

# CAMP NEWAYGO OVERNIGHT CAMP Parent Packet

Dear Summer Camp Families,

We are excited you have made the decision to have your camper spend a session with us! Since 1926 Camp Newaygo has built resilience, independence, and growth through our all-girls overnight camp program.

In this handbook, you will find answers to frequently asked questions and other important information. Whether you are new to Camp Newaygo or are returning for another program, we ask that you read this packet completely and carefully.

The past three years have been challenging for all of us. Youth have spent more time than ever before in front of screens, isolated from their peers, and disengaged from the natural world. We know that now, more than ever, kids need camp.

What makes Camp Newaygo such a special place is that it is a youth-focused, caring community, committed to continuing a tradition of opportunities for girls and women.

Thank you for choosing Camp Newaygo and giving us the awesome privilege and responsibility of looking after your children. We look forward to an unforgettable summer with new and old friends, making memories to carry us through to next summer.



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## Summer at a Glance

Session	Dates	Ages
Session 1	June 18-24	Campers Ages 7-16 Campers 8th Grade - 11th Grade
Mini Camp 1	June 18-21	Campers Ages 7-12 Campers 1st Grade - 7th Grade
Session 2	June 25-July 1	Campers Ages 7-16 Campers 1st Grade - 11th Grade
Session 3	July 2-8	Campers Ages 7-16 Campers 1st Grade - 11th Grade
Mini Camp 2	July 5-8	Campers Ages 7-12 Campers 1st Grade - 7th Grade
Session 4ALL	July 9-22	Campers Ages 7-16 Campers 1st Grade - 11th Grade
Session 4A	July 9-15	Campers Ages 7-16 Campers 1st Grade - 11th Grade
Session 4B	July 16-22	Campers Ages 7-16 Campers 1st Grade - 11th Grade
Session 5ALL	July 23-August 5	Campers Ages 7-16 Campers 1st Grade - 11th Grade
Session 5A	July 23-29	Campers Ages 7-12 Campers 1st Grade - 7th Grade
Session 5B	July 30-August 5	Campers Ages 7-12 Campers 1st Grade - 7th Grade



**Holdover Weekends:** Holdovers are for campers staying for multiple sessions.

Holdover	Dates
Holdover 1: Between Session 1 and 2	June 25 - 26
Holdover 2: Between Session 2 and 3	July 2 - 3
Holdover 3: Between Session 3 and 4	July 9 - 10
Holdover 4: Between Session 4ALL/B and 5ALL/A	July 23 - 24

### Camp Newaygo Culture – What Can Your Overnight Camper Expect at Camp Newaygo

**Mission:** Founded in 1926, Camp Newaygo’s mission for overnight camp is to provide the space for girls and young women to get back to nature and to be themselves in a rustic camp setting.

- **Mission Statement:** *Camp Newaygo fosters discovery, creativity, and collaboration within communities, groups, and individuals in natural environments.*
- **Vision:** *Camp Newaygo builds resilient leaders, creative individuals, and a sense of belonging. Our programs bring participants closer to nature and promote the call for stewardship of our environment. Camp Newaygo will continue our tradition of providing opportunities for girls and women, and we will increase the diversity of programs to advocate for, and prioritize social justice and equity for all.*
- **Values:**
  - *Resilience: grit, ability to bounce back from adversity*
  - *Independence: self reliance, creative, decision making*
  - *Growth: new experiences, grow a love of the outdoors*

**Age Ranges:** 7-16 years; Campers 1st Grade - 11th Grade, Leaders-in-Training are entering 12th grade.

**Focus:** We take great pride in enthusiastically providing compelling summer camp programming that’s all about girls — their voices, their needs, the unique pressures they face and all that they can achieve. Our programs focus on teaching girls new skills, providing girls with new experiences, encouraging girls to forge strong bonds of friendship, and an increased appreciation for our natural world designed to build grit and resilience.

- Campers will interact with women in positions of authority, who set the tone and establish what is expected of each and every girl at Camp.
- We proudly use the pronouns she/her and many of our songs use girls, she, or her.
- We celebrate female culture, female values, and the unique needs of girls.

**Rustic Camp Newaygo:** Camp Newaygo is all about getting back to nature and while some of our main buildings have been modernized, camper accommodations are basic.

- Camper lodging spaces for 8th graders and older do not include electricity.
- There is no air conditioning in camper lodging.



- We have a beautiful, modern bathroom and shower facilities which are a short walk from cabins and units.
- Units have newly renovated private outhouses for evening and night use.
- Camp Newaygo is a tech-free zone.
- Campers will be spending most of their time outdoors rain or shine.
- Camper swim sessions are in the lake. Access to the lake beach is stairs with 85 steps.

