



# Camp Preparation Guide

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## WELCOME TO CAMP IO-DIS-E-CA

This guide is for showing the necessary steps to complete your camper's registration and help prepare your camper for an exciting week at Camp Io-Dis-E-Ca. Please review the contents of this guide to ensure your camper's experience will be smooth from arrival to departure.

### WHAT TO RETURN

Please return the following forms included in this mailing at least **two weeks before** the camper's first day of camp.

- Camp Health Form
- Release and Waiver of Liability
- Camper Profile

### WHAT TO BRING

- |  |  |
|--|--|
| <input type="checkbox"/> Bible                           | <input type="checkbox"/> Toiletries  |
| <input type="checkbox"/> Sleeping bag or linens          | <input type="checkbox"/> Towels (pool & shower)  |
| <input type="checkbox"/> Pillow                          | <input type="checkbox"/> Rain gear   |
| <input type="checkbox"/> Clothes for 5 days              | <input type="checkbox"/> Flashlight  |
| <input type="checkbox"/> 1-2 pr. jeans                   | <input type="checkbox"/> Stationery  |
| <input type="checkbox"/> Sweatshirt or jacket            | <input type="checkbox"/> Canteen money   |
| <input type="checkbox"/> Bag for dirty clothes           | <input type="checkbox"/> Long pants & closed-toe shoes with a discernable heel for Horseback riding. |
| <input type="checkbox"/> Insect repellent                | <input type="checkbox"/> <b>Adventurers, Canoe, Wilderness, Sports, &amp; Challenge Camp</b>         |
| <input type="checkbox"/> Sunscreen                       | <input type="checkbox"/> <b>Campers see insert for additional items.</b>                             |
| <input type="checkbox"/> 2 pr. shoes (1 closed-toe)      |  |
| <input type="checkbox"/> Swimsuit (No bikinis!)          |  |
| <input type="checkbox"/> Camera (disposable recommended) |  |

## DO NOT BRING

- |   |   |
|---|---|
| <input type="checkbox"/> Food & drink -gum, candy, snacks, etc.       | <input type="checkbox"/> Items of real, intrinsic, or sentimental value - jewelry.          |
| <input type="checkbox"/> Music players, iPods, radios, or headphones. | <input type="checkbox"/> Items that could cause injury. - knives, sharp objects, fireworks. |
| <input type="checkbox"/> Cellular phones                              | <input type="checkbox"/> Alcohol, tobacco, and other controlled substances.                 |
| <input type="checkbox"/> Electronic games                             |   |
| <input type="checkbox"/> Digital cameras                              |   |

### CANTEEN

#### (The Camp Store)

Campers are limited to the amount of food and drink items purchased per visit. T-shirts, hats, stamps, water bottles, and other souvenir items are also available. A debit account will be set up for each camper at registration. Please bring money to deposit during registration. Suggested amounts for each camp: \$30+ for week-long camps, \$15+ for mini camps, \$10 for Explorer camps, \$15+ for extra camp t-shirts. Be sure to talk with your camper about how to use this privilege.

### MEDICATIONS

- All medications must be **CORRECTLY LABELED** and in **ORIGINAL CONTAINERS**.
- All medications must be turned in to the Camp Nurse during registration.
- For safety reasons, we will keep and administer all medications including over-the-counter meds such as Tylenol, Advil, etc.
- Medications that must be readily accessible (inhalers, bee-sting kits, etc.) are kept by the supervising counselor.

## REGISTRATION DAY

Registration is from 3:30 p.m.– 4:45 p.m. **Please do not arrive before 3:30 p.m.** Camp staff will not be available to supervise campers until registration begins.

As you enter the camp, continue straight until you reach the parking lot and the lodges. Registration is in Alpha Lodge.

Any remaining balance is due at the time of check-in. The camper's canteen money will be deposited at this time. Do not pack canteen money in your camper's luggage. We accept Visa, MasterCard, American Express, and Discover credit and debit cards.

The Camp Nurse and assisting staff will conduct a brief health screening. All medications must be turned in at this time and any health concerns may be discussed with the Camp Nurse.

After completing registration, the camper will meet his or her counselor and cabin group! The name of the individual who will pick up the camper must be provided to the camper's counselor. We will not release your camper to an unauthorized individual.

## LAST DAY OF CAMP

Those arriving to pick up campers on the last day of camp may begin arriving at 10:00 a.m. and join their camper for brunch. Brunch (free will offering) will be served from 10:00 a.m.-10:45 a.m.

At 11:00 a.m., campers will bid their counselor, cabin mates, and other friends farewell at the closing program.

After the closing program has concluded, campers will sign out and pick up medications and canteen refund and depart. **All campers must be signed out and off camp by 12:00 p.m.**

## KEEPING IN TOUCH

There are several ways to stay in contact with your camper throughout the week:

- ❑ Slip a note in your camper's luggage encouraging them and their stay at camp.
- ❑ Mail a letter or package (**No food please**). Mail may be addressed in your camper's name to the main camp address, located on the front of this guide.
- ❑ Send an e-mail message to: campers@iodiseca.org. Please put the camper's full name and counselor's name as the Subject. E-mails will be printed out and delivered to the supervising counselor. Campers will not have access to a computer to respond during their stay at camp. Please do not abuse e-mail by forwarding frivolous messages to campers.
- ❑ If you would like to hear from your camper, please pack a pre-addressed stamped envelope or postcard.

We do not allow campers to use phones. Calling home or other family and friends usually intensifies homesickness.

## WHERE WE ARE

I-380 to Exit 10. Go East 1 Mile to 4-way stop sign. Turn right on to Curtis Bridge Road. Go 1 Mile to stop sign. Turn left on to Sandy Beach Road NE and follow signs 2 miles.

Camp Io-Dis-E-Ca is centrally located between Cedar Rapids and Iowa City, IA and is adjacent to Coralville Lake. Nestled on 100 acres of isolated rolling hills and woods, it provides a unique and beautiful setting.

## FREQUENTLY ASKED QUESTIONS

Q: What supervision will my child have?

A: All activities are supervised by trained counselors. The staff spends two weeks in an intensive training program including safety, health, program, Bible study, CPR, AED, First Aid, and emergency procedures.

Q: How are water activities supervised?

A: All aquatic activities are guarded by American Red Cross certified personnel.

Q: What if my child becomes ill or injured?

A: The Camp Nurse and/or Camp Staff will follow the protocol prepared by a local physician. The camp has made arrangements with local emergency and medical professionals to provide emergency treatment. We will make every effort to contact you if your child is injured or ill.

Q: What if my child doesn't know anyone?

A: The first activities our counselors lead are "get acquainted" activities. Through these activities, the counselors not only get to know the campers, but the campers get to know each other.

## Cedar Rapids

