

## Welcome to Wallowa Lake Camp's Hells Canyon Rafting & Jet Boat Adventure!

*Wallowa Lake*



84522 Church Lane  
Joseph, OR 97846  
(541) 432-1271  
(1-866-WALLOWA)  
wallowa@gocamping.org

We have put together this packet of information and forms to help you get ready for this camp.

This event begins on **Thursday, July 1<sup>st</sup>**. Plan to arrive in the afternoon of your first day and check in at **Bailey Lodge**. If you will be arriving later than 6pm, please let the camp know so that they will not expect you for dinner. This event concludes mid-morning on Wednesday, July 7<sup>th</sup>.

Please complete a **Health Form** for each person and either mail them to the camp in the enclosed envelope or bring them to camp with you. If you have special dietary needs or other restrictions, you will want to send your health form in as early as possible.

You will find a **List of Things to Bring** on the back of this letter. Keep in mind this is only a general list so you may need to make changes for your own special needs. You may also receive additional information from the dean about the hikes planned for this event.

On the back of the **Map** you will find the **Policies** for our camping program. Please read them carefully and contact the camping office if you have any questions. Camper names and addresses may be shared with other campers. Photographs that may include campers may be used for promotional purposes unless the camp director, David Cook 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 or email: [geneva@gocamping.org](mailto:geneva@gocamping.org)) if you need more information about payments or registration.

Make all checks payable to: **Conference Treasurer**

Mail payments to: Camping Office  
1505 SW 18<sup>th</sup> Avenue  
Portland, OR 97201



***Check out our website at [www.gocamping.org](http://www.gocamping.org)***

# ***What to bring to Wallowa Lake Camp***

*\*optional*

## **CLOTHING:**

- ❖ Several Changes of Clothing *Layers work best as the temperature may vary throughout the day.*
- ❖ Comfortable walking or hiking shoes
- ❖ Tie shoes or sturdy sandals that strap securely for the river
- ❖ Light Jacket (waterproof)
- ❖ Heavier Jacket or Sweaters for chilly evenings
- ❖ Swimsuit *for lake/water activities*
- ❖ Hat *with a brim*

## **BEDDING:**

- ❖ *Bedding and linens are provided in the deluxe cabins, but you may want to bring your own pillow*
- ❖ *You will need to bring a sleeping bag for the overnights on the raft trip.*

## **TOILETRY ITEMS:**

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

## **OTHER:**

- ❖ Flashlight
- ❖ Sunscreen
- ❖ \*Sunglasses *(if you want to wear them on the river, you will want to have ichumsi or ties for glasses.)*
- ❖ \*Book to read
- ❖ \*Games or crafts
- ❖ \*Musical Instruments
- ❖ Water bottle for use around camp or on hikes
- ❖ Small backpack or fanny pack for hikes
- ❖ Favorite Beach toys
- ❖ Health Forms
- ❖ All medications must be in original bottles or packaging for the protection of all our campers. *(The health forms indicate that all medications must be turned into the camp health care provider. However, for family events, parents can be custodians of medications for their family in most cases. Check with the camp or health care provider upon arrival if you have any questions about this.)*

***Please remember to mail in your "Health Forms"  
or bring them to camp with you.***

# 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)

**Wallowa Lake Camp**  
**84522 Church Ln.**  
**Joseph, OR 97846**

## PERSONAL INFORMATION:

Name \_\_\_\_\_  
Last First Middle In.

Home address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_

Daytime Phone (if different) (\_\_\_\_) \_\_\_\_\_

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

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

Birthdate \_\_\_\_\_

## 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 \_\_\_\_\_

**Health History Form**  
**Children/Youth Campers**  
Camp & Retreat Ministries

Dates of Camp Attendance \_\_\_\_\_  
Name of Camp or Event \_\_\_\_\_

This completed form (front & back) should be sent in to the camp at least 10 days prior to your arrival so that the camp staff can be aware of your needs. Attach additional pages if needed. Any changes to this form should be provided to camp health personnel *in writing* upon participant's arrival in camp.

Mail this form to the address below at least 10 days before camp starts:

**Wallowa Lake Camp**  
**84522 Church Ln.**  
**Joseph, OR 97846**

Camper's Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
Last First Middle Init.