**Meals:** Camp meals are communal, with cabins and units served “family style”. Our kitchen is able to accommodate some dietary restrictions. Please contact us to discuss our ability to support special meal requests. Camp Newaygo is not a peanut-free facility.

**Noise & Energy:** Campers will sing, yell, and laugh all day making Camp Newaygo a noisy place to be. Similarly, the pace at Camp is energetic and can be especially high energy when something super exciting is going on.

**Wilderness Trips:** Camp Newaygo is committed to wilderness adventure trips with outdoor camping for our all girls’ overnight programs. Trip designs are appropriately challenging for each specific age group.

**A Secular Space:** Camp Newaygo is not affiliated with any church or religious organization. Before meals, we sing a song of gratitude (referencing thank-you’s to Camp, or nature). A few camp songs reference God, which we continue to sing as part of our programs, but focus is not on the religious element of the song, and campers can choose to sing or refrain from singing. We welcome campers of ALL religious backgrounds, including no religion. There are no religious teachings, religious ceremonies, or religious traditions within our camp programs. We do host a “Christmas in July” day in Session 4B, with no religious themes.

**COVID-19 Vaccinations:** Camp Newaygo strongly recommends children receive all COVID-19 vaccinations for which they are eligible including booster shots. Camp Newaygo does not require campers to be vaccinated against COVID-19. If a camper is determined to have symptoms of COVID-19, a COVID test might be administered on site.

**Friendships & Relationships:** Camp Newaygo encourages girls to form strong bonds of friendship, many lasting a lifetime. Camp does not encourage forming romantic relationships at camp, and does not allow displays of affection of a romantic nature.

**Camper Participation Expectations:** Camp Newaygo expects campers to have sufficiently good physical, mental, and emotional health and maturity to be able to actively participate in camp in a positive and cooperative manner that displays tolerance and respect for self and others and to:

- handle sleeping-away-from-home including taking care of their own personal needs such as eating, dressing, sleeping, showering, and maintaining their hair;
- participate as part of a supportive community in a socially healthy way;
- function in a group setting in a positive and cooperative manner displaying tolerance and respect for self and others;
- interact responsibly in a group and work together as part of a team;
- follow all instructions and refrain from behaviors that pose a risk to self or others; and
- contribute to a safe learning environment, using respectful language and appropriate physical behavior.



**Other Needs: If your camper is or has experienced any of the issues listed below this year, please contact Camp Newaygo to make sure that we can provide the best camping experience for your child:**

- Has physical, mental, or behavioral disabilities (please contact Camp before completing registration);
- Any physical health concerns including recent illnesses, broken bones or sprains, concussion, mobility issues, surgery, etc.;
- Any mental health concerns, including anxiety, depression, self-harm, trauma, or any case in which your camper has required the care of a mental health professional or a school counselor in the past school year;
- Been diagnosed with any learning challenges, including dyslexia, ADHD, etc.;
- Been prescribed medication for any mental/emotional/social health concern, learning or behavior conditions;
- Had a difficult year at school either academically or socially; or
- Experienced any changes to her living situation or family life, including marriage, separation, divorce, or death of a loved one.

### **Anti-Bullying Policy**

Bullying is when one or more people exclude, tease, taunt, gossip, hit, kick, or put down another person with the intent to hurt another. Bullying happens when a person or group of people want to have power over another and use their power to get their way, at the expense of someone else. Bullying can also happen through cyberspace: through the use of emails, text messaging, instant messaging, and other less direct methods. This type of bullying can also lead to persons being hurt during or between camp seasons and be especially hurtful when persons are targeted with meanness and exclusion.

At Camp Newaygo bullying is inexcusable, and we have a firm policy against all types of bullying. Our Camp philosophy is based on our mission statement which ensures that every camper has the opportunity to explore, create, and cooperate among individuals and communities in the natural environment. We work together as a team to ensure that campers gain self-confidence, make new friends, and go home with great memories.

Unfortunately, persons who are bullied may not have the same potential to get the most out of their Camp experience. Our leadership addresses all incidents of bullying seriously and trains staff to promote communication with their staff and their campers so both staff and campers will be comfortable alerting us to any problems during their camp experience and between camp seasons. Every person has the right to expect to have the best possible experience at camp, and by working together as a team to identify and manage bullying, we can help ensure that all campers and staff have a great summer at Camp Newaygo.

### **Cancellation Policy**

We feel our cancellation policy ensures a fair and flexible experience for everyone involved.

Each registration requires a non-refundable \$100.00 deposit per session.

*Cancellation At Least 30 Days Before The Session:* Families can cancel a reservation at least one month (30 days) before a program start date for a full refund, minus the deposit. The \$100.00 deposit is non-refundable.



