



2024

Parent Handbook



WINTER
PO Box 1938
Highland Park, IL 60035
847-433-9140

SUMMER
4151 Camp Bryn Afon Rd
Rhineland, WI 54501
715-362-2000

Welcome Letter

Dear Horseshoe Parents,

Welcome to the Camp Horseshoe Family! It's time to start planning for the summer of 2024! Whether you are a first-time parent, or a more seasoned one, this handbook will serve as a helpful guide in preparation for your son's summer at Horseshoe. Please take the time to read and review with your camper and keep it on hand throughout the summer.

For new campers and their parents, we recognize that although this is an exciting time, you may have many questions. This is especially true when it is a first-time sleepaway camp experience for the child and the parents. Our promise is to be there for your family every step of the way. From your first introduction to camp, enrollment, summer preparation, bus departure and every day throughout the summer, our team is here for you. The entire Horseshoe Leadership Team and Staff are only a phone call away.

We believe that parents play an integral role in the success of their child's camp experience. Our goal is to create the best possible camp experience for your child (and for you). At Horseshoe, we strive each day to develop stronger, more caring, and more competent children. Camp Horseshoe is a special place where each child can laugh, learn, and feel a true sense of belonging.

Please do not hesitate to call us with any questions or concerns. Communication is a vital part of our relationship with you and your son.

Hail to the Forest,



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Important Dates

Now	Place Everything Camper Order
April 1 st	Final Payment Processed
April 21 st	New Camper Open House
May 1 st	All Forms Due
May 17 th	1 st / Full Session CampMeds Registration Due
June 14 th	2 nd Session CampMeds Registration Due
June 14 th	Father/Son Weekend
June 17 th	1 st Session Begins
June 28 th – 30 th	Rookie Weekend
July 12 th	1 st Session Ends
July 12 th -13 th	Visiting Weekend
July 14 th	2 nd Session Begins
August 8 th	Camp Ends
August 8 th – 11 th	Basketball Camp

Communicating with Camp

You have placed a great deal of trust in our ability to care for your son. We value this trust and will do everything possible to ensure a successful summer experience for your child, as well as a harmonious relationship with you. We feel that being partners with our parents is the best way to make camp the most positive experience possible for your child... and for you! Please feel free to contact Fran, Jordan or Alex with any camper questions or concerns at any time

WINTER OFFICE

We can be reached at the winter office until June 5th, phone: 847-433-9140 or email: fun@camphorseshoe.com.

SUMMER OFFICE

The phone number at Camp Horseshoe is 715-362-2000. The best time to call us is between 10:00 am and 8:00 pm CST. The office closes during meals, you may always leave a message and we will return your call as soon as possible. To email the camp office for general questions, office@camphorseshoe.com. For Fran and Jordan Shiner, Owners/Directors, fun@camphorseshoe.com or Alex Berman, Associate Director, alex@camphorseshoe.com.

GOING ON VACATION?

Please be sure to email camp (office@camphorseshoe.com) with the dates you will be gone, best number to reach you and an emergency contact.

MyCampMinder Online Database

MyCampMinder: Web-based/Browser Access

Your [MyCampMinder](#) account gives you access to your individual family records, camp forms, documents and all the exciting online summer tools.

Within your MyCampMinder Account you can:

- Access and complete forms
- View photos, videos and news during camp
- Send emails to your son at camp

To access your MyCampMinder account:

- Go to www.CampHorseshoe.com and click on [LOGIN](#) at the top of the page
- If this is your first login or you have forgotten your password, click on “Set/Reset Password”, and enter the email address we have on file for you. Password instructions will be sent to that address.
- Once you’re signed in, you can find all forms, check the status of any forms you’ve submitted, email your camper, and see photos and videos.
- You may create a guest account to share with select family and friends, so they can view photos or email your child.

Download Companion - Our Mobile App for 2024!

Companion, the mobile app we use to share your child’s camp experience at camp with you this summer. With a personalized stream of photos, regular updates from camp, and more, our hope is that Companion makes you feel closer to your camper’s experience than ever before.