Address \_\_\_\_\_ Gender: (circle one) **Male** **Female**  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Parent/Guardian Name(s): \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_ Work/Other phone (\_\_\_\_\_) \_\_\_\_\_  
Address *(if different)* \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

If parent not available in emergency, notify: \_\_\_\_\_

Address \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Relationship to Camper \_\_\_\_\_

Does camper have any known allergies?  Yes  No

Allergies to medications: \_\_\_\_\_

Food allergies: \_\_\_\_\_

Other Allergies: \_\_\_\_\_

List any dietary restrictions: \_\_\_\_\_

**Health History:** *(Check any that apply)*

<input type="checkbox"/> Epilepsy or seizures	<input type="checkbox"/> Frequent ear infections	<input type="checkbox"/> Menstrual problems	<input type="checkbox"/> Asthma
<input type="checkbox"/> Frequent sore throats	<input type="checkbox"/> Headaches	<input type="checkbox"/> Bed-wetting	<input type="checkbox"/> Heart disease
<input type="checkbox"/> Back pain or strain	<input type="checkbox"/> Alcohol/drug addiction	<input type="checkbox"/> Attention Deficit Disorder	<input type="checkbox"/> Diabetes
<input type="checkbox"/> Other: _____			

Pertinent past medical treatment: \_\_\_\_\_

Is camper presently taking or using any type of medication(s) or drug(s)?  Yes  No

*If yes, Specify and complete med report on reverse side.* \_\_\_\_\_

Is the camper current on all immunizations needed for school?  Yes  No

Date of Last Tetanus shot: \_\_\_\_\_ Blood Type \_\_\_\_\_

Does the camper 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:* \_\_\_\_\_

Family Medical Insurance:  Yes  No Name of Insured: \_\_\_\_\_

Carrier: \_\_\_\_\_ Group # \_\_\_\_\_ Policy # \_\_\_\_\_

Name of family physician \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_

**Parent/Guardian Authorization:**

My child has permission to take part in all camp activities under supervision unless limitations are noted above, and I agree that the camp or camp personnel will not be held responsible for accidents arising there from. I hereby give permission to the camp to provide routine health care, administer prescribed medications, and seek emergency medical treatment including ordering x-rays or routine tests. I agree to the release of any records necessary for insurance purposes. I give permission to the camp to arrange necessary related transportation for my child.

In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the camp to secure and administer treatment, including hospitalization, for the person named above. This completed health form may be photocopied for trips out of camp.

Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_

*Please complete the other side of this form*

## Permission to Administer Medications

*Camp & Retreat Ministries*

*Camp Latgawa, Camp Magruder, Sawtooth Camp, Suttle Lake Camp & Wallowa Lake Camp*

I, the parent or guardian of \_\_\_\_\_ give my permission to the camp Health Care Provider or his/her designate to give the following medications (or their generic equivalents) to my child, in accordance with recommended package dosing for the specific indications below. These medications are available at camps and need not be brought by participants.

	Yes	No		Yes	No
<b>Tylenol:</b> <i>Mild fever or discomforts</i>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Benadryl:</b> <i>Allergy symptoms</i>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Ibuprofen:</b> <i>Mild fever or discomforts</i>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Sudafed:</b> <i>Allergy symptoms</i>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Throat Lozenges:</b> <i>Cough/sore throat</i>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Antacid:</b> <i>Upset stomach</i>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Topical Creams:</b> <i>Itching, sunburn, or insect bites</i>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Anti-diarrheal:</b> <i>For diarrhea</i>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Permission to follow recommendations by Oregon Poison Control or Idaho Poison Control.</b>	<input type="checkbox"/>	<input type="checkbox"/>			

**Signature of parent/guardian:** \_\_\_\_\_ **Date** \_\_\_\_\_

*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 \_\_\_\_\_ Specific times taken each day \_\_\_\_\_  
Reason for taking \_\_\_\_\_

Med #2 \_\_\_\_\_ Dosage \_\_\_\_\_ Specific times taken each day \_\_\_\_\_  
Reason for taking \_\_\_\_\_

Med #3 \_\_\_\_\_ Dosage \_\_\_\_\_ Specific times taken each day \_\_\_\_\_  
Reason for taking \_\_\_\_\_

*Attach additional page for more medications.*

**All medications brought to camp must be in the original containers.**

**NOTE:** 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, discolorization and/or swelling.
- Any condition that cannot be sufficiently treated by camp personnel.
- Any condition requiring transport to other medical services.

