History information is required yearly.

- **NEW PROCEDURE!** The Health History Information link that was sent in your Registration Confirmation email tells you about our partnership with CampDoc which is a new comprehensive online health management system that improves efficiency and maximizes camper safety.
- *If you were able to complete the online Health History in 2012 – please log in and update your information.*
- Please place *all medications* in one Ziploc bag with your camper's name on medication AND the Ziploc bag. Please print and sign your camper's "CampDoc Camper Medication (s) form" and include it in the bag with the medications.

## Packing List

**BE SURE TO MARK ALL BELONGINGS WITH FIRST AND LAST NAME!**

Please see that your camper brings the items below for the overnight. Campers will have to carry their belongings uphill, so please help them pack lightly. Be sure their items are labeled with first and last name –initials are not enough! Be sure to include sleeping bags, pillows, stuffed animals and the overnight bag.

- |  |   |
|--|---|
| <input type="checkbox"/> WARM Sleeping bag – NOT slumber bags                | <input type="checkbox"/> Back Strap Teva® style sandals are okay<br>NO FLIP-FLOPS       |
| <input type="checkbox"/> Pillow  | <input type="checkbox"/> Unbreakable drinking cup/water bottle                          |
| <input type="checkbox"/> Favorite stuffed animal (optional)                  | <input type="checkbox"/> Flashlight and batteries                                       |
| <input type="checkbox"/> Warm pajamas or sweatshirt and sweatpants           | <input type="checkbox"/> Bug repellent (if desired)                                     |
| <input type="checkbox"/> White shirt and blue shorts/pants for dinner        | <input type="checkbox"/> Any medications in original container with dosage instructions |
| <input type="checkbox"/> Change of clothes (underwear, socks, shirt, shorts) | <input type="checkbox"/> Jacket or Sweatshirt   |
| <input type="checkbox"/> Long pants  | <input type="checkbox"/> Raincoat (if rainy)  |
| <input type="checkbox"/> Towel, washcloth, soap                              | <input type="checkbox"/> Swim suit, towel - Plastic bag for wet swim suit               |
| <input type="checkbox"/> Toothbrush and toothpaste                           | <input type="checkbox"/> Sunscreen  |
| <input type="checkbox"/> Brush and comb                                      |   |
| <input type="checkbox"/> Sturdy shoes  |   |
| <input type="checkbox"/> Socks must be worn with shoes                       |   |

## Camp Environment

The terrain of camp is quite rocky and uneven in places where roads or paths have been cut. There are steep and dusty hills that can become difficult to navigate, so we strongly suggest sturdy shoes. **No flip-flops please.**



**Camp Fire USA**  
INLAND NORTHWEST COUNCIL

524 N. Mullan Road • Spokane Valley, WA 99206  
509 747-6191 X10 • 800 386 2324 X10  
[sweyolakan@campfireinc.org](mailto:sweyolakan@campfireinc.org)





## Hints for a Happy Camp Experience

Camp strives to provide a happy experience for each camper. There are a few things you can do prior to your child's experience to help ensure it is a rewarding, fun time.

Part of the challenge of each child's experience is learning to function in a new setting with new people. Many campers are not used to community living and the lack of privacy. Discuss with your camper about dressing or changing in a space where other campers are present and maintaining modesty. They are rewarded by finding that they can be successful in adjusting to unfamiliar group settings and making new friends. Counselors encourage the growth of these skills with caring attitudes and helping campers work through the period of adjustment.

## Cell Phones

We know that cell phones are very popular these days. However, they are *not* permitted at camp. Camp is a time to discover adventure and independence, and to make new friends. **The policy is: Leave cell phones at home.** Cell phones **will** be confiscated and held until the end of the session.

## Camp Communication

The phone is for business use only. Campers do not have access. If you have an emergency and need to reach your child, please call the Camp Director at 208-664-9327. If you are concerned about your child, or simply need reassurance, please feel free to contact us. We are happy to talk with you.

## Camp Sweyolakan Outfitting Company

The Camp Store offers a variety of items including camp shirts and other memorabilia. Items range in price from \$.75 to \$50.00. Camper money is collected and safely stored while in camp. You may send cash or a check to camp, or add funds in advance to your camper's account during the registration process.

Also offered are: toothbrushes, toothpaste, disposable cameras, batteries, postcards, stationery, stamps, soda, candy, and juice. Camp Sweyolakan will offer pop, candy and healthy snacks for sale to campers. These snacks are *in addition* to regular snacks provided at camp and are limited to one candy and one pop per day.

We recommend that you allow \$20-30 for shopping in the camp store. Store refunds under \$2.00 will go into the Royal Flush bathroom fund. We encourage you to discuss this policy with your camper and we encourage them to spend their money in the store.

