



480 Forest Road, Denver, PA 17517 | [campconquest.org](http://campconquest.org) | 717-336-2541

# OVERNIGHT CAMP

## Parent Handbook

What you need to know before, during and after a week of camp.



## Table of Contents

Welcome to Camp Conquest.....	3
Before Camp .....	4
Items that can and should not be brought to camp, suggested packing list	
Programs and Supervision.....	5
Programs, staff, medications while at camp	
Safety.....	6
Health care, staff background checks, certified instructors	
A Week at Camp .....	7
Sample schedule, cabinmate requests, mail/packages	
Meals .....	8
Sample menus, dietary restrictions	
Camp Store .....	9
Store cards, money, refunds & donations	
Check in/Pick up .....	10
Check-in and pick up time & details	
After Camp .....	11
Discussing camp with your camper, camp photos, lost & found	
Thank You .....	12



# Welcome to Camp Conquest

## Why overnight camp?

At Camp Conquest, we believe a camper learns through experience, and we create our overnight camp programs with a variety of age-appropriate experiences for each camper.

During a week at camp, campers stay in a cabin with 11 other campers of the same age and gender and two counselors. As a cabin group, counselors and campers participate in activities, games, meals, chapels, campfires, and cabin times together. This cabin experience builds friendships and creates memories campers will not forget.

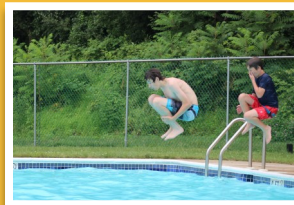
No matter a camper's interests, camp has an activity for them! Rifles, archery, horses, swimming, corclng, giant swing, waterslide, and field games are just a few of the activities we offer at camp. All activities are run by trained instructors who lead campers safely through the activity and connect the activity to biblical truth. Campers have fun getting to do their favorite activities and learning new skills throughout the week.

Nothing beats a campfire on a clear, warm summer night. Each evening, campers enjoy a campfire time singing funny songs, worshipping God, and learning truth from the Bible. These times, along with chapel, small groups, devotions, and one-on-one discipleship are ways we invest in the spiritual life of each camper.

A week of overnight camp is full of exciting experiences to help your camper learn and grow. New friends and new memories await your camper at Camp Conquest. What are you waiting for? It's time to sign up for a week of summer camp!



Summer is a  
time to  
explore the  
outdoors with  
friends.



# Before Camp

## What are some items my camper will need?

Each camper must wear **closed-toe shoes with straps around the heel** or sneakers. Crocs/Croc-like shoes are not adequate foot-wear for all the activities we do at camp.

We recommend clothing that can get dirty since we spend most of our time outdoors.

### Suggested packing list:

- 7-11 T-shirts
- 1-2 sweatshirts
- 2-3 jeans/sweatpants
- 5-6 shorts
- 6-9 pair socks
- 6-9 pair underwear
- 1-2 modest swimsuit (see camper policies)
- 1-3 pajamas
- 1 jacket/raincoat
- Hat
- Work clothes for service project (REAL/TRUE)
- Bodywash
- Shampoo/conditioner
- Toothbrush and toothpaste
- Deodorant
- Brush/comb
- Other personal toiletries (contact solution, face cleaner, hair ties, etc.)
- Bible, pen, notebook
- Sunscreen/insect repellent
- Towels (for showering & pool), washcloth
- Laundry bag
- Sleeping bag or sheets
- Pillow
- Flashlight
- Water bottle
- Shower shoes (flip-flops okay for shower only)
- 1 pair of boots (Optional for riding horses)
- 2 pairs of sneakers
- Sunglasses

**Please label your camper's belongings with his/her first and last name.**

Camper Policies can be found on our [website](#).

## Items that must stay at home:

Electronics  
Toys  
Cell phones  
Wheeled shoes  
Money  
Flip-flops/sandals

If these items are brought to camp, they will be held by the Program Coordinator and returned to the parent/guardian at the end of the week.