**Upon camper check-in:**

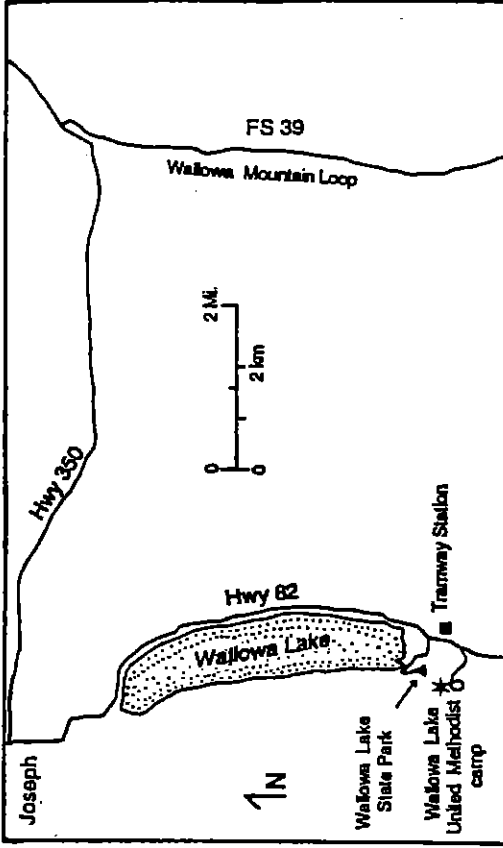
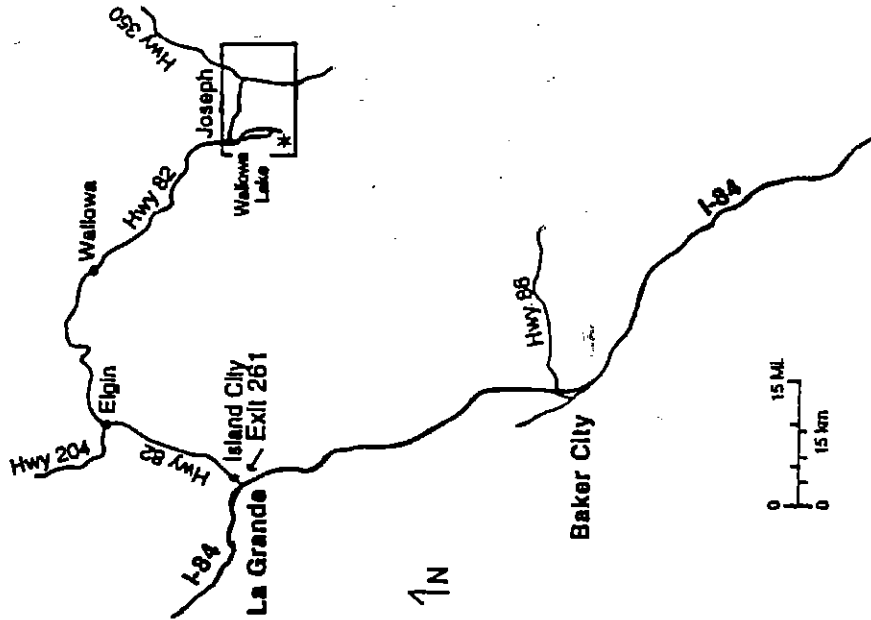
Health History Form Verified \_\_\_\_\_ by \_\_\_\_\_  
Date Initials

Health History Form Updated \_\_\_\_\_ by \_\_\_\_\_  
Date Initials

Do not rely on internet map searches for directions.

# FINDING WALLOWA LAKE CAMP

84522 Church Ln., Joseph, OR 97846  
(541) 432-1271



## From I-84 East and West:

Travel east or west to La Grande. Take exit 261 to Island City. From Island City travel east on highway 82 through Elgin, Wallowa and Joseph. From Joseph continue south on highway 82 toward Wallowa Lake State Park. The road will then fork at the park grocery store. Stay to the left and continue south. Go past the tramway station and take your first right onto Bailey Lane. Proceed straight into Wallowa Lake Camp.

Sources: ODOT State Highway Map 1993, USGS Enterprise, 1:100,000, 1986, USFS Wallowa National Forest 1990.

Ed Doherty, 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.

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.