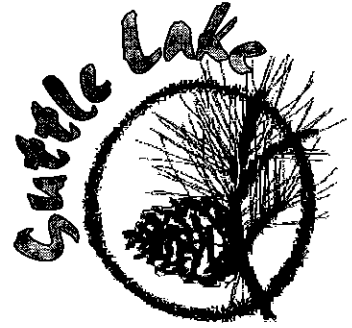


Welcome to Safe Spaces

We are looking forward to seeing you at Suttle Lake camp!

Plan to arrive at Suttle Lake on **Friday, September 24th** between 3pm and 4pm. This event will end on **Sunday, September 26th**



- ❖ In order to be prepared for your arrival , please mail in the completed, signed Health Form to the camp at least 10 days before your arrival . (This is the place to indicate any special dietary needs.) An envelope has been enclosed for your convenience.
- ❖ You will find a List of Things to Bring on the back of this letter. Keep in mind this is only a general list. You may need to adjust the list to meet your own special needs.
- ❖ On the back of the Map you will find the Policies for our camping program

Camper names and addresses may be shared with other campers so they can correspond after camp. Photographs taken by our staff may be used for promotional purposes unless the camp director is instructed otherwise.

If you still owe payment for the camp, the balance is due two weeks before camp starts. If your church is paying part of the fee and they have not already sent the payment in, you will need to let the camp know the amount the church is planning to pay when you check in at the camp. Please contact Geneva Cook in the camping office (503-802-9213) if you need more information about your registration or payments. Email can be sent to: camping@gocamping.org

Do not send payments to Suttle Lake with the health form.

The address for Suttle Lake Camp is:

29551 Suttle Lake Rd,
Sisters, OR 97759

and the phone number is (541) 595-6663

You can also reach them by email at: suttle@gocamping.org



What to bring to Suttle Lake Camp

* *Items are optional*

CLOTHING:

- ❖ Several Changes of Clothing – *Layers work best as the temperature may vary throughout the day.*
- ❖ Swimsuit & Towel – *if you wish to swim in the lake.*
- ❖ Comfortable walking shoes or athletic shoes
- ❖ Shoes that can be worn for water activities
(*Aqua socks, old tennis shoes, sandals with straps, but no thongs or flip flops*)
- ❖ Light Jacket or Sweater or Sweatshirts
- ❖ Heavier Jacket for chilly evenings

BEDDING:

- ❖ Sleeping Bag
- ❖ Pillow

TOILETRY ITEMS:

- ❖ Towel
- ❖ Wash cloth
- ❖ Toilet articles such as: soap, toothbrush, shampoo etc.

OTHER:

- ❖ Bible
- ❖ Notebook & Pen
- ❖ **Flashlight** *with extra batteries*
- ❖ **Water bottle** *for use around camp or on hikes*
- ❖ **Sunscreen**
- ❖ *Chapstick
- ❖ *Camera
- ❖ *Day pack/fanny pack
- ❖ All medications must be in **original** bottles or packaging and referenced on the health form.

Please remember to mail in your Health Form

Health History Form for Adults Attending Camps or Retreats

Camp & Retreat Ministries, Oregon & Idaho

This form should be sent in to the camp at least one week prior to your arrival so that the camp staff can be aware of your needs. Any changes to this form should be provided to camp health personnel upon participant's arrival in camp.

Dates of Camp Attendance _____

Mail this form to the address below by _____ (date)

Suttle Lake Camp
29551 SW Suttle Lake Rd
Sisters, OR 97759

PERSONAL INFORMATION:

Name _____
Last First Middle In.

Home address _____

City _____ State _____ Zip _____

Home Phone (____) _____

Daytime Phone (if different) (____) _____

Gender: (circle one) **Male** **Female**

Birthdate _____

Email Address: _____

EMERGENCY CONTACT:

Whom should we notify in case of a medical emergency?

Name _____

Relationship _____

Address _____

Phone (____) _____

City _____ State _____ Zip _____ Work/Other phone _____

HEALTH CONDITIONS:

Any known allergies? _____ Yes _____ No

Allergies to medications: _____

Food allergies: _____

Other Allergies: _____

List any dietary restrictions: _____

Date of Last Tetanus Shot _____

Blood Type _____ (if known)

Do you have a health condition (e.g. allergies, chronic conditions) or special circumstances which may affect program participation, special housing need, or anything we ought to know prior to emergency treatment? **Yes** **No**

If yes, please explain: _____

MEDICATIONS BEING TAKEN:

Please list ALL medications (including over-the-counter or nonprescription drugs) taken routinely. Bring enough medication to last the entire time at camp. Keep it in the original packaging/bottle that identifies the prescribing physician (if a prescription drug), the name of the medication, the dosage, and the frequency of administration.