**Cancellation Within 30 Days Of The Session:** There will be no fee reduction or reimbursement for absences due to illness (including Covid-19), family emergencies, vacation, summer school, unexpected visits from relatives or for any other reason. There will be no fee reduction or reimbursement for campers sent home early due to homesickness, injury or behavioral issues. Camp Store funds are refundable during check-out or you may choose to donate to the scholarship fund. At any time, you may transfer to another camp session if availability allows.

### **Camper Dismissal**

There will be no fee reduction or reimbursement for campers sent home early due to homesickness, injury or behavioral issues. Campers who are dismissed early from camp must be picked up within 24 hours of family notice. If parents/guardians are out of town and unable during their camper's session at camp, an authorized pickup must be available and listed on the camper's account.

If the parent or authorized person(s) fails to pick-up the camper within 24 hours of notification, provided that other arrangements for releasing the child to the parent or authorized person(s) have failed, in extreme cases, the camp will call the Department of Health & Human Services 24 hour Child Abuse & Neglect Hotline at 855-444-3911 to seek assistance in caring for the child until an authorized person is able to pick-up the child.

### **Friend Requests**

Summer camp is an amazing opportunity to make new friends outside of your camper's school and neighborhood. We are so grateful that campers recruit their friends to come to Camp with them. We also know having a friendly face in your camper's lodging group can help create a successful experience. We intentionally create lodging groups that honor friend requests and help foster and develop lifelong friendships.

During registration each camper has the opportunity to list ONE friend request. In order for the request to be honored, BOTH campers must request each other, both campers must be at the same age/grade level, and both campers must be attending the same session for the same length of time. We are not able to honor friend requests that are between one and two week campers. If we are able to accommodate a different age/grade level friend request, the older camper will be moved into a younger age group. No news is good news when it comes to friend requests- if we are able to honor your friend request, you will not hear from us.

Friend requests are only accepted until April 15th. After April 15th, most of our lodging is completed, and we will not consider friend requests as a part of our lodging decisions. So register early, and encourage your friends to register early!

If we are unable to accommodate a friend request you will receive a phone call explaining the situation. Be patient and understanding, lodging assignments are very difficult, sometimes we make a mistake, sometimes there is no way of giving you what you request. Be prepared to be gracious if we cannot accommodate your request.

If it is not possible for campers to bunk together, they will still have plenty of time to interact during their session. They will be able to take classes together and interact during free time and free swim.



### Anti-Request (please use carefully)

THIS REQUEST TAKES PRIORITY and it may prevent the camper from being placed with a requested friend. If you think it's best that your child not be placed with a particular friend, please be honest with the family involved before camp starts. Such difficult conversations are easier now than during check-in. We would be happy to give you suggestions. While we will not share requests freely, there may be circumstances where it is necessary to reveal this information to address cabin placement questions. Please note, cabin-mates requests and anti-requests are NOT confidential.

Upon registration, you sign our friend request agreement form that states that you understand our policy and procedure regarding friend requests.

### Check-In Procedures

Please plan for the entire check-in process to last an hour and a half.



#### Step 1: Arrival Time:

- 2:30PM-3:30PM EST: Cabins (Entering Grades 1st-7th, Fall 2023)
- 4:00PM-5:00PM EST: Units (Entering Grade 8th-11th, Fall 2023)

\*If you are checking in siblings, please arrive at the check-in time of the youngest camper.



#### Step 2: Registration:

- Parents/guardians will be directed to parking. Please leave all luggage in the car (except for medications) until you have completed the check-in process.
- Families will make their way to our main lodge for outdoor registration including confirmation of session length, confirmation of all updated forms on file (including insurance cards), confirmation of balance uploaded to the camp store, and campers will learn their housing assignment



#### Step 3: Health Check:

- In the main lodge, campers will complete a brief health screening which includes
  - Temperature Screening  
If your camper has a fever of 100.4°F or higher upon arrival at camp, you will need to take them home until they are 24 hours fever-free (without fever-reducing medication).
  - Head Check  
Our staff will check every camper's hair during check in. If a camper is identified with having head lice, you will need to take them home to treat it. They can return to camp if you provide a certificate from a Lice Removal salon, or you can treat them yourself at home and they may return when there are no live lice or nits present. Alternatively, we can arrange for them to attend a different session of camp, if space is available. Save yourself the headache and do a couple of head checks in the weeks and nights prior to your child's arrival at camp. Make it part of the evening routine and educate your child about not sharing brushes, combs, or headwear with others.





#### Step 4: Medication:

- At the Health Lodge, parents/guardians will be able to hand off any medications to camp staff.
  - Please have medications labeled clearly with name, prescription, dose amount, and time of delivery (breakfast, lunch, dinner, or evening) sealed in a ziplock bag.
  - Families will have an opportunity to speak to the camp nurse, if needed.

#### Step 5: Move in to Housing:



- After your camper has completed the check-in process families will retrieve their luggage and can accompany their camper to their living space to help them unpack and settle in. Families will have an opportunity to meet the camp counselors.

