

Important Camper Information



Getting to Camp

Plan to arrive at Twin Rocks on the first day of camp between 3:00 and 4:00PM. Camps conclude at 10AM. Late arrivals and early departures will be accepted only with prior permission of the Camp Director.

Please note that transportation to and from camp (and any liability thereof) is the responsibility of the camper, and not that of Twin Rocks Friends Camp. If you are finding difficulty accessing transportation, you may contact the camp office at (503) 355-2284 to brainstorm possible solutions.

At the conclusion of camp, only the person(s) specifically named on the camper's Medical History & Camper Information Form will be authorized to pick up that camper from camp.



What to Bring to Camp

If any of these guidelines about "what to bring to camp" or "what not to bring to camp" feel challenging for you and/or your family, please contact the camp in advance.

- Sleeping bag and pillow
- Comfortable clothes, modest & appropriate for camp*
 - Modest swimsuit (one-piece preferred)
 - 2 pairs sturdy shoes, plus flipflops/water shoes
 - Warm coat, sweatshirt, rain gear
 - Beach clothes
- Soap, shampoo, toothbrush, etc.
- Towel and washcloth
- Plastic bag for wet clothes
- Flashlight
- Bible (if you have one)
- Notebook and pen
- Optional spending money

(Please mark clothing and items with your last name as the camp can't be responsible for lost items. Lost items are held for 30 days.)

*To ensure a Christ-centered environment and in keeping with our Christian beliefs, campers are asked to dress modestly, comfortably, and in a manner consistent with their biological sex at birth.



What NOT to Bring

Do not bring:

- Inappropriate or immodest clothing
- Anything with nuts in it. We are a nut-free facility during summer.
- Animals, radios, cell phones, music players (iPods), tablets, electronic games, computers, knives, fireworks, firearms, alcohol, drugs, personal sports equipment, etc.

Electronic devices such as electronic games and cell phones will be collected from campers and returned to them at checkout. (Surfside campers driving their own cars to camp will be asked to turn in their car keys for the week of camp.)



Photos

Photos of each camp will be posted throughout the week at

<https://waldo.photos/@twinrocksfriends>

Use the gallery join code you are given when you drop your camper off or that is sent to your email before camp.



Visiting Camp

Parents should get approval from the camp director prior to visiting.

Please call us if you hope to arrange a visit. In some cases visits are discouraged, so please call in advance.



Money (Optional)

Campers are invited to bring spending money to use at the camp's *Undertow Espresso & Camp Store* where they can purchase snacks, drinks, and Twin Rocks apparel. Prices for apparel range from \$12 to \$50.



Special Diets

The food service staff strives to create healthy and appealing menus that please campers. Dietary substitutions and accommodations are made for the following special diets:

- Wheat Free (non-celiac)
- Dairy Free
- Diabetic
- Vegetarian
- Vegan

Twin Rocks is a nut free facility during all summer camps. If your child has a combination of any of these diets, please contact the camp to discuss dietary options and to determine if your child will need to bring any supplementary items from home. Special diets are to be noted on the Medical History & Camper Information Form and must be submitted to the camp at least two weeks in advance of camp.



Email

If you'd like to send a one-way email to your child, send it to campermail@twinrocks.org. Due to the limited access to computers, campers aren't able to reply. Email received after a session is over won't be delivered. Please avoid sending e-cards or photos as these aren't easily printable. (Campers won't have access to cell phones during camp.)



Mail

Campers love to get mail! It is recommended that parents write to their campers at least once during camp. Mail received after a session is over will be forwarded to the camper's home address. In addition to the child's full name, please mark the envelope with the name of the camp they are attending. The camp mailing address: c/o Twin Rocks Friends Camp, PO Box 6, Rockaway Beach, OR 97136. For UPS or Fedex deliveries only, please use 18705 Hwy 101 N., Rockaway Beach, OR 97136.



Healthcare

While most campers will stay healthy, occasionally people get ill or injured at camp. To deal with such situations, Twin Rocks provides at least one registered nurse or physician on duty at each of its residential (overnight) youth camps. The Medical History & Camper Information Form includes a section on health history and parental release. Camp health care operates on a basis of standing orders reviewed and approved annually by our camp physician.

On the first day of camp, your child will take part in a brief health screening. Campers will be checked for contagious conditions and asked about recent illness or injury. Please do a thorough check for head lice a week or so before camp.

Any medications, including prescriptions, over-the-counter medications and vitamins must be turned in to the nurse during registration on the first day of camp. All containers will be returned at the end of camp, including empty ones. All medications sent to the camp must be received in the original container with the label from the pharmacy indicating the name of the medication, dosage, frequency of administration, individual who prescribed it, and the name of the child. Vitamins and over-the-counter products must be in containers clearly labeled with the item description and the child's name. Dispensing medication and all first aid care is recorded in a written log throughout the week. Please don't take your child off of any doctor-prescribed medication while at camp.



Excellence

Summer camps at Twin Rocks are designed to provide youth with active, adventure-filled experiences in a safe and caring environment. Each camp provides campers with recreational activities, creative uses of the out-of-doors, positive peer interaction, supportive and caring Christian counselors, and solid Bible-based teaching.

What makes Twin Rocks' camps so successful? Its superb staff. Each camp leadership team includes gifted individuals versed in camping methodology and experiential learning techniques. These leaders relate effectively with today's young people, and are committed to keeping camp fun, engaging, and Christ-centered. Twin Rocks is also blessed with a slate of hand-picked, carefully trained cabin counselors who model Christian commitment and strength of character. This counseling staff provides the backbone to our summer camp program, where purposeful small group activities stand at the core of camp. While campers enjoy an abundance of all-camp activities, it's the small group discussions that make Twin Rocks camps special. Group-building initiatives create an atmosphere of trust, a place where lasting friendships are forged. Campers have the chance to be heard and cared for.

Twin Rocks Friends Camp is accredited by the American Camp Association, a stamp of approval verifying a camp's quality programming and excellent safety standards. To receive this accreditation, Twin Rocks passed a rigorous, 157-point inspection. Twin Rocks also maintains active membership in the Christian Camp & Conference Association.

We have an exciting week of camp planned, full of amazing activities and memorable experiences! If you have any questions about camp feel free to contact us at 503-355-2284.

A Note to Parents

Contacting Parents. There may be instances when the camp needs to contact a parent/guardian. The general camp practice is to make contact when there is concern about a person's health and/or when a situation is not progressing as expected (discipline, homesickness). If personal contact with parents cannot be made, then camp personnel will leave voice messages that appropriately communicate the concern and request a return phone call.

Medical Emergencies. Medical situations which cannot be handled by the camp will be referred to the Tillamook Hospital Emergency Department. Parents will be notified as soon as possible in cases of emergency or serious illness. If necessary, camp personnel will contact your Emergency Contacts to authorize treatment for your child. Parents will not normally be called in the case of upset stomachs, headaches, scrapes, or bruises.

Respect. Twin Rocks Friends Camp desires to cultivate a community that values and respects cultural differences. We work to understand the unique needs of our individual campers and build bridges through communication and openness to help campers expand their understanding of the diversity with which God created humanity. As such, all Twin Rocks staff and campers are expected to value and respect the racial and ethnic backgrounds of everyone at camp.

Twin Rocks Friends Camp & Conference Center
18705 Highway 101N or PO Box 6
Rockaway Beach, Oregon 97136
503-355-2284 – twinrocks.org
friendscamp@twinrocks.org

