



**CAMP MONADNOCK**

---

**ASCEND SUMMER  
CAMP INFO PACKET**

# CONTENTS

DEAR PARENT/GUARDIAN, .....	3
WHY WE EXIST: NEXT STEPS.....	4
HEALTH FORMS & POLICIES .....	5
DIETARY RESTRICTIONS .....	7
SPECIAL HEALTH NEEDS .....	7
HOUSING POLICY .....	7
CABINMATE/CHURCH GROUP REQUESTS .....	8
ARRIVAL & DEPARTURE INFORMATION .....	8
VIRTUAL CAMPER BANK .....	9
CLOTHING POLICIES.....	10
WHAT TO BRING .....	11
LOST & FOUND POLICY .....	11
PREPARING FOR CAMP (FOR CAMPERS & PARENTS) .....	12
CONTACTING YOUR CAMPER.....	13
ACTIVITIES OFFERED .....	12
SAMPLE SCHEDULE (INQUIRE FOR EXACT SCHEDULE) .....	13
PAINTBALL INFORMATION .....	15
PAINTBALL FAQs .....	16
APPENDIX: HEALTHY KIDS MAKE HAPPY CAMPERS! .....	17

## DEAR PARENT/GUARDIAN,

We are so excited to have your child joining us for a week of Ascend Summer Camp! It is our goal to create a fun and safe environment where every camper can belong and take their next steps. We celebrate friendships made, personal goals achieved, and most significantly, spiritual growth. Check out the following page for more info about why we exist!

This packet should contain almost everything you need to know about Summer Camp at Camp Monadnock. To ensure the best experience for your camper, please read through this entire packet so you know what to expect and can help your child prepare for camp. **Take special note of the mandatory health forms, as *the State of NH* requires your child to have them to attend camp.**

Please help your child prepare for camp by encouraging them to practice good routines at home before they come so they can be safe and happy while they're here (see Appendix). You can also help your child prepare for camp by praying for and/or with them as their camp session approaches. Pray about any fears or concerns they have related to attending camp, for any friends they might be inviting, for the camp staff and volunteers, and for God to work in the life of each camper.

Pray for your campers while they are here at camp as well. Pray for the friendships being made, for good bonding within each cabin, for fun times, and for a desire to listen and learn. We appreciate your prayers; they make a difference!

We hope this packet answers your questions, but if you have any other questions or concerns, don't hesitate to give us a call at (603) 744-6344. We'd love to help you out!