#### Check-Out Procedures

At check out, families will check out their camper at their living space with the camp counselor. Campers will only be released to adults on their account's Pickup Authorization list. Adults should bring a photo ID to check-out their camper. During check-out, families can visit the camp store, pick up arts & crafts, check lost & found, and attend the optional closing ceremony. The closing ceremony includes speeches about the session, camp songs, and special traditions. If families arrive after 10:30AM, campers will need to be signed out by an authorized adult after the closing ceremony.

#### Check-out Time:

- 9:30AM - 11:30AM EST
- Optional Closing Ceremony: 10:45AM -11:30AM EST

#### Early Pickups

Please do not plan on picking your camper up before 9:30AM on the ending day of your session. We have over 100 campers to help pack and cabins to clean. When parents arrive prior to 9:30AM, it makes it difficult for our staff to get their jobs done.

#### Late Pickups

Check out ends promptly at 11:30AM EST. Campers not checked out by 12:00PM EST will be supervised as camp connects with authorized pickups on the camper's account. If the parent or authorized person(s) fails to pick-up the camper within 24 hours of notification, provided that other arrangements for releasing the child to the parent or authorized person(s) have failed, in extreme cases, the camp will call the Department of Health & Human Services 24 hour Child Abuse & Neglect Hotline at 855-444-3911 to seek assistance in caring for the child until an authorized person is able to pick-up the child.

#### Packing List

You can find a comprehensive Overnight Camp Packing List [HERE](#)

- General





- You can wear anything at Camp that is appropriate for the activity you are doing (it is hard to wear a skirt while ziplining).
- Clothing should not be derogatory, profane, or inappropriate for our youth audience.
- Swimsuits need to cover private areas. Make sure you feel comfortable tubing, boating, swimming, and jumping in whatever you are wearing.
- Please note we play hard at camp. We move a lot. Make sure you are comfortable in what you are wearing.
- Don't bring your favorite things to camp. Camp is hard on clothes.
- **Bedding**
  - Beds at camp are twin size. A typical set up is a twin fitted sheet, top sheet, blanket, sleeping bag, and pillow. Some campers sleep in a sleeping bag all summer.
  - Make sure your sleeping bag is easy to pack and transport. This will be brought on overnight campouts and trips.
- **Insider scoop**
  - A shower caddy, bag, or container is helpful for carrying your shower supplies to and from the bathhouse.
  - Bring a beach/waterfront towel and a shower towel.
  - A water bottle is a must. These can be purchased from the camp store or borrowed from camp if you forget yours.
  - If your camper forgets something, please call us. We keep many forgotten items on hand for purchase at the Camp Store or can have a volunteer run to Meijer or Walmart and charge your camper's Camp Store Account.

### Laundry

If your camper is staying for a holdover in between two sessions, a laundry service is included with their holdover fee. Laundry is not done for two-week sessions. So, if your camper is registered for session 4ALL or 5ALL, they need to pack for two weeks of camp.

### Lost and Found

Please mark all items with your camper's full name. We will only save items in the lost and found that are labeled. Any labeled items will be held at Camp until one week after the camper's session. After that, all remaining items are donated to charity. Camp Newaygo is not responsible for any lost or stolen items. Please leave valuables at home.

### Daily Schedule

<b>7:00</b>	<b>Rise and Shine</b>
<b>7:30</b>	<b>Morning Clubs- Optional</b>
<b>8:30</b>	<b>Breakfast</b>
<b>10:00</b>	<b>1st Activity Period</b>
<b>11:15</b>	<b>2nd Activity Period</b>
<b>12:30</b>	<b>Lunch</b>



<b>1:30</b>	<b>Cantina &amp; Camp Store</b>
<b>2:00</b>	<b>Rest Hour</b>
<b>3:15</b>	<b>3rd Activity Period</b>
<b>4:30</b>	<b>DIP</b>
<b>6:00</b>	<b>Dinner</b>
<b>7:15</b>	<b>Evening Program</b>
<b>8:30</b>	<b>Evening Routine</b>
<b>10:00</b>	<b>Lights Out</b>

### **Camp Programming**

Since 1926 campers have enjoyed a variety of activities that develop resilience, independence, and growth. Our programming model allows campers to experience new activities, develop skills, and build lifelong friendships. No two weeks are the same at Camp Newaygo which is why many campers choose to spend multiple weeks of their summer at camp.

- **Morning Clubs**

- Morning Clubs are optional and offer campers some unique ways to start their day. Common Morning Clubs include; polar bear swim, dance party, morning run, and yoga. Campers will have time to return to their cabin and get ready for their day prior to breakfast.