To get started, follow these simple steps:

- Download the Companion app**
- Login to the app using your MyCampMinder login and password
- Upload a reference photo of your child before camp begin
- Submit forms directly from your phone
- View photos, videos and news during camp
- Send emails to your son at camp
- If you are having trouble with Companion, please call (303) 444-2267



Required Forms

All required forms can be submitted electronically through your MyCampMinder account at www.camphorsehoe.com on a computer or through the Companion App on a mobile device.

ALL Forms are due by May 1st!

ONLINE FORMS: The following forms are submitted online.

- Activities Selection
- Cabin Requests (more information can be found on page 13)
- Health History Form (part of camper health forms)
- Profile Form
- Travel Form

PAPER FORMS: The additional forms listed below need to be printed, completed, scanned and uploaded into your MyCampMinder account. Once they are uploaded they will be reviewed by the Camp office.

- Immunization Form - Completed by physician. (part of camper health forms)
- Parent Authorization Form
- Physician's Examination Form - Completed by physician within 12 months prior to the start of the camp season. (part of camper health forms)

IMPORTANT NOTE: Your child will not be allowed to attend camp without completed health forms.

Plan ahead and make your son's appointment for their physical as soon as possible.

The camper health forms allow our medical staff to care for your child to the best of their ability. Please fill all forms out carefully as it will help us care for your child accordingly.

TO SUBMIT PAPER FORMS:

Companion:

- Log into the Companion App (more information can be found on page 5)
- Navigate to the forms section.
- Utilize the "scanning" function - allows you to use your phone camera to scan the form.

Upload a PDF copy to your "MyCampMinder Account"

- Log into your [MyCampMinder Account](#) (more information can be found on page 5)
- Navigate to the Forms and Documents section.
- Upload the required forms.

Getting to Camp Information

TRAVEL BY BUS

- Camp buses depart from Deerbrook Mall 110 S Waukegan Rd, Deerfield, IL 60015
- Buses will depart at 10:00am SHARP – Please arrive 15 minutes prior to departure time and look for our bus staff in Horseshoe Staff Shirts
- Please pack your camper a NUT FREE lunch, some NUT FREE snacks and a drink.
- AS A REMINDER NO SCREENS ARE ALLOWED AT CAMP, INCLUDING THE BUS RIDE!
- Campers are not allowed to drive to or from camp.
- Any medication (EpiPens, inhalers etc.) needed during the bus trip should be given directly to the bus supervisor and clearly marked with the camper's name, instructions and signed by parent/guardian.



TRAVEL BY PLANE

- We encourage families to arrange their travel plans as early as possible so campers can travel together, and so you are able to obtain the lowest available fare.
- We once again will be partnering with Travel One Inc. for our campers travel plans. Please contact a camp advisor at Travel One at (844) 803-9683 or camps@traveloneinc.com for more info.

Baggage

We recommend packing in two large duffel bags (**not longer than 42" and/or greater than 75 pounds**). Please make sure that **all bags are clearly marked with your child's first and last name**.

FOR CHICAGO AREA CAMPERS

CAMP BAGGAGE EXPRESS

- Camp Baggage Express is the service that will transport bags to and from camp.
- You will receive information from CBE directly a few weeks prior to your son's departure.
- Camp Baggage Express can be reached at (605) 290-7404 or email to campbags@abe.midco.net.
- We are unable to put duffels on or under the bus.
- Camp Baggage Express will not accept any duffel bags longer than 42" and/or greater than 75 pounds.

FOR OUT OF CHICAGO AREA CAMPERS

- We have teamed up with [SHIP CAMPS](#) to make baggage delivery easier for everyone.
- This is the easiest and most cost-effective way to get your sons duffels to/from camp.
- Visit [SHIP CAMPS](#) or call (855) 540-2267. Please book with Ship Camps by April 15th, 2024!
- Duffels should arrive a few days before your son.

SHIPPING ADDRESS

Camper's Name
Camp Horseshoe
4151 Camp Bryn Afon Road
Rhineland, WI 54501



What to Bring and NOT to Bring

Everything Camper is the official outfitter for all Horseshoe gear. All required logo'd items must be purchased through Everything Camper.