Med#1 _____ Dosage _____ Schedule _____

Med#2 _____ Dosage _____ Schedule _____

Med#3 _____ Dosage _____ Schedule _____

Attach additional pages for more medications.

PHYSICIAN:

Name of family physician _____ Phone (____) _____

Address _____

PERMISSION TO PROVIDE NECESSARY TREATMENT OR EMERGENCY CARE:

In signing this form I hereby certify that this information is correct. In case of medical emergency I understand that every effort will be made to contact the emergency contact listed above. In the event they cannot be reached I hereby give permission to the medical personnel selected by the camp director to secure and administer treatment including hospitalization and to provide or arrange necessary related transportation for me. I agree to the release of any records necessary for insurance purposes.

Signature of Adult camper/staff _____ Date _____

Do not rely on internet map searches for directions.

FINDING SUTTLE LAKE CAMP

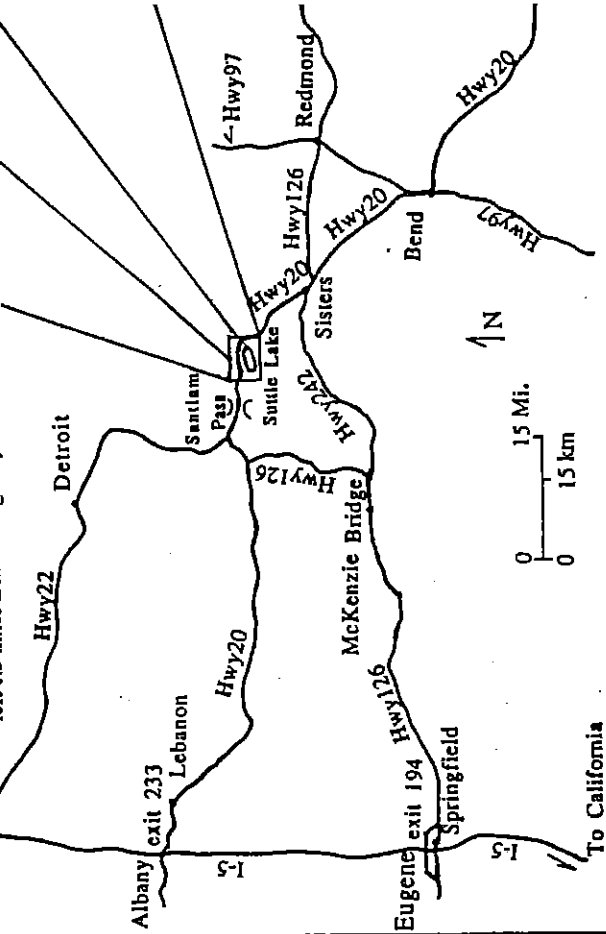
29551 SW Suttle Lake Rd., Sisters, Oregon 97759
(541) 595-6663

Southbound on Interstate 5:

Take exit 253 at Salem east onto Highway 22. Proceed eighty-three miles through Detroit to the junction with Hwy 126/20. Merge left. Continue thirteen miles east to the Suttle Lake Campgrounds turnoff. At Suttle Lake proceed south onto Suttle Lake Loop Road 2070. The Suttle Lake United Methodist Camp parking lot will be on your left 0.3 miles from the highway.

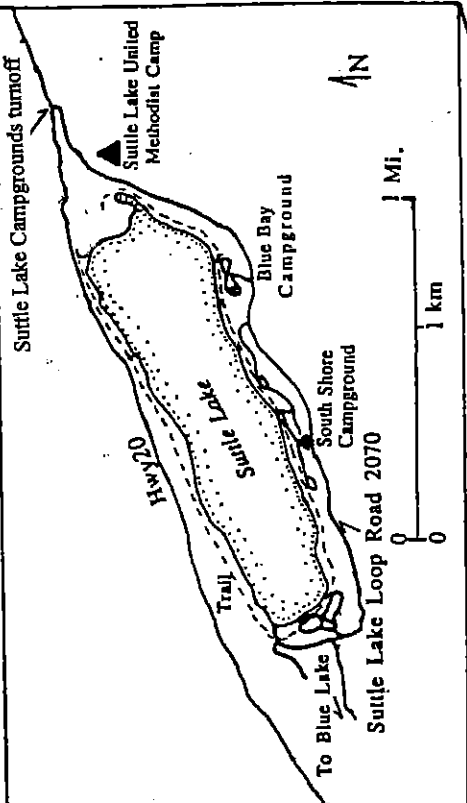
From Albany:

Take the Interstate 5 exit 233 and drive east through Lebanon on Highway 20 to Suttle Lake. At Suttle Lake Campgrounds turnoff proceed south onto Suttle Lake Loop Road 2070. The Suttle Lake United Methodist Camp parking lot will be on your left 0.3 miles from the highway.