- **Classes**

- One of the great aspects of Newaygo's Camp program is the variety of activities. There are over 30 activities to choose from and the activity sign-up process was designed to allow campers to follow their own passions. Campers sign up for their classes the first evening of camp. They choose two classes per week, allowing them to build their skill level in two specific areas. We do our best to ensure that every camper is able to sign up for the classes they want, while balancing small class sizes.
- Campers who come to Camp Newaygo can look forward to the following activities:
  - Waterfront: canoeing, kayaking, sailing, paddleboarding, synchronized swimming, and windSurfing.
  - Arts and Crafts: ceramics, darkroom photography, fashion design, fiber arts, painting, and watercolor.
  - Performance: cheerleading, dance, drumming, guitar, improv, music, and ukulele.
  - Landsports: basketball, fencing, gymnastics, tennis, wilderness women, wacky sports, and yoga.
  - Adventure: archery, high ropes course, low ropes course, outdoor cooking, outdoor skills, and zipline.

- **Rest Hour**

- We play hard at Camp and the camp schedule is very different from what most campers experience at home. The structure of Camp does not allow for much introverted or alone time, we find that Rest Hour fills that gap. Rest Hour is a quiet, cabin time where campers can choose



to nap or do a quiet solo activity. We encourage campers to bring a book, letter writing supplies, journal, or bracelet making supplies to keep them busy.

- **Cabin/Unit Hour**

- During one week sessions, cabins and units are assigned one hour per day for special programming as a living space. This includes time for tie dye, shopping at the camp store, showers, wilderness trip packing, and zipline. For two-week groups, it is likely this will happen one of the two weeks of their session, allowing for five class choices during their time at camp.

- **DIP**

- DIP happens every afternoon and is a camper choice activity time. The waterfront is open and staffed for free swim, arts and crafts, an active landsport, and a relaxing activity. Campers can choose a different DIP activity every day or choose to enjoy the same activity all week long.

- **Waterfront**

- Camp Newaygo owns a mile of waterfront on Pickerel Lake. Pickerel Lake is part of a chain of four lakes that are connected via channels. We also have an island, called Turtle Island, located on Sylvan Lake.
- Whenever campers have access to the waterfront it is staffed with a Waterfront Director and American Red Cross Certified Lifeguards. Before entering the water campers will find a buddy to spend swim time with. We utilize a buddy board system to track what campers are in what sections or using what boats. Lifeguards will call an in-water body check every 5 minutes and an out of water body check every 15 minutes.
- The waterfront is split into three sections, beginner, intermediate, and advanced. On the first day of camp, each camper will complete a swim check to determine which section(s) best suit their swimming ability. The Camp Newaygo swim check is a 10 minute tread followed by a 50 yard swim. The treading and swimming ability of the camper will determine what areas of the waterfront a camper can swim in and the boating classes a camper can take. During the tread, campers must keep their chin and ears above water. If a camper continues to have their chin and ears in the water, our lifeguards will ask them to climb out and their test will be over.

- **Zipline**

- Camp Newaygo's Zipline Canopy Tour is a three zip line course through the wooded canopy. The ziplines total 1,000 feet, are 90 feet in the air, and participants can expect to go over 20 miles an hour! Campers 50-250 pounds will have the option of signing up to do the zipline once during their stay at Camp Newaygo. If your camper is interested in the zip line, you can add this option as a part of registration for an additional \$20.00 per session.

- **Evening Program**

- Everyday after dinner campers will experience an Evening Program. Each Evening Program is a surprise and you can always expect something new, fun, and exciting every year. Evening Programs can involve costumes and themes, and encourage group participation and strategy.

- **Overnights and Wilderness Trips**

- Overnight and wilderness trips have been a part of Camp Newaygo's program for decades. Campers and staff rave about overnights and wilderness trips. They provide a special opportunity for bonding.
- Each summer we hire a Tripping Director who coordinates the logistics of trips, plans meals, and works with volunteers who transport campers in our fleet of vans. We train our counseling



staff on overnights and wilderness trips and have Trip Leads who receive extra training to lead off-site trips.

- All tripping fees are built into your camper's registration.
- Cabin campers will camp on Camp Newaygo property. Our youngest campers might stay down at the waterfront or at one of our many on-site campsites. Campers will have the opportunity to set up tents, gather firewood, and cook dinner and breakfast over the fire.
- Our Unit campers will go on a wilderness trip off-site. They will hike, canoe, kayak, or tube to a campsite. They will set up tents, gather firewood, and cook dinner and breakfast over the fire. Some common off-site trips include the Muskegon River, Pere Marquette, and Manistee National Forest.
- Some of our Sessions offer specialized off-site trips.
  - Leader-in-Training: Pictured Rocks, 4 day backpacking trip
  - Pioneers Session 5: North Manitou Island, 4 day backpacking trip
  - Wakonda Session 5: South Manitou Island, 4 day backpacking trip

### **Camper Birthdays at Camp Newaygo**

What a treat! We make sure counselors are aware if a camper has a birthday while at camp. We celebrate birthdays at Camp Newaygo with the tradition of the Birthday Hat which includes the special "Happy Birthday" song sung by the entire camp during lunch. Your camper is sure to get lots of birthday wishes throughout the day and maybe even a friendship bracelet.