# Programs and Supervision

## Overnight Programs

Summer camp is a great way for young people to grow and mature. A week away from home encourages independence and decision-making. It helps develop interpersonal skills and gives children confidence in facing new opportunities. Camp Conquest programs include time to develop new friendships and enjoy the wonders of creation. At Camp Conquest, we offer a variety of camps to allow for age-specific activity and learning opportunities.

- Pioneer Camp is for ages 7-9
- Adventure Camp is for ages 10-12
- Quest Camp is for ages 13-15
- REAL men/TRUE women is for ages 13-15

## Supervision

Volunteer adults from our partner churches provide maturity and structure, while our well-trained Jr Staff (16-18 years old) and seasonal summer staff add energy and enthusiasm. Two to three counselors are assigned with every cabin group of 12 campers. Two nurses are also onsite to help with medications and any first aid issues.

## Medications

Campers may not keep medication with them. All medication must be turned over to the camp nurse upon arrival. This is for the safety of everyone at camp. If your camper has medication such as an EpiPen or inhaler, one of the counselors in their group will carry it for them.



# Safety

Your number one concern about summer camp is the safety and well-being of your child. At Camp Conquest, we feel the same way because many of us are parents as well. We train our counselors to provide your child with a safe, nurturing environment where they can learn new skills and enjoy new friendships.

## Safety Is Important to Us

- **We perform background checks on all staff.**

In addition to PA Clearances, we meet ACA standards with:

- ✓ NSOPW background check
- ✓ We require two contacted references for all staff

- **We require pastoral references for all staff.**

- **Target sports, aquatic activities and horses are staffed with certified instructors.**

At Camp Conquest, we offer a variety of outdoor activities that the average healthy camper can enjoy. All of our activities are supervised by trained staff. Areas of increased risk such as horses, target sports, and giant swing all have additional safety measures and equipment in place and are run by certified staff.

- **Two licensed nurses are on site each week.**



**Camp  
memories last  
a lifetime!**





# A Week At Camp

## Sample Schedule

This is a general schedule encompassing all programs. Pioneer Campers (our youngest campers) have an earlier bed time.

7:30 Wake up	2:15 Store
8:00 Breakfast	3:00 Activity 2
8:35 Flag raising	3:45 Rest/cabin clean up
8:45 Devos	4:15 Assembly
9:15 Field games	5:00 Dinner
10:00 Chapel	6:00 Learning centers/Deb's Surprise
10:45 Small groups	8:00 Snack
11:15 Activity 1	8:20 Campfire
12:30 Lunch	9:00 Bed/night game (depending on age)
1:15 Pool	10:00 Bed

## Cabinmate Requests

It is our desire to provide a memorable camping experience for all campers. Camp is a wonderful place to meet and make new friends. We try to honor cabinmate requests in pairs, as long as requests are mutual and campers are in the same program. Please understand we want to make sure all campers feel welcome and no one feels left out of a cabin group by being assigned to a cabin with already established friend groups.

## Mail and Packages

Campers love receiving mail. Please make sure letters and packages have the correct postage (so as not to delay a letter from home). **Please refrain from sending packages with food or money.** Food is not allowed in the cabins. Campers are not allowed to have cash. Mail can be sent to this address:

**Camper Name**, Program  
(Adventure, Quest, etc.)  
Camp Conquest  
480 Forest Rd  
Denver, PA 17517



# Meals

Meals are prepared by our hard-working and wonderful volunteer kitchen staff. Counselors supervise each table and encourage proper table manners. Please make sure to include any food allergies or dietary restrictions on your online health form.

**Breakfast** is served buffet style. Each morning, cold cereal, baked oatmeal, fresh fruit, muffins, hot chocolate, milk, and juice are available. In addition, a warm meal option is served, such as:

- Pancakes & sausage
- Eggs & ham
- French toast & bacon

**Lunch** is intended to be a lighter meal and involves more finger foods. Most days a sandwich is served with chips, fruit, and salad bar. Water and juice are available. Sample lunch menu items might be:

- Hot ham & cheese and applesauce
- Tacos & toppings bar

**Dinner** is generally a heavier meal. Salad bar, vegetables and dessert are served with a main course. Water and Juice are available. Sample dinner menu items might be:

- Roast beef, mashed potatoes & green beans
- Spaghetti & meatballs

## Dietary Restrictions

Due to the size of our camp, we cannot accommodate specialized meals for campers at this time (gluten free, vegetarian, kosher, vegan, etc.). We encourage parents to supplement quick-to-prepare food items for their camper if they require a specific diet. A menu will be supplied to parents of campers with food allergies a week before camp. Please let the camp registrar know if you plan to supplement food items for your child.



