



NESODAK

Information for Campers and Parents - 2010

NeSoDak is a great place for campers to make new friends, grow in their self-esteem, learn about teamwork and help develop a Christian community of faith. NeSoDak is an American Camping Association accredited camp located on a peninsula on Lake Enemy Swim. This lake is rated in the best 10 lakes in South Dakota! There are lots of opportunities for swimming, paddle boating, biking and canoeing as well as large and small group activities such as basketball, volleyball and other group games.

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

Arrival Time: Registration is at 4:00 pm (Central Time) on the first day of all camp sessions. Please arrive no earlier than 3:30 pm so that we may be available to welcome you and say goodbye to our weekend guests.

Departure Time: Check out time is 12:00 noon on the last day of camp (full or mini week of camp). Check out time for 1-2-3 Camp will be at 4:00 pm on the second day of the session.

Parents are invited to join us at **11:00 AM for our closing worship** (3:00 pm for 1-2-3 Camp) in which campers and staff will provide a look at the teachings for the week. You are also welcome to join us for brunch at 10 AM on the last day of full and mini week camping sessions. There is a **\$7.00** cost for brunch and we ask that you let us know a day in advance so our cooks will be prepared.

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. Many times there are people on a waiting list. The \$100 deposit is not refundable, but is transferrable to another camper going from your church group. There is a \$25 charge if the camp office is not notified of someone not coming.

Life at Camp

Housing - Campers will stay in cabins that house about 10 youth and 1 counselor in each. There are two villages of 5 cabins in each village. A showerhouse is nearby with toilet and shower facilities.

Meals are served from the Dining Hall and we often eat on the picnic tables outside by the lake. We have a reputation for providing good, nutritious food. If you have special dietary concerns or food allergies, please notify the camp at 605-947-4440 ahead of time to help plan for your stay.

Daily Schedule/Staff - Our staff primarily includes college age and older people who serve as counselors, cooks, lifeguards, program staff members and camp hands. Counselors will lead the campers from First Word in the morning through all daily activities including Bible study, worship, chore time, fun skits, games, arts & crafts, time at the lake and rousing evening campfires. Check out the LO website for a tentative daily schedule.

Health History and Medications - Don't forget to bring your completed health form to camp including both camper and guardian signatures. Please be as thorough as possible for the best care possible at camp. If you take medication regularly through the school year, please continue that schedule during your time at camp. All medications will be turned into the Health Care staff during tours of the Health Care Center on opening night. The only exceptions are medications for life-threatening conditions, which are discussed on an individual basis with our Health Care Staff. If you have any special physical or dietary needs, please contact camp at least one week prior to arrival so that our staff can make proper accommodations for an amazing week.

In Case of Illness or Accident - Health Care staff are on duty 24 hours a day and all medication and first aid treatment is recorded and filed daily. If there is an emergency or serious illness, parents will be notified by camp staff. We normally use the Waubay Avera Clinic or Sanford Webster Hospital. Please make sure to fill out emergency contacts with phone numbers on the health history form.

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.



**BRING YOUR HEALTH FORM
WITH YOU TO CAMP!!**

and any claims for loss or theft will need to be submitted to your personal homeowners/renters insurance company.

NeSoDak Canteen - Campers will have an opportunity to hang out and purchase food, drinks and souvenirs at the canteen each day. Tee-shirts, sweatshirts and other clothing range in price from \$10 - \$35. Anyone with money will open a canteen account while touring the canteen on opening night. Purchases will be deducted from the account and the balance refunded on the last day of the camp session. The canteen will also be open following closing worship on the last day of the camp session for families and friends to enjoy.

In Case of Severe Weather - NeSoDak staff monitor weather conditions carefully and move campers and guests to our storm shelter in the basement of the lodge as needed. We will notify parents when appropriate, so please do not call camp during a storm so we can keep phone lines open and take care of our campers.