## Camp Community

All campers will take turns doing different kapers (chores) during their stay at camp. Explain to your camper that doing kapers is a big part of group living and teaches responsibility and independence. Kapers will be tasks such as cleaning the cabin and unit area, keeping the bathrooms tidy, organizing their personal belongings and "hopping" (setting and clearing the table) in the Dining Hall.

## American Camp Association

This mark of distinction has been earned by 25% of the camps in the United States. Accreditation ensures that Camp Sweyolakan has demonstrated compliance with up to 300 nationally recognized standards of health, safety, and program quality and is committed to the highest standards established by the camp industry.

## Lost and Found

Kids lose stuff! Be sure to label inside of all items with first and last name – initials are not enough! Items left behind will be held at the Camp Fire office until September 15. After this date, items will be donated to charity. See Page 7 of this Welcome Guide for an order form for Iron-On Labels. Your order benefits camp.



**Camp Fire USA**  
**INLAND NORTHWEST COUNCIL**

524 N. Mullan Road • Spokane Valley, WA 99206  
509 747-6191 X10 • 800 386 2324 X10  
[sweyolakan@campfireinc.org](mailto:sweyolakan@campfireinc.org)





## Protection from the Sun

Children are outside all day and are exposed to the sun. Staff monitor program tempo and remind campers to apply sunscreen and drink water. We need you to teach your child how and when to apply his/her own sunscreen. If you feel your child needs help, please send a note. Pack a water bottle and reinforce the importance of drinking water.

## Health and Wellness

Physical exams are recommended every two years, but are not required. Please feel free to contact us with any concerns you may have so we can help make your child's camp experience a positive one.	
<p><b>Pre-Camp Questionnaire</b></p> <p>The Pre-Camp Questionnaire gives the camper and parents an opportunity to tell us what they would like to get out of their camp experience.</p> <p>This form is the perfect place to tell us if your camper is uncomfortable about thunder storms, loud noises, hates to brush their teeth, is afraid of spiders, or loves the water but sinks like a rock.</p> <p>You have had the opportunity to know your camper for several years – we get them for a short while. Anything that you tell us to help make this a great experience for your camper creates a win-win situation for all of us.</p>	<p><b>Medications</b></p> <p>GIVE TO COUNSELOR ON THE FIRST DAY.</p> <p>All campers will be screened on the first day. At that time, the Healthcare Staff collects all medications for storage and dispensing at the Health Cottage. Exceptions may include inhalers, bee sting kits and creams/ointments at the discretion of the Healthcare Staff.</p> <p>We will only accept physician-prescribed and/or over-the-counter medications, to be dispensed at camp in their original containers with the child's name on them. Please place medications in a Ziploc® labeled with camper's name.</p>
<p><b>Illness</b></p> <p>To maintain a healthy camp please keep your child home for the following reasons:</p> <ul style="list-style-type: none"> <li>• Temperature of 100 degrees or more in the last 24 hours</li> <li>• Vomiting/diarrhea during the night or morning</li> <li>• Impetigo, scabies or ringworm</li> <li>• Chickenpox (until lesions have crusted)</li> <li>• Severe sore or red throat or white patches on tonsils</li> <li>• Untreated lice (camper will be sent home for treatment)</li> </ul> <p>Call camp to let them know they will not be attending or to arrange for late arrival.</p> <p>If your child becomes ill (fever, nausea) you will be called. If your child is too ill to remain at camp, you will be asked to come and get him/her.</p>	<p><b>Camper Emergencies/Concerns</b></p> <ul style="list-style-type: none"> <li>• If your child is injured or develops a significant illness while at camp requiring special care from the Healthcare Staff or additional medical care outside of camp, you will be contacted.</li> <li>• Parents may call camp for emergency purposes at (208) 664-9327, (best time to contact camp is between 9 am – 12:15 pm &amp; 1:30 – 5 pm daily); or the Camp Fire office at (509) 747-6191 or (800) 386-2324. If no one answers, please leave a detailed message.</li> <li>• Limited medical and accident insurance is included in the camp fee for injuries or illnesses contracted only while at camp.</li> <li>• If a child leaves camp due to illness or injury, the camp fee <i>may</i> be prorated.</li> </ul>

## Visitors:

Visitors are strongly discouraged while camp is in session. **Parents are encouraged to visit camp during the Open House on June 23rd.** Check out this exciting opportunity online and RSVP before the event by clicking the date on the event calendar on our webpage.



524 N. Mullan Road • Spokane Valley, WA 99206  
 509 747-6191 X10 • 800 386 2324 X10  
[sweyolakan@campfireinc.org](mailto:sweyolakan@campfireinc.org)





## Behavior Expectations

Camp Fire USA Inland Northwest Council/Camp Sweyolakan provides programs that develop personal life skills, social responsibility, health, and leadership while responding to the needs of youth in a changing society.