### The Camp Monadnock Office

[office@berea.org](mailto:office@berea.org) // (603) 744-634

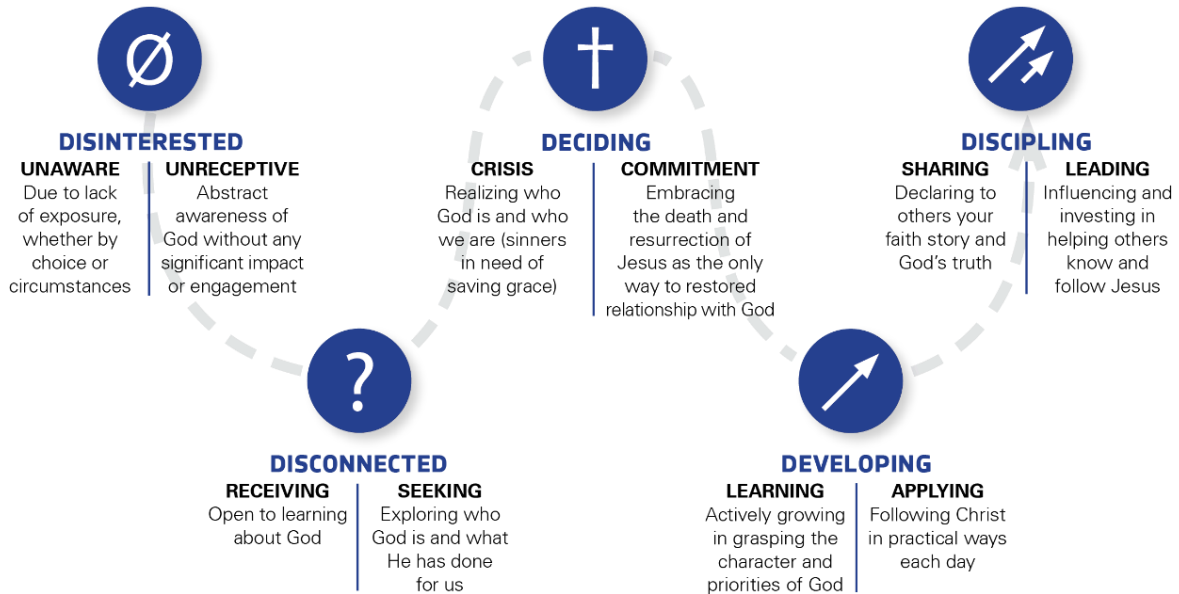
BEREA MINISTRIES



## WHY WE EXIST: NEXT STEPS

Berea Ministries exists to help each person take their next step with Jesus. The Next Steps chart below shows the progression from an unawareness of God to the ability to disciple others towards Him. Every person falls somewhere on this spectrum.

While at Camp Monadnock, every camper will have the opportunity to hear the Gospel. Salvation, while an amazing step, is not the only goal. Berea Ministries staff will help your camper to learn about God and deepen their relationship with Him. Examples of next steps include learning about God for the first time, becoming comfortable with prayer, learning how to begin a Bible study, etc.



## HEALTH FORMS & POLICIES

Please review the following list of health forms and policies. All paper documents can be uploaded directly to our secure registration page. Simply navigate to [monadnock.camp/register](http://monadnock.camp/register), log in, click on “View details” under the Summer Camp season, and scroll down to the “Upload Documents” section. **(If you need to combine multiples pages into one document, try [smallpdf.com](http://smallpdf.com).)** Any digital forms that need to be completed can be found in the “Forms” column on the right side of the registration page.

### Physical Exam & Immunizations

The State of NH requires that all campers provide a physical exam signed and dated by a physician. **The physical must have taken place within 24 months of the start date of the camp session the camper is attending.** (Must upload yearly even if using the same physical as previous camp year.)

**Immunizations:** If the physical does not include your camper’s latest record of immunizations, you will need to upload that separately in the “Upload Documents” section. If your camper does not have immunizations (due to religious beliefs or medical requirements), upload a notarized copy of the “Immunizations Waiver” that can be found under the Summer Camp tab at [monadnock.camp/forms](http://monadnock.camp/forms).

### Health Insurance

Please upload a copy of the **front AND back** of a health insurance card. If **for any reason** you are not able to provide a copy of a health insurance card, you must fill out the Health Insurance Waiver instead (found under the “Forms” section on the righthand side of your camper’s registration page).

### Online Health Form

Please complete the Online Health Form **at least 14 days prior to your camper’s arrival**. This is different than the physical exam and must be filled out annually. Find under the “Forms” column of your camper’s registration page.

### Medications

If your child will be taking **ANY medication** (prescription, over the counter, or vitamin) at camp, please have it ready to turn in at the Health Center check-in station along with clearly written instructions for the nurse. All medications (including over-the-counters) **must come in their original container and have the child’s name on them. No medication is allowed to be kept by a camper or cabin leader in the cabin.** Only send meds your child has already taken prior to camp, as NH law dictates that Berea Ministries cannot administer any new meds to a camper. **No meds in weekly pill containers will be accepted.**

### EpiPens and Inhalers

Any campers requiring the potential use of an EpiPen/Inhaler while at camp have two options: 1) leaving their EpiPen/Inhaler at the Health Center, or 2) bringing two EpiPens/Inhalers and leaving one at the Health Center while carrying the other one with them. Either way, Berea Ministries must receive a completed EpiPen or Inhaler Authorization form signed and dated by a **parent/guardian AND physician**. Blank versions of these forms can be found at [monadnock.camp/forms](http://monadnock.camp/forms) under the Summer Camp tab. Completed forms must be uploaded to the “Upload Documents” section of the camper’s registration page.

### Parental Notification

We believe that you should be notified if your child stays in the Health Center for more than 24 hours, if they require evaluation by an MD, if their temperature is over 102°F, or in the event of an emergency. If you receive a call regarding a medical issue, don’t be alarmed; it is likely just a courtesy call. If we do not reach you directly and there is a time-sensitive issue/emergency with your child, we will indicate this in the message.