If you would like to send a food and candy free package, please email [campbiz@campnewaygo.org](mailto:campbiz@campnewaygo.org) or call 231-652-1184 to get your package approved. We recommend something that can be shared with the whole cabin to celebrate your camper.

### **Camp Store and Cantina**

Your camper will have the opportunity to visit the Camp Store at least once a week and the Cantina at least four times a week.

The Camp Store has a variety of items including t-shirts, sweatshirts, stickers, hats, water bottles, journals, stuffed animals, and so much more. There are new designs added every summer. Campers can also buy a \$7 white t-shirt with a white screen printed design to tie dye while at camp. Prices in the camp store range from \$1 to \$50.

The Cantina has candy and snacks that range in price from \$.50 to \$2.00. Campers are allowed to buy two items per day. On Wednesdays there is pop available for purchase at the Cantina.

Families add a wide range of money to their camper's accounts. It is up to families to discuss with their camper how much money is in their account and how they are allowed to spend their money.

You can add money to your campers store account & view what your camper is purchasing throughout the week. Please note, we do not allow campers to keep cash in their lodging spaces as things may get misplaced.

- Log into your account [HERE](#)
- Go To: Additional Options
- Select: Camp Store
- Select: Add money to the camp store/ Manage store accounts



- You can add money here
- Select "View Purchase History" to view how your camper is spending their money

## Meals

- Our Chef Team and Culinary Interns pride themselves on feeding campers well balanced meals that fuel their bodies for the active lifestyle of camp. Our meals are kid friendly and nutritious. Campers share each meal family style with their cabinmates and counselors. There is a salad bar available at lunch and dinner.
- Sample Menu
  - Breakfast: Scrambled Eggs, Bacon, Hash Browns, Fruit, Yogurt, Cereal
  - Lunch: Chicken Tacos, Lettuce, Tomato, Onion, Cheese, Spanish Rice, Refried Beans, Juice, Brownie
  - Dinner: Chicken Parmesan, Spaghetti, Salad Bar, Breadsticks, Juice, Oreo Bar
  - Evening Snack: Goldfish
- We accommodate a variety of common dietary restrictions, as long as they are listed on the camper's form 2 weeks in advance. Common dietary restrictions include; dairy free, vegetarian, and gluten free. If your camper has a different dietary restriction please call us so we can prepare for them. We may work as a team for you to provide appropriate snacks or meal equivalents.
- Our facility is not peanut free. If your camper has a severe allergy to peanuts, please call us so we can determine if we are a good fit with your camper's allergy.

## Health Information

- **Camp Newaygo Health Lodge**
  - The Camp Newaygo Health Lodge is staffed by a Registered Nurse and a seasonal Health Officer. Both individuals live on-site and provide physical, mental, and emotional support to our camp community.
  - All other staff are first aid, CPR, and AED certified and many of our staff hold American Red Cross Waterfront Lifeguard Certifications. They also undergo epi-pen administration training.
  - There is a treatment room and four private recovery rooms in the Camp Newaygo Health Lodge.
  - The Nurse's Station is stocked with necessary over-the-counter medications and first aid supplies.
- **Health History Information and Check-In**
  - During check-in every child will undergo a mandatory lice check, as required by the American Camp Association.
  - Please be as forthcoming as possible with your camper's health information. We want to set your camper up for success for their time at Camp Newaygo. If your camper has a special need Camp Newaygo cannot accommodate, we will be happy to recommend you a summer camp that may be a better fit for your family.
- **Emergency Contact Information**
  - Please make sure all the information for the primary account holder on your registration account is accurate and up to date. This is the first individual we will call should a need arise at camp.
- **Medication**
  - Medications need to be in the original container. Please place all medications in a zip-lock bag labeled with the camper's name.
  - These medications will be turned in during check-in to our Registered Nurse.



