



# Camp Handbook

*A guide for youth program  
campers and their guardians*

*Thanks for registering for camp!*

We are looking forward to a wonderful week of fun and adventure. Please read through the following camper information to help prepare for a week at Luther Heights.

## What will camp be like? What can I expect?

*Hi Camper!*

We're excited for you to join us at Luther Heights this summer!

At camp, you will share a cabin with approximately 6-10 campers and your cabin leader. We will do our best to honor all cabinmate requests. Within this cabin group, you will share in bible studies, games, hiking, meals, and other activities. You'll do name games and get to know each other games on the first day and throughout the week.

You will sleep in a wood cabin each night. Cabins have bunks with mattresses, so bring a sleeping bag or bedding to stay warm and comfortable. Almost all cabins have private bathrooms and showers, or there are private outhouses and showers nearby.

Meals, worship, and recreational activities will be shared with the whole camp community. Morning activities include bible study and team building. Afternoons allow you to have some choice in activities, including games, crafts, hiking, canoeing, archery, and other special interests. There is a special day each week for the beach, walking to Lake Alturas to swim and play. Evenings are reserved for all-camp games and worship around a campfire.

Other notes: Canteen is open daily for a break with free fruit and small snacks, or snacks available for purchase. You'll get a Luther Heights t-shirt to tie-dye at the beginning of the week to take home on the last day of camp!

If you're a Trailblazer or Navigator camper, you will participate in a single, overnight backpacking trip away from camp (unless you are signed up for Express Week). You'll hike out with your cabin group, carrying bedding, tents, meals, and necessary supplies. Enjoy learning to cook your meals, set up camp, and spend a night sleeping under the stars.

**We look forward to seeing you experience this sacred playground - connecting with our community, participating in new adventures, and finding fun and faith in the mountains!**



## Check-In

Check-in is from 4 - 6 PM on the first day of camp, which is Sunday for all youth programs. Campers will meet their Cabin Leader and LHBC staff.

Guardians will have the opportunity to tour camp with their camper, see which cabin they'll be staying in, and check in with our Health Care Manager and Food Service Director, if needed.

## Departure

Departure is between 11 AM - 12 PM for all camps. **Campers must be picked up by 12 PM (noon). Last day for Explorer Campers & Express Week Campers is Wednesday. Last day for Pathfinders, Trailblazers, Navigators, and L.I.T.s is Friday.**

Our closing worship is at 11 AM. Guardians are welcome to attend before checking out their camper.

## Before Camp

- Ensure you've completed all required forms on your online account, and make sure all information is accurate and up-to-date
- Look over the packing list and label personal items with your camper's name
- Any medications you're bringing for your camper are **in their original container and are clearly marked with your camper's name and dosage instructions. Over-the-counter medication must be in the original container as well.**
- You've completed payment and added Canteen balance to the camper's registration account by credit card if you'd like. You can add to their Canteen balance at camp by cash or check.
- Our campership request form can be found online or by emailing our office.

## Camp Store

Canteen, which offers LHBC sweatshirts, t-shirts, water bottles, and other gear, is



during Check-In and Departure. During the program week, campers can visit the store for snacks or LHBC gear. **Guardians can prepay for their camper's Canteen balance in their online account more than 2 weeks ahead of time, or bring cash or a check to Check-In.** Money is not allowed to be kept in the cabins during the week. Any unused Canteen money will be refunded in cash on Departure day. Campers may choose to donate unused Canteen money on the last day, to a specific charity of Luther Heights' choosing.

## Directions

Directions to camp, including GPS coordinates, can be found on our website at [www.lutherheights.org](http://www.lutherheights.org) in the top-right corner (orange button labeled "Directions"). Luther Heights Bible Camp can be found on both Google and Apple Maps, and we recommend starting the directions within cell range, as you'll lose cell service between Stanley and Ketchum, and there is no service at camp.

## Medications

All medications, including over-the-counter and vitamins, must be turned in at Check-In to our Health Care Manager. **All medications must be in the original packaging and clearly marked with the camper's name and dosage instructions.** Medications such as EpiPens and emergency inhalers may be kept outside of the Health Center with your camper's Cabin Leader after discussion with the healthcare staff.

## In Case of Illness

We have health care staff at youth camp 24 hours/day every week. All LHBC cabin leaders are trained in Wilderness First Aid and CPR. Please reference our Health and Safety Policies regarding COVID-19.

If there is an emergency or serious illness, parents/guardians will be notified immediately.

## Mail

If you'd like to leave mail or packages for your camper, they can be left with our



staff during Check-In. **Please DO NOT include food or candy in any care packages** as it creates a safety risk for those with allergies and encourages critters in the cabins. Please label the package with your camper's name and the day you'd like it to be given.

We recommend bringing your mail to Check-In, however, if you'd like to send mail, please mail to:

Camper Name  
Luther Heights Bible Camp  
HC 64, Box 9381  
Ketchum, ID 83340

We do have a mailbox at camp if your camper would like to send a letter home during the week! Help younger campers by sending them with a pre-addressed, pre-stamped envelope.

## **Packing List**

Our "What to Bring to Camp" list can be found at [www.lutherheights.org](http://www.lutherheights.org) under "Programs," and at the end of this handbook.