### Thursday Medications

Your child’s medication will be returned to you on Thursday during pick-up. **The nurse will dispense medication in the morning but not in the evening.** If your child takes a medication that needs to be administered before you pick them up on Thursday evening, please communicate this to the Health Center and we will work on a case-by-case basis to ensure your child gets the necessary medications at the proper times.

Thank you for your cooperation in helping us make your child's camp experience as positive and healthy as possible. See Appendix for helpful practices that promote a fun and safe time at camp.

## DIETARY RESTRICTIONS

If your child has any dietary restrictions, make sure to note those on the Online Health Form. If your child has an unusual or severe allergy or dietary restriction (e.g. something other than a nut, gluten, or dairy allergy), feel free to also connect with our Food Service Staff to work out suitable meals or to arrange storage if supplying your own prepared food is ideal. You may contact the Food Service Staff by calling the Berea Ministries Office at (603) 744-6344 and asking to be transferred to the Kitchen.

**Note that camp's kitchen is nut-free (peanut and tree nut)** except for coconut. However, please be aware that foods containing nuts may be found in vending machines, brought by other campers, etc.

## SPECIAL HEALTH NEEDS

If your child has any special health needs, please contact us directly to learn more about whether Camp Monadnock is a good fit for your child. One of our directors will be happy to discuss our camp philosophy and practices and to work with you to ensure that your child's week at camp is the best week ever if you determine Camp Monadnock is the right camp for them.

## HOUSING POLICY

Here at camp, we strive to create an environment of belonging. With that goal in mind, we deliberately assign cabins based on grade level. We assign campers to cabins where the students are within one grade of each other (i.e., sixth and seventh graders are housed together, but not sixth and eighth graders).

It is our goal to make every camper experience a positive one, and we've found our grade policy is a great step in achieving that. Our cabin leaders customize and gear their cabin discussions specifically toward the grade levels assigned to their cabins. We never want a camper to be in a cabin where they find it difficult to relate to the level and topics of discussion going on. We strive to promote connection and to make sure that every camper feels comfortable and confident to participate in their cabin.

We understand that our grade range policy sometimes causes groups of friends or siblings that come to camp together to end up in different cabins. We want to assure you that our Office staff are as intentional as possible in placing your camper in a cabin where they fit in well. While we can only work with the information we have, we always place campers without cabinmate requests with others in the same situation. We never knowingly place a camper without cabinmate requests into a cabin with an entire group who already knows each other. It is also important to note that there will be multiple times throughout the day for friends/siblings to see each other without being in the same cabin.

Thank you for respecting the housing policy and working with us as we strive to make camp the best it can be for every student.

## **CABINMATE/CHURCH GROUP REQUESTS**

### **Individual Requests**

Camp is full of fun and life change! What better way to experience that than with a friend? We encourage friends to attend camp together and be in the same cabin if they'd like. We allow your camper to **request up to 2 cabinmates**. Due to limitations of cabin sizes, differences in grades, and wanting to encourage new friendships and overall cabin cohesion, it becomes impossible for us to honor all the requests we receive if campers request 3 or more friends. We also want to ensure that no camper is left out by being placed in a cabin where everyone else already knows each other. Our cabin leaders are well-trained and know strategies to build cabin unity and avoid cliques but limiting cabinmate requests to 2 per camper helps to create a healthy environment where campers can come with friends without creating a disconnect for others in the cabin who come alone.

If we are unable to accommodate a cabinmate request made **(within the 2-request limit)**, our Office staff will contact you to make you aware.

You may submit your camper's cabinmate requests using the Cabinmate/Church Group Request Form found on your camper's registration page at [monadnock.camp/register](http://monadnock.camp/register) or by calling the Office at (603) 744-6344. **All cabinmate requests are due at least 2 weeks before the camp session starts.**

### **Church Group Requests**

If your camper is attending with a church group (not just a group of friends from the same church, but a group that has registered with us and that has a leader passing info on to you), please note that for us on the Cabinmate/Church Group Request Form found on your camper's registration page. This will help us to house groups together correctly. We will work with the group leader to determine the best housing arrangement.

## **ARRIVAL & DEPARTURE INFORMATION**

**Check-in is Sunday afternoon and pick-up is Thursday evening.** You will receive an email with check-in details about a week prior to your camper's start date. You will receive a reminder email about pick-up details after your camper has checked in.



