



## **FORT COURAGE at Atlantic Mountain Ranch**

Information for Campers and Parents - 2010

**Fort Courage** is nestled in the pine forests of the southern Black Hills about a mile away from the Main Site of AMR where you arrive in your vehicles. The Fort is an authentic replica of an 1880's stockade, a great setting for a week of Christian camping adventures. The Fort is a great place to develop friendships, to enjoy small group living, and to learn horsemanship, outdoor camping and cooking skills, and teamwork. Time for spiritual development takes place throughout the day from First Word at breakfast, to morning worship and Bible study time, and ending with evening campfires.

**The Fort community** is an independent and self-sufficient group. Living at the Fort will take some extra work and requires that we do without some conveniences (electricity and flush toilets do not exist). We feel this is part of what makes this such a powerful and growing experience for young people and their youth groups. Each week there will be 40-45 campers plus adults and counselors.

**Please read this information carefully so that you will know what to expect for your week at camp!**

**Arrival Time:** Registration is between 3:00 and 4:00 pm (Mountain Daylight Time) on Sunday. We will not be registering anyone before 3:00 pm.

**Departure Time:** is 11:00 am on Friday.

**Pastors, youth directors and parents** are welcome partners with the staff. We welcome your energy, creativity and assistance. Please share with the staff your hopes and goals for your group's experience so we may work together to make this a rewarding experience for all.

**Insurance Information** - Lutherans Outdoors carries a minimal insurance policy for accidents and illness incurred at camp. Our policy assumes the camper's insurance will be the primary coverage. If we must take someone to the doctor for treatment, the clinic will first file a claim with the camper's insurer. If there is no insurance, or if the camper's policy will not pay for this accident or illness, our insurance will cover the costs up to \$2,000 for an accident and \$200 for an illness. Personal property is not covered by camp insurance and any claims for loss or theft will need to be submitted to your

personal homeowner's/renter's insurance company.

**Housing** - is simple, but comfortable. Bunkhouses with lofts will be your home. Lanterns are used for light since there is no electricity. Toilet facilities are outhouses and the showerhouse has a gravity system for supplying water. There is also a sauna.

**It can be cool and rainy, especially in June, so bring plenty of layers and a warm sleeping bag.**

**Meals** - We have a reputation for providing good food. If you have special dietary concerns, please notify us beforehand to help us plan for your stay. We do all our own cooking and baking, most of it over an open fire. Campers will get to help cook and prepare food and pump the water! Meals are wholesome and well-balanced, and flavored by the creativity of the cooking group!

**Daily Schedule/Staff** - Our staff includes 10-12 people, college-age or older, who serve as counselors, cook, program director and wranglers. Counselors will lead the campers through the day from First Word in the morning, to meals, to worship and Bible study, to recreational activities and ending with fun skits and campfires in the evening. Activities will include horseback trail rides, hiking and climbing the hills, an overnight campout in tents, group games and a team-building low ropes challenge course.

### **Payment of Fees/Refund Policy**

Fees are to be paid two full weeks in advance. If paying individually, please use the enclosed payment return card. If paying through your church group, please do as your pastor/youth director asks. **Do not bring payments to camp!!**

#### **Payments should be sent to:**

Lutherans Outdoors in SD  
2001 S Summit Ave  
Sioux Falls SD 57197

Please notify us immediately if you cannot attend. There may be people on a waiting list! The \$100 deposit is not refundable, but is transferable to another camper going from your church group.

*There is a \$25 charge if camp office is not notified of someone not coming within 2 weeks of their scheduled date.*

## THE PACKING LIST

- **Sleeping bag** (good for 30 degrees) & **pillow** securely rolled and packed in waterproof stuff-sack.
- **Two pairs of sturdy shoes**
- **Plenty of socks**
- **Warm jacket /fleece/sweater/sweatshirt** (2 layers)
- **Camping clothes for warm or cool days and cool nights.** (No halters. Shoulders must be covered due to UV exposure at high altitude.)
- **Long underwear, gloves, knit hat for June – A MUST!**
- **Towel and personal toiletries**
- **Denim jeans & cowboy boots** for horse riding\*
- **Raingear – A MUST!** - the program continues, rain or shine!
- **Bible, notebook, pen**
- **Flashlight; Camera**
- **Cap, hat or bandanas,** for sun protection
- **Sunscreen/lip balm**
- **Water bottle**
- **Insect repellent**
- **Swimsuit for sauna**
- **Your health form**
- **Medications, inhalers, etc.** (Please send prescriptions in the original bottle with the doctor's directions on the label.)

\*Cowboy boots work best for horseback riding - however, any sturdy shoe with a 1/2" heel will work. Do not bring sandals, flimsy tennis shoes or soft-bodied shoes.

For **'Black Hills Riders' week** you **MUST** have sturdy shoes with a 1/2 inch heel.

**Please label your personal belongings** - It really helps to identify items in the lost and found and get them returned to you.