## Camp Store

### Store Cards

In the afternoon, we give campers an opportunity to visit our camp store to buy yummy snacks and cool merchandise. Most food/drink items cost anywhere from \$.50 - 1.50. Campers are allowed to choose two food/drink items per day. We suggest \$15 for your camper for the week. If your camper would like a hat or T-shirt, those run from \$10-15. Money should be added to the camper's account before camp. You may choose an amount to add to your camper's store card when you register him/her. If you'd like to add additional money after registering, please call our office.

### Money

Campers are not allowed to have money on them or in their luggage. They cannot use it at the store since we keep track of money on store cards. Please do not send money with them or through the mail to them. You can always give them extra money to buy a shirt or anything else in the store when you pick them up.

### Refunds and Donations

If your camper has any money left over on their store card at the end of the week, your money will either be returned to you or donated depending on your answer on the online forms regarding store money. All donated store money goes toward our campership fund to help financially needy children attend a week of summer camp.



## Check In/Pick Up

### Check-In

#### Check-in for residential campers is Sunday from 6pm to 6:45pm

When you arrive, please leave your luggage in the car. Proceed to check-in at the gym with your camper's medications. You will see multiple tables in the gym. Please visit each one, as they provide important information for you and your camper. You will exit the gym through the store. Please stop at the counter and check in with the store clerks. As you exit the store, find the table in the pavilion that matches your child's program (Adventure, Quest... etc.). At this table, you will find out your child's cabin and sign up for anything their program requires. Someone will help you and your child with luggage and getting you both to his/her cabin. One of your child's counselors will be in the cabin to greet you.

We ask that parents/guardians leave camp by 7:15pm. This allows your child time and space to start making new friends with their cabinmates and counselors before orientation.

### Pickup

Pickup is Friday evening. We have a short closing program from 6:00-6:15 for parents and campers. Following the closing program, you can sign out your camper in the gym. Just look for your camper's cabin name to sign him/her out. You will receive any store refunds (if requested). Please feel free to swing by the store AND check the lost and found (it's amazing some of the things that get left behind). Make sure your child didn't leave anything behind.



## After Camp

### Talking with Your Camper About Their Week

There is nothing more exasperating than asking your child, "What did you do at camp?" and getting the response, "Nothing." While some children are bursting to share their experiences on the ride home, others are tired or may simply need a little more time to process. Over the week following camp, draw your child out slowly by asking specific questions about cabinmates and counselors, activities they participated in Bible stories they learned, or ask your child to tell you about a new friend or counselor they met or sing a camp song.

### Camp Photos

We attempt to upload pictures at the end of the week. You will receive a link and password via email the week before camp. Please be patient as sometimes it takes us longer than we expect to get photos uploaded. We cannot honor picture requests of specific campers. Please know that we try to get pictures up for parents as soon as we can.

### Lost and Found

Please make sure all of your camper's items are clearly marked with his/her first and last name. We try to manage lost and found items continually throughout the camp season, but it is a challenge! If you discover your child is missing something upon your return home, please notify the camp office as soon as possible so that we may assist you in finding your lost items. Once summer camp season is over, we donate unclaimed items to a local charity.

### Survey

We will provide a survey upon your departure. We value your feedback in order to improve our programs for your children.

### Social Media

Camp Conquest discourages camper-staff interactions on social media sites. We encourage our staff to stay connected to campers after camp through letter writing with parent permission. Please encourage your camper to write letters to their counselors rather than reaching out on social media.



## Thank You

Thank you for choosing Camp Conquest for your child's camping experience. We look forward to serving your family this summer!

If you have any questions, please don't hesitate to contact us.



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[www.campconquest.org](http://www.campconquest.org)