## VIRTUAL CAMPER BANK

During Summer Camp, Camp Monadnock uses a **cashless bank system**. This eliminates the need for campers to carry money with them as they can access their virtual funds at the **Snack Shop, Outfitters, activities, etc.**

All programmed activities are free of cost. However, some free-time activities have an additional cost, and the camp store (Berea Outfitters) is open for campers to buy Bibles/books and Berea Ministries merch all week. We recommend \$50-\$100 for spending money for the week.

- **Outfitters:** \$5-\$45 for t-shirts/sweatpants/hoodies; books/Bibles/journals; jewelry, etc.
- **Crafts:** \$1-\$5 for craft supplies
- **Snack Shops:** \$1-\$5 for slushies, frappes, hot dogs, fries, fried dough, etc. (snacks subject to change)
- **Paintball:** \$10 for 1-hour session; \$5 for extra paint (100 ct)
  - *For campers 12 and older.*
  - *A Paintball Release Form is necessary to play. Please see the paintball section of this packet for more info*

### Leftover Funds

**If your camper has \$10 or more left** in their bank account at the end of camp, you will receive an email shortly after camp to notify you. The email will contain links allowing you to either get a refund or to donate the remaining balance. (If you take no action, any balances of \$10 or more will automatically get refunded to you.) Deposits made with a credit card or eCheck will be refunded to the same card or eCheck. Deposits made with cash, or a check will be refunded in the form of a check. Refunds can take 9-14 business days to process.

**Note that a balance under \$10** at the end of a camp session will automatically be donated to our Campership fund unless we hear from you prior to the end of the camp session that you'd like it refunded.

### Adding Funds

**If you have not yet registered your camper**, you will be able to deposit funds into your camper's bank during the registration process.

**If you have already registered your camper** and are looking to check their balance or add funds, you can log into your Berea Ministries account at [monadnock.camp/register](http://monadnock.camp/register) and click "View Details" under the Summer Camp season at any time.

## CLOTHING POLICIES

As we are preparing for campers to arrive at the camp, there are a few guidelines we wish to suggest as the bags are packed. As a Christian camp, a goal of ours is to allow campers to get to know each other in a wholesome atmosphere where the importance of external appearances is minimized. Therefore, we have set in place certain values as an organization, for instance, a sense of modesty in our attire. This is something we ask both our campers and staff/volunteers to maintain.

To aid us in the support of these goals for the benefit of our campers, we would appreciate your help in assisting your child as s/he is packing. We understand that in today's changing fashion world it may be difficult to determine what type of clothing is suitable while s/he is with us at camp, which is why we've set forth some guidelines, listed below.

### Clothing Guidelines

- **Shirts** should be full-length. (*If arm motion causes a show of midriff, it's too short.*)
- **Tank tops** should have a wide shoulder strap (*at least 1½ inches*); no dropped armholes.
- **Shorts** should have at least a modest 3-inch inseam and no holes in them.
- **Pants** should be worn in such a way to avoid *any* show of underwear.
- Acceptable **bathing suits** include swim trunks, one-piece suits, and tankinis with definite overlap. Bathing suits that are predominantly white are not allowed. A dark colored t-shirt and possibly shorts should be worn over bathing suits that don't fit these guidelines.
- **No mini-skirts.** What is considered a mini skirt is up to the discretion of the administration.
- **Shoes or sandals must be worn, at all times except at the waterfront. Sneakers must be worn for all games and activities.**
- We hope this will help as you prepare your son or daughter for his/her experience at camp. We are looking forward to a great summer!

Only by Grace,



Nate Parks President/CEO

## WHAT TO BRING

### Clothing

- Summer outfits and swimsuits
  - **Please refer to the Clothing Guidelines on the previous page.**
- Pajamas
- Sweatshirts and pants—it does get cool here!
- Sandals and two pairs of sneakers
- Raingear
- Cool weather jacket
- Laundry bag (preferably not a trash bag as it may get mistaken as trash)

*\*Please label your campers' clothing. This greatly helps cut down on lost items.*

### Bedroom/Bathroom Items

- Toothbrush, toothpaste, hairbrush, shampoo, soap, deodorant, etc.
- Towels—bath towel, beach towel, and hand towel
- Sleeping bag and/or twin-sized bedding
- Pillow