- The Camp Nurse will distribute medications around breakfast, lunch, dinner, and before bed. Medications will be distributed based on the information you provided on your camper's health history and during check-in and the information provided on the medication container.
- We strongly encourage you to include all the medications your camper regularly takes at home. This consistency will help your camper be successful at camp.
- **Fever Policy**
  - If a camper develops a fever while at camp, guardians will be notified, and the camper will remain in the nurse's cabin. Due to the risk of COVID-19, all campers presenting with a fever will need to be picked up by a parent or guardian. They may return to camp once they are 24 hours fever-free (without fever-reducing medication) and a negative COVID-19 PCR test.
- **Off-Site Medical Care**
  - Should your camper require X-rays, lab work, orthodontia or other care beyond the scope of our Camp Health Lodge, we will seek treatment at Gerber Memorial Hospital or Spectrum Health Walk-in Clinic. We will make every effort to contact you before your child arrives at off-site care, although we will not delay care if we cannot reach you.
  - If additional medical care is required, resulting prescriptions, doctor, or hospital bills will be charged to you. Camp will contact you to discuss payment. You will be responsible for filing medical bills with your insurance company for reimbursement.
- **Insurance Card**
  - Please remember to email a copy of your insurance card to [campbiz@campnewaygo.org](mailto:campbiz@campnewaygo.org). We will not be able to check in your camper without a copy of your updated insurance information.

### Communication with Parents

- At Camp Newaygo, we are committed to extraordinary parent communication. Our Camp Staff will contact you if any of the following happens:
  - Your camper spends the night in the Health Lodge for any reason.
  - Your camper is restricted from significant amounts of activity due to an illness or injury.
  - Your camper requires off-site care (e.g., stitches, X-ray, dental care).
  - Your camper repeatedly visits the Camp Nurse with the same complaint.
- Please also understand that our Camp Staff cannot call every parent of every camper who comes to the Health Lodge for minor care. Scrapes, ice packs, and insect bites are routine. We often let tired campers rest and re-hydrate in the Health Lodge.

### Homesickness

No other experience is as fun and formative, but did you know that 95% of campers report feeling homesick at overnight camp? Our staff is trained in recognizing and validating homesickness in campers but not letting it consume their camp experience.

Part of your camper's success at Camp will depend on the preparations made before they ever leave home. Whether it's working through pre-departure jitters or knowing what to pack, following a few simple guidelines will ensure that your camper starts her experience on the right foot.

- Be positive.
  - Encourage and engage your camper in positive conversations about camp. Review the information in this packet with them to get them excited about the schedule and daily activities.
- Address it.



- If your camper brings up homesickness, confront it directly. Let them know that it is normal but not to dwell on it. Remind them that they can miss home and still have an awesome time at camp.
- Don't make a "pick-up deal."
  - Promising "If you feel homesick, I'll come and get you" undermines children's confidence and dramatically intensifies homesickness. Instead, normalize their anxiety, talk positively about camp, and make sure they know an early pick-up is not an option.
- Double-check the packing list.
  - Pack with your camper so they take ownership in what they are bringing with them. Let them choose a favorite book or quiet activity for Rest Hour.
- Label everything.
  - It's easy to lose things at camp, but if you want it back, it's got to have your name on it. Label everything from your t-shirts to your toothbrush. And leave really expensive gear at home. Many children lose something at camp, so check the lost-and-found during check out.
- Spend practice time away from home.
  - Nothing builds confidence and teaches a child how to cope with time away from home better than...(you guessed it)...time away from home. That weekend at grandma and grandpa's will do wonders for their adjustment. Remember: No phone calls. This is the time to practice writing letters!
- Double-check the starting time for check-in and check-out.
  - Start camp off on a smooth note by arriving on time and on the right day. Use a wall calendar in the months prior to opening day to make an exciting count-down to the big day.

While your camper is at camp you can send them positive communication from home. Please see the Staying in Touch with Your Camper section for more information.

## Staying in Touch with Your Camper

- **Photos**
  - Photos will be uploaded to our password protected gallery on: Mondays, Wednesdays, and Fridays by 6PM.
  - You can view the photos [HERE](#), using the password 'Summer2023'
  - Our media specialist will do their best to capture photos of every child. Please be aware that our primary goal as a program is to provide a safe, fun experience for your camper (and NOT to capture every moment of their camp experience in photos).
  - Find out more about our approach to posting photos [HERE](#)
- **Emailing Campers**
  - You can email your camper through your registration account. You must purchase emails in blocks. Please remember that your camper cannot email you back, but they really love getting emails from you.
  - Emails received by 8:00AM will be delivered at lunch mail call.
  - To purchase emails:
    - Log into your account [HERE](#)
    - Go to: Manage My Account
    - Go to: Additional Options
    - Select: Email a Camper
  - To allow family or friends (that are not on your account) to email your camper
    - Go to: Additional Options