## **Drug & Weapon-Free**

Luther Heights Bible Camp is a drug and weapon-free environment. In the event a camper brings drugs, alcohol, cigarettes, knives, weapons, explosive devices (including firecrackers), vape pens, or anything else we deem unsafe to camp, staff will keep the items in the office. Other consequences may be applicable.

## **Device Policy**

Our remote location provides the perfect opportunity to unplug from devices (as we don't have any cell service or limited Wi-Fi). We highly encourage campers to keep their phones or any electronic devices at home or in the cabin. If a device becomes a problem, we will keep it in the office until Departure



## Swimming & Canoeing

All water activities are under the supervision of Red Cross certified lifeguards.

## Horseback Riding

We offer horseback riding as an *add-on* opportunity for Pathfinders, Trailblazers, Navigators, L.I.T.s, and for some Family Camps and Retreats. We partner with Mystic Saddle Ranch at Redfish Corrals to take campers on a guided, 90-minute trail ride along Little Redfish Lake. The loop is great for beginners and experienced riders. **Closed-toed shoes and long pants are required.** Helmets are provided by Mystic Saddle.

*Please ensure you've completed the horseback riding form and payment if you've registered for this add-on.*

## White Water Rafting

We offer white water rafting as an *add-on* opportunity for Navigators and L.I.T.s, as well as for some of our Family Camps and Retreats. We partner with Sawtooth Adventure Co. for a 3-4 hour, guided, white water raft trip on the Middle Fork and Salmon River, featuring Class III family-friendly rapids.

*Please ensure you've completed the rafting form if you've registered for this add-on.*

## Homesickness

Homesickness is a natural reaction to separation from familiar surroundings and routines. While our staff is prepared to work with campers who become homesick, there are a few important things you can do to help before your camper comes to camp:

- Help your camper understand that feeling homesick is natural
- Language makes a difference. Emphasize that your camper is “going” to camp; avoid saying that you are “sending” them to camp.



- Avoid statements like “I’m going to miss you so much. I can’t wait for you to come home.” Why? Camp will be a terrific experience so be careful not to make your camper feel badly about going away. Instead, say things like “I’m so excited for you! You’ll have a great time!”
- Please avoid statements like “If you don’t like camp, you can come home.” Children who are experiencing difficulties adjusting to camp can compound the situation by not giving it a fair chance and instead focusing only on going home.
- **Share your own positive camp experiences and your goals or hopes for your camper’s experience.**

## Lost & Found

Luther Heights Bible Camp is not responsible for items lost at camp. If you’ve noticed you’ve lost something, please email [director@lutherheights.com](mailto:director@lutherheights.com) with details of the item(s). If found, we’ll bring the item to our Boise office. Luther Heights is not responsible for the cost of mailing the items. Any items unclaimed by October 1 will be donated.

## Inclusive Community & Behavior Guidelines

**Luther Heights believes in the dignity and intrinsic worth of every human being. We welcome, affirm, and support young people and adults of all abilities and disabilities, experiences, races, ethnicities, socio-economic backgrounds, sexual orientations, gender identities and expressions, religion and non-religion, citizenship and immigration status, and any other category people use to define themselves or others. We strive to create safe and inclusive environments that celebrate diversity and foster positive relationships.**

At LHBC, it is our deepest hope and prayer that each camper experiences a positive environment where they build relationships, grow in confidence, and try new things. We work hard as a staff to ensure that all feel included and safe while they are attending camp sessions.

We take all instances of bullying seriously. Our staff is trained to promote



communication, so campers feel safe alerting staff to any problems during their camp program. We encourage you, as parents/guardians, to let us know about any bullying concerns you may have for your camper(s) related to relationships they formed at LHBC.

Staff are trained to promote inclusion, kindness, and positive relationships within their cabin groups and throughout camp. If a camper exhibits behavior that is dangerous or overly disruptive to fellow campers, they will be asked to leave the camp session early. Parents/guardians will be responsible for immediate pick-up from camp property, and will not receive a refund.

## **Contact Us**

Need help with information about camp or registering? Contact us at [info@lutherheights.org](mailto:info@lutherheights.org)

Need to contact camp while your camper is there? Contact our camp office at [info@lutherheights.org](mailto:info@lutherheights.org) or [director@lutherheights.org](mailto:director@lutherheights.org) or (208) 774-3556



# What to Bring to Camp

Please label your items with **first and last name**. Medications (including over-the-counter and vitamins) must be in their **original container** and **clearly labeled** with camper's name and dosage instructions.

- Warm sleeping bag and pillow (or bedding for a twin mattress)
- Casual and comfortable clothing. Be prepared for both warm and cool weather, no matter the time of year. Wear **layers**.
- Warm jacket, maybe even mittens and a hat.
- Tennis shoes and/or hiking boots. Have a **comfortable pair of closed-toed shoes** for hiking and camp games (required)
- Long pants
- Shorts
- T-shirts
- Sweatshirts
- Socks, underwear, etc
- Swim suit and beach towel
- Rain jacket/poncho
- Sandals for the beach!
- Toothbrush and paste
- Soap, shampoo, conditioner
- Other toiletries
- Bath towel, wash cloth
- Reusable water bottle. Make sure it's labeled!
- Bible, journal, pen/pencil
- Flashlight
- Sunscreen and bug spray

## Optional

- Camera
- Chapstick
- Lotion
- Sunglasses
- Extra shoes and socks
- Small backpack
- Sleeping pad (recommended for **Trailblazers** and **Navigators** for tent camping night. Some available to borrow.)