### Other

- Small backpack or drawstring bag for carrying items around camp
- Bible, pen/pencil, notebook
- Water bottle
- Bug repellent and sunscreen (that the camper can self-apply)
- Flashlight and batteries
- Sunglasses/hat
- Umbrella
- Swimming goggles
- Hand sanitizer and/or disinfecting wipes
- Small fan (optional)
- Pre-addressed envelopes with stamps and letter-writing materials (optional)

### What NOT to Bring

- Any electronics, including phones, smartwatches, laptops, iPads, iPods/MP3 players, radios, CD players, TVs, and electronic games
  - Any of these items that are brought to camp will be confiscated for the week and returned upon departure.
- Firearms or archery equipment, alcohol, tobacco, pets, and non-prescription drugs
- Any vaping products

**We love the generous spirit amongst our campers. However, please remind your camper that Summer Camp is not the place to share water bottles, hand towels, hairbrushes, etc.**

## LOST & FOUND POLICY

Clothing and personal belongings left by a camper will be held for **two weeks** after the close of the session s/he attended. After that, all lost and found will be suitably disposed of. If you notice you or your camper has left something behind, call the Office at (603) 744-6344 to arrange delivery and pay the shipping cost. To ensure that your lost items can be identified properly, **don't forget to label.**

**Also, due to health reasons, Berea Ministries will immediately dispose of socks, toiletry items, etc.**

## PREPARING FOR CAMP (FOR CAMPERS & PARENTS)

### DO:

#### Talk About the Week Away

- Use positive phrases like, “I love you,” “You’re going to have a great time,” and “What a fun place to make new friends!”
- Acknowledge that you love them but that you are excited for them to have their camp experience away from home. If they are worried about being homesick, remind them you will see them at the end of the week (but not before).
- Trust your child to be okay. If you think they will have a great week, your confidence will instill confidence in them!

#### Pack Together

- Your camper will feel more prepared going to camp and more comfortable while at camp knowing they have what they need.
- Make sure to go over the packing list and clothing guidelines so they don’t have to handle any surprises while at camp.

#### Go Over Guidelines

*Walk your camper through camp basics:*

- It’s important to follow all camp rules and to listen to staff. There are consequences for breaking the rules.
- It is expected that all campers will respect each other.
- Bullying is not allowed.
- If an issue comes up, campers should talk through the problem with each other, getting help from their cabin leader or another staff member if needed.
- Camp is a special place that all staff and campers should help to take care of.

### DON’T:

- Tell your camper they can call home (as their only method of outgoing communication is snail mail).
- Promise to pick your camper up. We find that campers do best when fully immersed in camp and knowing that they’ll be seeing their family *at the end of the week on departure day*.
- Allow your camper to pack any electronics, including phones. Campers have a more difficult time integrating into camp when they aren’t fully immersed, particularly if they have a way to contact home outside of camp policies.

### OTHER NOTES:

#### Medication Vacations

Just as the State of NH cannot allow us to give your child a prescribed medication they haven’t taken before camp, we encourage parents to *keep* their children on medications they take outside of camp while at camp. Camp is an incredible, immersive experience. While fun and safe, the change from a camper’s regular daily routine can be a lot. We find that “medication vacations” can make camp more difficult for your camper, as well as those around them. If you are considering changing your child’s medication routines while at camp, please call us to discuss details at 603-744- 6344.

#### Social Media Philosophy

We work hard to capture the essence of camp through our pictures and posts. Our photos are a good representation of the activities and excitement that make up camp, but we cannot guarantee that every activity or camper will be pictured. While we will post photos regularly, our staff are focused on what’s most important—your kids and running camp—so photos may not be posted daily or at the same time each day.

## CONTACTING YOUR CAMPER

There are several ways to stay in touch with your camper while s/he is at camp:

- 1) Prepare packages and letters for your camper before the camp session and drop them off on check-in day. On the package/letter, write the day that you would like it delivered, along with the camper's name and their cabin name and number (provided to you when you check in). **Please do not bring or send packages larger than a shoebox.** Also, please note that any food items you include in a package should be in a sealed container. **We ask that you refrain from sending products containing peanuts due to those who may be allergic in your camper's cabin.**
- 2) Mail a letter/send a package the day before your child goes to camp. Your camper will most likely receive it on their second or third day at camp. (Include the camper's first and last name, along with their camp session, on the outside of the letter/package.) If already known, please include the cabin name and number when sending mail.  
**Address your mail to: Camp Monadnock, 257 Dublin Rd, Jaffrey, NH, 03452**
- 3) Email your child using [monadnock.camp/campercontact](mailto:monadnock.camp/campercontact) The emails are printed by 8:30 AM each morning and are delivered to your camper around lunchtime (so please note that no emails are delivered on departure day). Campers will not have access to email to respond but can send a letter back if desired.