- Select: Email a Camper Under Common Tasks
  - Go To: Create Friend Accounts
  - Follow directions to invite Friends/Family to email your camper
- **Sending Letters**
  - You can send handwritten letters through USPS to camp. Letters will be delivered at lunch mail call the day after they arrive. Please allow 2-3 business days for your letter to get to camp. Some family members choose to send mail the Friday before their camper is dropped off at camp to ensure it arrives on time. Letters that arrive after a session is over will be returned to the sender.
  - Physical Address: Camp Newaygo, Camper's First and Last Name and Cabin, 5333 South Centerline Road, Newaygo, MI 49337
- **Package Policy**
  - In efforts to celebrate the unique, simplistic lifestyle that Camp allows and to promote unity within the camp family, Camp Newaygo is package-free. We encourage you to use our email platform or handwritten letters to communicate with your camper.
  - We understand that essential items may be forgotten at home or in the car. If this happens, please email [campbiz@campnewaygo.org](mailto:campbiz@campnewaygo.org) or call 231-652-1184 to get your package approved. We will provide you with next steps to ensure your camper gets their essential item(s). We also have essential items available for purchase at camp and the ability to get essential items from a local store, which may be quicker than mailing a package.
  - Any other packages sent to campers will be returned to the sender unopened. Please be sure to share this information with family and friends who may be planning to send packages! Packages are any items received in the mail other than a regular flat envelope (Up to the size of a flat "6 X 9" envelope).

## Camp Staff

The top priority for the Camp Newaygo staff is for them to be positive role models for our campers, and to provide campers with an incredible camp experience. Camp Newaygo's dynamic staff of young adults go that extra mile by bringing an impressive variety of talents and experiences in the arts, sports, science, counseling, and leadership. What stands out most about our staff is the level of commitment and care they put into everything that they do. Staff members play many different roles in the day. From leading songs after meals, planning and facilitating activities, lifeguarding during swim times, to supervising campers at night, our staff are the heartbeat of Camp Newaygo and approach their roles with confidence and enthusiasm.

- **Background Checks**
  - If a candidate is offered and accepts a position at camp, we then conduct a series of background checks. We complete a nationwide Criminal History Background check, and a search of the National Sex Offender Registry for every candidate. For individuals over 21 years of age, we also complete a Central Registry search, which is a database for child abuse and neglect. All staff members (new and returning, and year-round staff) and volunteers are required to do these background checks every year, prior to the start of our summer programs.
- **Staff Diversity**
  - We hire staff from all over the United States and all over the world. In a typical year, roughly half the staff is made up of returning counselors, and half are new to Camp Newaygo. We want to uphold the traditions and things that make Camp Newaygo special to our campers and alumni, but we also want to bring in new ideas and perspectives to keep our programs fresh and relevant.





- **Pre-Camp Training**

- The key to a successful summer is a well-prepared staff. Prior to the start of the summer, camp staff spend two full weeks participating in training workshops. This helps to familiarize them with camp policies, fine-tune skills, and foster a positive group dynamic. By the time campers arrive, our staff are fully prepared to make the summer ahead the best yet.

### **Directions to Camp**

Please note that Google Maps might direct you past the entrance of camp and onto a dirt road. Camp Newaygo is off of Centerline Road and has two large signs at the bottom of the hill.

### **Physical Address:**

Camp Newaygo  
5333 South Centerline Road  
Newaygo, MI 49337

### **From Grand Rapids** (roughly 1 hour)

- Take M-37 North and follow signs for Newaygo
- At the roundabout take the 1st exit towards Bailey/Grant/Newaygo
- Turn left on Curve Street
- Turn right on Centerline Road
- Proceed 2.5 miles, cross over a channel, signs for Camp Newaygo will be on your left, proceed up the hill

### **From Traverse City** (roughly 2 hours)

- Take M-37 South and follow signs for Newaygo
- Turn right on East 56th Street
- Turn Right on Centerline Road
- Proceed .5 miles, cross over a channel, signs for Camp Newaygo will be on your left, proceed up the hill

### **From Detroit/Lansing** (roughly 3 hours/2 hours)

- Take I-96 West towards Grand Rapids
- Take M-37 North and follow signs for Newaygo
- At the roundabout take the 1st exit towards Bailey/Grant/Newaygo
- Turn left on Curve Street
- Turn right on Centerline Road
- Proceed 2.5 miles, cross over a channel, signs for Camp Newaygo will be on your left, proceed up the hill

### **From Chicago** (roughly 3 ½ hours)

- Take I-94 towards Michigan
- Take I-196 and follow signs for Holland/Grand Rapids
- Merge onto 131-N toward Cadillac
- Take M-37 North and follow signs for Newaygo
- At the roundabout take the 1st exit towards Bailey/Grant/Newaygo



- Turn left on Curve Street
- Turn right on Centerline Road
- Proceed 2.5 miles, cross over a channel, signs for Camp Newaygo will be on your left, proceed up the hill

### **Places to Stay Near Camp Newaygo**

If you are looking for accommodations nearby so that you can visit the area, we are familiar with the following places

[The Gerber Guest House](#)

[Muskegon River Inn](#)

[Little Switzerland Resort & Campground](#)

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# THANK YOU!

Counting down the days until camp!



231-652-1184   campbiz@campnewaygo.org   www.campnewaygo.org   5333 S. Centerline Rd, Newaygo MI 49337