The Packing List

- ___ **Sleeping bag, pillow** securely rolled and packed in waterproof stuff-sack or garbage bag.
- ___ **Two pairs sturdy shoes** (closed-toed running shoes for games)
- ___ **Plenty of socks**
- ___ **Warm jacket**
- ___ **Camping clothes for warm days/cool nights**
- ___ **Towels and personal toiletries**
- ___ **Raingear** (the program will continue even if it's raining!)
- ___ **Flashlight**
- ___ **Bible, notebook & pencil**
- ___ **Camera/film** (no camera phones)
- ___ **Cap, hat or bandana** for sun protection
- ___ **Swimsuit/towel/sandals**
- ___ **Medications** if needed (please be sure inhalers are filled and all medications are in original containers)
- ___ **Sunscreen & bug spray**
- ___ **Your Health Form**

Please label your personal belongings.

DO NOT bring electronics (radios, Nintendo DS, cell phones, ipods, video games, cds, mp3 players, etc.), pets, fireworks, weapons, alcohol, drugs, junk food, excessive amounts of toiletries or other unnecessary or dangerous items. Please leave all valuables at home that would be a disappointment if they were broken, ruined or lost at camp.

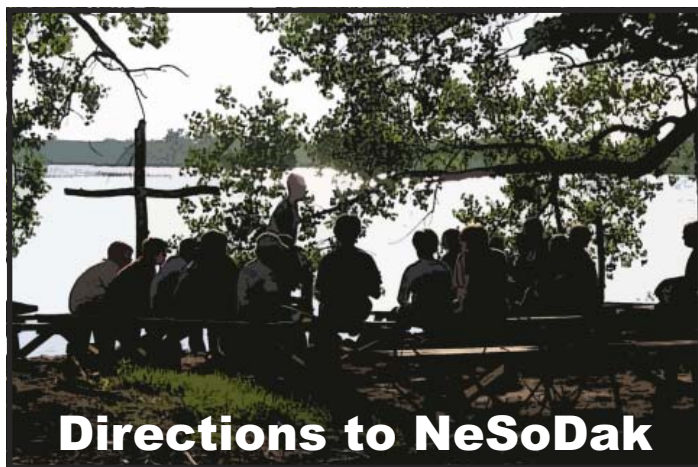
Worship Offering - Each camper is asked to consider bringing an offering to be given during closing worship.

Camperships - This summer, monetary offerings will be put toward LO camperships. Thanks for helping all kids to be able to experience a week at camp!

Lutheran World Relief Health Kits – Our tangible offerings of health kit items this summer will be going to refugees and those affected by natural disasters. Your offering helps people around the world maintain personal hygiene in difficult situations. Please bring the following items only:

- Dark colored hand towels and washcloths
- Bath-sized bars of soap in original wrapping (4-5 oz.)
- Adult toothbrush in original individual wrapping
- Sturdy combs
- Nail clippers with attached file
- Band-Aids (or similar brand) ½ to ¾" preferred

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NeSoDak is in the North East corner of South Dakota near Waubay on Lake Enemy Swim.

From Interstate 29: At exit # 207 on Interstate 29 take Highway 12 west. About 10 miles (just east of Waubay) there will be a sign directing you north to our camp and the Waubay National Wildlife Refuge. Take this paved road north about 7 miles to the next NeSoDak sign. Go straight onto the gravel road and curve right onto the peninsula. You will enter the camp in 1/4 mile. Our parking lot is in front of the Lodge just past the Chapel.

From the west (Aberdeen area): Take Highway 12 east through Waubay. 1 mile east of Waubay will be a NeSoDak sign to turn north/left and follow this road for about 7 miles to the next NeSoDak sign. Follow gravel road into the camp.

NeSoDak is about 150 miles from Sioux Falls. It is about a 2 1/2 hour drive from Sioux Falls.

Contact Info for NeSoDak:

NeSoDak
3285 Camp Dakota Drive
Waubay SD 57273

(605) 947-4440
nesodak@losd.org
www.losd.org

For questions about scheduling & registration, please call Cheryl Lundeen at 605- 274-5326 or 800-888-1464.

For questions about the program & facilities, call Teri Gayer at (605) 947-4440.

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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!