We want campers to be 100% present during their time with us, free from outside distraction and able to build genuine relationships. Therefore, in the best interest of the campers, printed emails and snail mail/care packages are the only ways to contact your child. **Campers may not use the Office phone, cell phones, email, internet, or any form of electronic communication** at any time during their session. ***Please help us to create this distraction-free environment by taking your camper's cell phone home with you. Any phones left with campers will be confiscated and held in the Office until departure time.***

### Communication Tips

- Avoid saying you miss your camper, even though it's sweet. This can cause campers to feel homesick as they worry about those missing them at home. Instead, tell your camper you love them and that you're excited to see them *at the end of the week*.
- Share positive news from home. Avoid sharing negative stories through notes, as campers may worry from afar. **(If there is an actual emergency you need to reach your camper for, contact the Office at 603-744-6344 and we will connect you to your camper.)**
- Ask questions so your camper can process what an amazing experience they're having. Remind them time away at camp is a special opportunity to take advantage of!
- Know that it is natural for your camper to miss home, especially at the beginning of the week or if it's their first time away from home. Do not be alarmed if you receive a homesick or sad letter from your camper written on the first day or two, as this is common in a new setting with new people. Rather, if you are concerned, simply contact our Office at 603-744-6344 and we will check in on your camper and will make sure they are having a positive experience.

## ACTIVITIES OFFERED

### Water Sports

- Swimming
- Kayaking/Canoeing

### Marksmanship

- Archery
- BB Guns
- Hatchets
- Paintball -- Available for an additional cost.

### Low and High Ropes

- Climbing Walls – Outdoor rock wall available for varying climbing levels.
- Low Ropes Challenge Course – Available to groups for teamwork and trust-building exercises. Many elements require patience, teamwork, problem solving, and good listening to succeed.

### Field and Rec Area Activities

- Ga-ga, 9-Square, basketball, soccer, volleyball, Spike ball, Nerf wars
- Many other organized games are run by our trained staff!

### Craft Shop

Craft examples include survival bracelets, mosaics, rockets, leather projects, bandana pillows, and more!

### Game Room

Ping Pong, Air Hockey, etc.