**DO NOT BRING** junk food, electronic devices (i.e., MP3 players, iPods), cell phones, tons of toiletries, clothing with inappropriate slogans or logos, knives, fireworks, weapons, pets, illegal substances (alcohol, drugs, tobacco products), or other unnecessary or dangerous items.

**At the Canteen** you may purchase sweatshirts, t-shirts, snacks, etc. Clothing prices range from \$12 - \$40.

Campers will not have use of a phone during the week of camp. Please do not ask them to call home during the week, unless there are special circumstances and you have sent along a note to the Program Director.

Lutherans Outdoors in SD is an equal opportunity provider and is operating on the Black Hills National Forest under the terms and conditions of a Special Use Permit.

## DIRECTIONS TO ATLANTIC MOUNTAIN RANCH

The Main Site of Atlantic Mountain Ranch is located in the southern Black Hills just northwest of Custer. The Fort is located 1 mile further into the forest.

**From Rapid City:** Follow Highway 16 south through Hill City and on to the Crazy Horse Monument. One mile past Crazy Horse, by "Heritage Village", turn right/west onto Medicine Mountain Rd and veer left at the fork in the road onto Custer Limestone Rd. Continue for another 3 miles. Watch for the Atlantic Mountain Ranch sign on the right. A welcome party will greet you, show you where to park and help unload. Your luggage will be hauled in a wagon and you will hike 1 mile down the trail to the Fort.

**From Custer:** Follow Highway 16 north three miles. Turn left at "Heritage Village" onto Medicine Mountain Rd and continue with above directions.

From Sioux Falls to Custer is about 400 miles. It takes about 7 hours driving time to drive across the state, and remember that the Black Hills is in the Mountain Time zone!

**Offering** - Each week we take an offering at camp. Remind your child to save some spending money to help others. This year the offerings will go toward Lutherans Outdoors Campership Fund, to ensure that truly everyone is able to attend camp. We are also collecting food and toiletries for the food pantry and women's shelter in Custer if you would like to contribute.

**Lutherans Outdoors does not discriminate.** The US Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or a part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, DC 20250-9410 or call 1-800-795-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.

### ADDRESS FOR FORT COURAGE:

Atlantic Mountain Ranch  
11760 Custer Limestone Rd  
Custer SD 57730

Phone: 605-673-3017 or 605-673-3435 (summer only)  
or Outlaw Ranch - 605-673-4040

**QUESTIONS?** In regards to registration, please call Cheryl Lundeen at 605-274-5326 or 800-888-1464. For questions about the program or facilities, call Outlaw Ranch 605-673-4040 (year-round).

**Be sure to bring  
your Health Form with you to camp!!**



## How to prepare you and your child for camp

Giving your child to the care of other people is perhaps the greatest act of trust you as a parent can give. We aim to do everything we can to earn and keep that trust; and, we know we cannot do this without your help. We want to partner with you to ensure your child/children will have the safest, most fun and faith-filled experience possible while at camp. Following are a few suggestions as you prepare your child for their week at camp:

- Talk about camp before you go. Ask questions together and discuss what camp might be like and what they might expect. Let them know what you will be doing when they are away. Help your child focus on making new friends and on being involved in camp activities.
- If your child has any special health, food allergies, or sleep related concerns, please share those with the camp staff so they can prepare for your child's arrival.
- Send a letter to your child before camp begins so a message from home will be awaiting his/her arrival. Ask specific questions about what they are doing and encourage them to write back. Send self-addressed stamped envelopes or postcards with your child so they can write home. While campers do not have the ability to use email while at camp, if you send an email to camp we will make sure and give it to your child when we hand out mail.
- For safety sake, we have a **“no cell phone” policy at camp**. Cell phones can be lost, stolen or used inappropriately with photos or calls to outsiders who could potentially put campers at risk. Regular use of cell phones/texting also tends to slow the formation of community and takes away from the learning and growth of being in an outdoor setting. For these reasons we ask you to **please leave cell phones at home**.
- Be prepared to talk about camp with your child upon their return home. This is important. The act of “processing” your child's experience helps them not only share with you what they did; it also serves to involve parents in the experience and helps the child reflect on how they have grown.
- If this is your child's first time away from family for an extended period of time and you feel they may become homesick, speak openly on the topic before your child leaves camp.
- Try brainstorming some positive coping strategies like talking to their camp counselor, writing letters, or drawing pictures of what they did that day. It is not always helpful to simply tell your child that you will come and get them (even phone calls prevent this opportunity for success). Overcoming homesickness can be a great achievement for your child. Rest assured, should your child get homesick while at camp—and we feel it would be helpful—we will contact you by phone. If this happens, please use this as an opportunity to build up your child and help them face this new experience.

Going away to camp is a wonderful growth experience for both campers and parents. Please let us know how we at camp can help YOUR child have the best week possible. **And here is the best tip yet...** pray for YOUR child while they are away at camp... and everyday for the rest of their lives!