**Camp Fire USA / Camp Sweyolakan expect that all campers will:**

- Comply with the DO NOT BRING list
- Follow the safety rules of camp.
- Take only appropriate photos and videos at camp and refrain from posting on the internet or using them in any potentially public or objectionable manner.
- Cooperate with other campers and staff.
- Respect the rights and properties of others.
- Listen and follow instructions.
- Participate in activities.

Children are entitled to a pleasant and harmonious environment at camp. The program cannot serve children who display chronically or severe disruptive behavior. This behavior is defined as verbal or physical activity which may include but is not limited to behavior that:

- Requires constant attention from staff.
- Inflicts physical or emotional harm on children or staff (including hazing, harassing or bullying).
- Displays destructive behavior.
- Continually ignores or disobeys camp safety rules.
- Includes use or possession of illegal drugs, alcohol, tobacco, weapons, or explosives, including threats or claims to have weapons.

If a child becomes a serious discipline problem, the camp director will notify the parents of the situation and discuss a solution. If improvement does not occur or a solution cannot be determined, the child may be dismissed from the program. **No refund will be issued.**

### **DO NOT BRING:**

- \* Cell phones, pagers or camcorders
  - \* Pets
  - \* Sheath or illegal knives or other weapons
  - \* Matches, lighters or explosives (includes fireworks)
  - \* Alcohol, illegal drugs, tobacco products
- Items are subject to confiscation or cause for camper's dismissal from camp.**

### **Not Recommended:**

- \* Personal radios, Mp3 or CD players
- \* Personal sports equipment
- \* Stereos
- \* New clothes
- \* Valuables
- \* Hand-held video games

Food, candy or gum create an environment for unwanted animal visitors and may result in damage to camper's belongings.

## Beads and Awards

Camp Fire members who are in at least 3<sup>rd</sup> grade earn numerous beads. If your child is in a Camp Fire club, **be sure to tell your counselor you are a Camp Fire member.** You may purchase earned beads and awards at the Camp Fire office. **Camp is not responsible for lost bead sheets or awards.**

## Camp Activities

Activities may include ...

- Archery
- Arts & Crafts
- Cooking
- Archery
- Hiking
- Boating/Canoeing/Funyakng



...and much, much more!



**Camp Fire USA**  
**INLAND NORTHWEST COUNCIL**

524 N. Mullan Road • Spokane Valley, WA 99206  
509 747-6191 X10 • 800 386 2324 X10  
[sweyolakan@campfireinc.org](mailto:sweyolakan@campfireinc.org)





## Transportation

◆ July 9-10    ◆ July 12-13    ◆ July 14-15    ◆ July 23-24    ◆ July 26-27    ◆ July 28-29    ◆ August 11-12

### Heading to Camp for your Session:

Don't rely on the rubber-band type straps to hold rolled sleeping bags! A garbage bag works great!

- Pack a sack lunch and beverage to be eaten at camp.
- Turn in medications with camper's name on it, in one Ziploc bag also labeled with name.

**Please NO Peanut Butter or Nut Products!**

**Campers will be shuttled from the Camp Sweyolakan Landing on the camp boat - The Carbon Copy at 9 am.**

Campers' parents may accompany the Inni Mini camper to help them get settled in the Bluebirds unit and meet the counselors.

**The Carbon Copy will take you back to The Landing at approximately 9:45 am.**

### Directions to the Camp Sweyolakan Landing:

**From the North & I-90:** Use Exit 12 from I-90. Take Highway 95 South toward Moscow/Plummer. Follow Highway 95 through Coeur d'Alene and across the Spokane River. Continue south approximately 7 miles. Turn left on Kidd Island Bay Road. Take a Right at the "Y" onto Valhalla and follow signs to Sweyolakan Landing. Turn right onto Lutherhaven Road and follow it down the hill. At the bottom of the hill, turn left (there is a Camp Sweyolakan sign), go ½ block and turn right at the Sweyolakan sign. Drive down to the lake.

**From the South:** Take Highway 95 north, turn right onto Kidd Island Bay Road. Take a right at Valhalla and follow signs to Sweyolakan Landing. Turn right onto Lutherhaven Road and follow it down the hill. At the bottom of the hill, turn left (there is a Camp Sweyolakan sign), go ½ block and turn right at the Sweyolakan sign. Drive down to the lake.

### Returning from Camp - Going Home:

Upon return from camp, parents or designated adults must sign for their child.