**\*\* Activities Subject to Change\*\***



CAMP MONADNOCK

**SAMPLE SCHEDULE (INQUIRE FOR EXACT SCHEDULE)**

**2025 ASCEND TEEN CAMP SCHEDULE**

Sunday	Mon	Tue	Wed	Thurs
	8:14 Staff at DH 8:20 Bell	8:14 Staff at DH 8:20 Bell	8:14 Staff at DH 8:20 Bell	8:14 Staff at DH 8:20 Bell
	<b>8:30 - 9:15 BREAKFAST</b>	<b>8:30 - 9:15 BREAKFAST</b>	<b>8:30 - 9:15 BREAKFAST</b>	<b>8:30 - 9:15 BREAKFAST</b>
	9:15 Morning Devos 9:45 Cabin Cleanup	9:15 Morning Devos 9:45 Cabin Cleanup	9:15 Morning Devos 9:45 Cabin Cleanup	9:30 Chapel Time
	10:15 - 11:05 Tribe Time	10:15 - 11:05 Tribe Time	10:15 - 11:05 Tribe Time	11:15 - Reflective Walk Tribe Time
	11:15 - 12:05 Tribe Time	11:15 - 12:05 Tribe Time	11:15 - 12:05 Tribe Time	<b>12:05 Bell 12:15 LUNCH</b>
	<b>12:05 Bell 12:15 LUNCH</b>	<b>12:05 Bell 12:15 LUNCH</b>	<b>12:05 Bell 12:15 LUNCH</b>	1:00 Cabin Challenge 1:40 Crowning of Moose
	1:00 Cabin Challenge 1:40 Crowning of the Moose	1:00 Cabin Challenge 1:40 Crowning of the Moose	1:00 Cabin Challenge 1:40 Crowning of the Moose	<b>1:40 - 3:30 Deep Clean 3:30 - 5:00 Activity Options</b>
3:30-5:00 Camper Check-in	<b>2:00 - 5:00 ACTIVITY OPTIONS Climbing Wall</b>	<b>2:00 - 5:00 ACTIVITY OPTIONS Paintball</b>	<b>2:00 - 5:00 ACTIVITY OPTIONS Kayaks/Canoes/Tubing</b>	
5:00-5:30 Cabin Time	<b>5:05 Dinner Bell 5:15 DINNER</b>	<b>5:05 Dinner Bell 5:15 DINNER</b>	<b>5:05 Dinner Bell 5:15 DINNER</b>	<b>5:05 Dinner Bell 5:15 DINNER</b>
5:35 Dinner Bell <b>5:45 DINNER</b>	6:00 Chill Time	Chill Night Party at Hillside	6:00 Chill Time	6:00 Closing Program
6:30 meet @ Hillside Welcome Home Party (All-Camp Activity)	6:30 Meet @ Williams <b>6:45 CHAPEL</b>	6:00pm Campfires, Smore's, Bingo, Board Games	6:30 Meet @ Williams <b>6:45 CHAPEL</b>	6:30 Camper Checkout
7:20 Line-Up <b>7:30 CHAPEL</b>	8:00 Hillside Evening Hang	<b>8:20 Line-Up 8:30 CHAPEL</b>	8:00 Hillside Evening Hang	7:00 Hillside
9:00 Hillside Evening Hang	9:15 Meet @ Chapel <b>9:30 Group Games</b>	<b>Next Steps Night</b>	9:15 Meet @ Chapel <b>9:30 Group Games</b>	
10:00 Cabin Devos	10:15 Cabin Devos	10:00 Cabin Devos	10:15 Cabin Devos	
11:00 Lights Out	11:00 Lights Out	11:00 Lights Out	11:00 Lights Out	

***\*Exact schedule varies with each camp session and year. For example, Ascend Kids lights out earlier. Also note that Ascend Summer Camp 2025 is running Sunday through Thursday.***

## Camp Monadnock Lingo

- **Tribe Time:** The time each morning when campers go with their cabins to experience each activity at camp (archery, rock wall, etc.)
- **Cabin Challenge:** Daily friendly competitions where cabins face off against each other.
- **Crowning of the Moose:** A fun ceremony to update cabins on their points for the day.



## PAINTBALL INFORMATION

Dear Parent/Guardian,

Paintball is one of our many exciting activity options. If you have a camper that is **12 years or older**, she/he is eligible to play paintball if you sign the Paintball Release Form that can be found in the forms section under your camper's Summer Camp registration on your online account.

Paintball is an exhilarating game where players must incorporate life skills such as teamwork and strategy-making. As fun as paintball is, there are certain risks involved in this high-action activity played outdoors on our property. Due to the risks involved, **this activity is closely monitored by trained personnel in a controlled environment**. To ensure the highest levels of quality and safety, a limited number of player slots are available during free time (weather permitting).

We are happy to be able to offer paintball at a much lower cost than commercial paintball playing fields in the area. The cost for paintball during our Summer Camp season is \$10 for a one-hour speed paintball session. This fee includes the rental of all the equipment and a full hopper of paint (200 rounds). Players can buy additional rounds of paint at \$5 per 100 rounds. Please deposit enough money for paintball into your camper's virtual camper bank if she/he is considering playing. Paintball will run if there are enough campers to meet the minimum number needed to play.

We are looking forward to a great time at camp. Paintball adds to the fun and wide variety of activities already available at our different Berea Ministries locations. If your camper wishes to play, please remember to fill out the Paintball Release Form at the link above. **Your child will not be permitted to play without it.**

If you have any questions, please call us at (603) 744-6344 or email [office@berea.org](mailto:office@berea.org).

The Camp Monadnock Team

BEREA MINISTRIES



## PAINTBALL FAQs

**Q: How old do you have to be to play paintball?**

A: 12 years or older (at the time of playing the game)

**Q: How much does paintball cost?**

A: There is a \$10 field fee to play. The field fee includes the cost of your marker, mask, and a full hopper (200 rounds) of paint. For each extra 100 rounds of paint, there is an additional charge of \$5. Please include the paintball fee with the rest of your campers' spending money on their virtual camper bank.

**Q: Where do we play?**

A: The different Berea Ministries locations maintain their own paintball courses in the woods of each property. All games are closely monitored by a trained staff member or volunteer.