Sources: USGS Black Butte, 1:24,000, 1988
USFS Deschutes National Forest, 1988
ODOT State Highway Map, 1993

Neither The United Methodist Church, nor the University of Oregon nor any of their employees, officers, agents, or students warrant the accuracy or completeness of this map or the accompanying directions.



Southbound on Highway 97:

From Redmond travel twenty miles west on Highway 126 to Sisters. From Sisters, continue northwest on Highway 126/20 thirteen miles to the Suttle Lake Campgrounds turnoff. At Suttle Lake proceed south onto Suttle Lake Loop Road 2070. The Suttle Lake United Methodist Camp parking lot will be on your left 0.3 miles from the highway.

Northbound on Interstate 5:

Take exit 194A, Highway 126 East, the McKenzie River Highway and proceed eighty-nine miles passing the McKenzie Bridge and the junction of Highway 20 and Highway 22. Travel north on Highway 126/20. Keep to the right at the junction of Highway 20 and proceed east to the Suttle Lake Campgrounds turnoff. At Suttle Lake proceed south onto Suttle Lake Loop Road 2070. The Suttle Lake United Methodist Camp parking lot will be on your left 0.3 miles from the highway.

Northbound on Highway 97:

From Bend, travel twenty-one miles northwest on Highway 20 to Sisters, from Sisters proceed north on Highway 126/20 for thirteen miles to the Suttle Lake Campgrounds turnoff. At Suttle Lake proceed south onto Suttle Lake Loop Road 2070. The Suttle Lake United Methodist Camp parking lot will be on your left 0.3 miles from the highway.

Eddie Kahl, 1993

Map courtesy Department of Geography,
University of Oregon, 1994.

CAMP & RETREAT POLICIES

These policies have been found through many years of experience to be important for good camping.

1. TO CAMP AND HOME

- ❖ Campers should plan to arrive and depart at the scheduled times. (See the letter about your specific event.) Staff is not available to care for campers before or after camp.
- ❖ Authorization of release of campers: Parents will be asked upon arrival at camp who is authorized to pick up their child at the end of the week.
- ❖ Visitors are asked to visit only at camp opening and closing.
- ❖ Telephone contact between campers and their parents or guardians will be confined to emergency situations.
- ❖ Licensed, insured drivers under age 18 may drive themselves if they have their parent's permission, but are not allowed to have any passengers. For drivers under age 18, keys are collected and returned at the end of the event.
- ❖ Campers love to receive letters. Mail them early to arrive mid-week. Food items are discouraged as these attract unwanted visits from local wildlife. If you choose to send a package, consider items that can be shared or used by others: this will help promote unity in the cabin.
- ❖ Camper names and addresses may be shared with other campers unless the camp director is instructed otherwise.
- ❖ Photographs that may include your child may be used for promotional purposes such as printed catalogs, flyers or camp websites unless the camp director is instructed otherwise.

2. HEALTH

- ❖ A completed camper health form is required for all campers. Parent or legal guardian must sign health forms for campers under age 18. This form gives our staff information about health history, allergies, special diets, medicines brought with the camper, and other information that will be helpful in properly caring for the camper. **THIS COMPLETED AND SIGNED FORM IS REQUIRED OF ALL CAMPERS**
- ❖ Medical or behavioral information about your child will be shared only with other staff if it is determined by the director or medical staff that it is necessary to help the staff person better work with your child.
- ❖ All prescription **OR** non-prescription medications must be brought in their original bottles or packaging. For child & youth events, the Camp Health Care Provider is to have custody of all medication brought into camp by campers.
- ❖ The camp personnel will notify you if your child displays the following symptoms:
 - Any illness that persists longer than 24 hours; including fevers, coughs, excess expulsion of bodily fluids, allergic reactions, severe tiredness.
 - Any injury that causes severe prolonged pain, discoloration and/or swelling.
 - Any condition that cannot be sufficiently treated by camp personnel.
 - Any condition requiring transport to other medical services.
- ❖ The use or possession of alcoholic beverages, non-prescribed drugs (except those placed in custody of camp), depressants, or hallucinogens is prohibited. The use of tobacco is prohibited in the light of fire hazard and health dangers. Smokers are asked to refrain from smoking while at camp.

3. USE OF THE SITE

Campers are to stay within the boundaries of the Camp unless accompanied by a staff member.

Swimming and boating are important parts of the program at many camps. They are permitted only when an official lifeguard is on duty, and at times designated by the Camp staff.

Personal sports equipment (skateboards, bikes, archery equipment) should only be brought when specified by the dean of the event.

Fires are to be built only in fireplaces and approved campfire pits.

Campers will help keep the campsite clean and in good condition.

Camping is a way of life! Don't bring electronic devices, iPods, MP3 players or hand held games to camp. In children & youth camps, cell phones will be collected and returned at the end of camp.

All local and federal laws prohibiting weapons, firearms, fireworks etc. apply in the camp setting.