- For your child's safety, your child will NOT be released except to authorized adults. *Picture ID is required to pick up campers with unauthorized adults listed.* Call the Registrar with questions.
- The Spokane Camp Fire office must be notified of any changes in travel arrangements or authorized adult(s). **Changes in authorized adults at bus or boat will be reviewed and approved by Camp Director or designee.**

**Carbon Copy will arrive at The Landing from camp at approximately 7:30 pm.**

### Early Departure or Late Arrival:

Written parental permission is required if a camper must leave camp early or arrive at camp late. Authorized adults who pick up campers should be prepared to identify themselves to camp staff. *A charge of \$5.00 per family is charged for each early departure or late arrival boat trip.*



Updated: 1/11/2012



**Camp Fire USA**  
**INLAND NORTHWEST COUNCIL**

524 N. Mullan Road • Spokane Valley, WA 99206  
509 747-6191 X10 • 800 386 2324 X10  
[sweyolakan@campfireinc.org](mailto:sweyolakan@campfireinc.org)





# Iron On Name Labels For Children's Camp Clothes



**Personalized Iron-On Name Labels - Durable & Wash Proof**  
An Easy Solution to the Chronic Lost & Found Camp Problem!  
Visit us at [www.ProntoLabels.com](http://www.ProntoLabels.com)

### ORDER FORM

- 25 Labels: \$5.99
- 50 Labels: \$9.99
- 100 Labels: \$12.99

**Print Clearly Your Label:**  
*No more than 17 spaces per line*

Line 1: \_\_\_\_\_

Line 2: \_\_\_\_\_

**Your Mailing Address:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Referred by Camp: **Camp Sweyolakan**

Address: **524 N Mullan Road**

City, State, Zip: **Spokane Valley, WA 99206**

Include e-mail address for info. on order status & handwriting questions  
EMAIL: \_\_\_\_\_

\*Prices subject to change without notice.\*

### CHOOSE STYLE

Kathy Foundit

Mike Lost Nomore  
(864) 616-1373

Jane Safe Clothes

All Capital Letters

Make check payable to:

#### **Pronto Labels**

**(\$1.50 shipping and handling per set)**

302 Rock Creek Drive

Greenville, SC 29605

Questions? Call: 1-800-514-3037

*(no phone orders)*

Normal delivery 14 days.  
For quicker delivery choose:  
*Priority Status (4-5 days), \$8.00\**  
*Express Status (2-3 days), \$19.00\**  
*\*If ordering more than one set,  
add \$1.50 for each additional\**



We are excited to tell you about our partnership with Bunk1.com! Bunk1's secure, easy to use, summer website services let you stay in touch with your camper all summer!

**RETURNING PARENTS:** If you had an account at this camp last summer, you can continue to use your old username and password. Simply sign in at the link below. The first time you visit the site you will be prompted to update your contact information and re-activate your account.

## GET STARTED TODAY

1. Go to our website at <http://campfireinc.org/swey>
2. Click the "Email your Camper" button \*
3. Click "Register Now"
4. Enter your Pre-Approved Registration Code: **1210047SW**
5. Fill out all the required information
6. Purchase Bunk Note credits (you will need a credit card)
7. Send an email to your camper!

**PLEASE NOTE:** ALL camper emails must be sent through your Bunk 1 account. Emails sent to any other email address will **NOT be delivered to your camper**. We thank you in advance for your cooperation and understanding.

\* If you cannot find this button, go to [www.CampSweyolakan.bunk1.com](http://www.CampSweyolakan.bunk1.com) instead and continue on to the next step

### Frequently Asked Questions:

#### **How do I send a Bunk Note (one-way email) to my camper?**

Follow the instructions above except, after registering, simply sign in and click on the Bunk Notes button. Enter your camper's name, select their FALL 2011 grade (in the bunk/cabin drop down menu) type your message, and hit the "Send" button.

#### **Why do I have to pay to send Bunk Notes (one-way email)?**

Each morning, the Bunk Notes system bundles and sorts the messages for us to print out and distribute to campers. It also protects us from computer viruses and allows us to easily manage these emails. Your payment helps us cover the cost of the system, paper, ink, and labor and, more importantly, frees us to do what we do

best – be with your kids! Bunk Note credits cost \$1 each and are purchased in packs of various sizes.

#### **Can other relatives use these services?**

Certainly. Once you have set up your account, you will be able to invite other people to access these services.

#### **What do I do if I lost my username and password?**

You can get it online by going to [www.Bunk1.com](http://www.Bunk1.com) and clicking on the link "Lost Your Password?" (to the left of the page below the sign in button). You will receive an email with your username and password within a few minutes.

#### **QUESTIONS OR PROBLEMS?**

Please call Bunk1 at 1-800-216-9472  
[www.bunk1.com/contact.asp](http://www.bunk1.com/contact.asp)