**Q: Can I bring my own equipment to camp?**

A: Yes, you may bring your own equipment. You must turn it into the office when you arrive for safekeeping until game time.

**Q: How much does it cost if I bring my own equipment?**

A: The same as the regular fee—\$10 per person, per session.

**Q: Can I bring my own paint?**

A: No. This is standard procedure for paintball fields. You must use our paint to play.

**Q: What kind of clothes should I bring to play in?**

A: *Clothes that you do not mind getting dirty.* The paint will wash out of *most* fabrics with ease. *Closed-toe, closed-heel shoes must be worn; no sandals are allowed on the paintball course.*

**Q: How important is the Paintball Release Form?**

A: **You cannot play without it!** Absolutely no exceptions will be made. You can fill out the Paintball Release Form under the Forms section at [monadnock.camp/register](http://monadnock.camp/register).

## APPENDIX: HEALTHY KIDS MAKE HAPPY CAMPERS!

### Health Starts at Home!

*Teach your child at home so they're ready for camp!*

- Wash hands with soap and water often, especially before and after eating and after using the restroom. Wash for 20 seconds—sing “Happy Birthday” twice!
- Keep hands away from face.
- Sneeze or cough into sleeve.
- Drink plenty of water and get plenty of sleep.

### Let's Work Together!

*Help us keep our staff and campers safe as we work to maintain a safe space for all!*

Please keep your camper home (or contact the Health Center with questions) if your child:

- Had a fever > 100°F in the past 24 hrs.
- Has thrown up twice in the past 24 hrs.
- Is experiencing regular diarrhea.
- Is experiencing aggravated nasal drainage and/or coughing/sneezing.
- Is experiencing a moderate to severe headache and/or sore throat.
- Is experiencing chills (especially with shaking) and/or muscle pain.
- Is noticing a new loss of smell or taste.
- Is experiencing new trouble breathing/shortness of breath.
- Has been in contact with anyone with a communicable disease in the past 14 days.
- Has travelled outside of the country or to an area with a communicable disease outbreak in the past 14 days.

Our staff will work with you to approve a regular arrival, a delayed arrival, a transfer, or a refund. Please note that:

- Berea Ministries has the right to not admit a person who poses a communicable disease risk to others.
- While Berea Ministries does its best to mitigate the risk, a communicable disease outbreak is an inherent risk of a camp environment. You may be asked to pick up your child early in case of illness at camp.

**Equip your child** to be a “happy camper”!

- Pack a reusable water bottle so they can stay hydrated!
- Instruct them to wear sneakers (closed-toed shoes) for activities (required).
- Pack layers (the temperature varies greatly from morning to night).
- Remind them to apply sunscreen.
- Expect them to get plenty of sleep! Camp is a weeklong, overnight experience. Unlike a one- night sleepover, campers will need to conserve their energy for the whole week. Talk to them about this.
- Tell your child that camp is not the place to share drinks, towels, or other belongings with others.

### How Berea Ministries is Creating a Safe, Healthy, and Welcoming Environment!

*We care about you! We're all about creating a safe space where campers know they belong.*

- All campers will go through a brief health screening upon arrival at camp.
- Daily cabin cleanings with a sanitizing solution will be performed while campers are onsite.
- Cabins will be cleaned with a sanitizing solution between camp turnovers.
- Public bathrooms and public buildings will be cleaned regularly using a sanitizing solution.
- Cabin leaders will be trained to make sure that everyone is washing their hands and following healthy practices.
- Handwashing stations are accessible around camp.

- Each Berea Ministries site has a thorough response plan in place should a communicable disease affect camp.

**Mental/Emotional/Social Health Challenges & Homesickness:**

*Communication is key! Help us to help your child have their Best. Week. Ever!*

- If your child may have a difficult time at camp for any reason, please connect with camp before the session starts. Giving camp staff a heads up allows us to minimize if not eliminate the issues your child may face at camp. We can also provide you with info to help your child prepare for camp.
- Prepare your campers for their session by acknowledging that you love them and by reassuring them that you will see them at the end of the week. Build up their confidence by stoking their excitement about the fun activities, new friends, and growth they will experience. Give them a heads up that they will not have access to their phones or the internet but that they can write letters if they would like to. (Also, you can send them messages and mail for their time at camp if you'd like.)