Please remember to label all clothing, shoes and equipment with your son's first and last name. Don't forget to label the laundry bags, tennis racquet, baseball glove and clothing worn on the bus. Shop online at [Everything Camper](#) or call: (917) 243-9054.

ALL items of clothing and/or equipment **MUST** be labelled using sewn in labels or permanent markers to reduce lost items throughout the summer. Please do not bring expensive valuables to camp! We will not be responsible for lost or damaged items.

PACKING

DON'T OVERPACK! Our packing list is very detailed. Each camper has a 5-drawer dresser with shelves above their bed. Please follow our list for quantities on all clothing. **We recommend packing in two large duffel bags (nothing longer than 42" and/or greater than 75 pounds). Please make sure that all bags are clearly marked with your child's first and last name.**

LAUNDRY

Laundry is done once a week. Your child's clothing and bedding will be cleaned and returned within 72-96 hours. While we have had much success with our laundry service, your child should not send any articles of clothing that are not machine washable. As a general rule, if you don't want to risk your child's clothing getting lost or ruined, don't bring it to camp. **Please pack your child with two laundry bags with his full name clearly written on the bag.**

PACKING LIST

BEDDING

Campers should bring twin size bedding to camp. Pack your child's favorite stuffed animal or blanket for their bed.

EYEGASSES AND CONTACT LENSES

If your child wears eyeglasses or contact lenses, please send enough replacement lenses and an extra pair of eyeglasses, labeled clearly with their name.

NO PLASTIC, CARDBOARD or SNAP DRAWERS are allowed at camp. Each camper has a 5-drawer dresser and shelves above their bed. There is no need to send extra drawers or shelving of any kind.

Please note: We are not responsible for baggage, clothing, electronics, sporting goods, laundry, etc., sent or brought to camp that may be damaged, lost, or stolen, either during transit or while at camp.

Camp Horseshoe Electronics Policy

Camp Horseshoe has a strict policy on electronics at camp, no screens allowed!

Any portable device that can send or receive emails, text messages, phone calls, play video content or access the Internet, is NOT permitted at camp, INCLUDING PHONES WITH THE SIM CARD REMOVED.

At camp, social interaction is done the old-fashioned way - face to face. This allows campers to gain confidence by acting on their own and developing skills that are essential to becoming healthy, productive adults. We believe this emerging independence is one of the greatest benefits of camp. Parental cooperation is critical and sends the right message to your son. We ask for your help in making sure that your son does not bring his cell phone or other unapproved device to camp, by asking him to give it to you before getting on the bus. If a cell phone or other item not permitted is found in camp, we will hold it in the office and return it at the end of the summer, no exceptions. **Phones will NOT be returned on Visiting Weekend for full session campers.**

Your son may bring a MP3 Player (Nano, Shuffle, [Mighty Vibe](#), [Campfire Player](#) or similar device) if he would like to listen to music in the cabin. Any iPods or MP3 players that can access the internet or have video content will be taken and held in the office.

We are not responsible for damage and/or loss of these items. These are expensive items, so please give proper thought before packing.

For privacy reasons, cameras will not be allowed to be used in the cabins.

ITEMS NOT PERMITTED at Camp

ELECTRONICS – ANY DEVICE WITH VIDEO OR WI-FI CAPACITY

- Cell Phones/iPhones of any kind including phones with the SIM card removed.
- iPads, iTouch and other tablets
- VR/AR Headsets
- Laptop Computers
- Apple Watch or comparable device
- Portable Email and/or Internet Devices
- Any Xbox, PlayStation, or Nintendo Device
- Video Recorders/Cameras
- Walkie Talkies/2 Way Radios
- Wireless Hotspot
- Products Containing Lithium Ion or Rechargeable Batteries
- Televisions
- Drones



OTHER ITEMS

- Skateboards / Hoverboards
- Dumbbells
- Food or Gum
- Bottled Water
- Knives or Firearms
- Matches & Lighters
- Water guns / Water balloons
- Lock Boxes or Safes of any kind
- Plastic Storage Boxes
- Hot Pots

Communicating with Your Son

LETTER WRITING AND ONE WAY EMAILS

- We believe in old-fashioned letter writing. Campers love to get mail, just like parents love to get mail. We try to have campers write home twice a week, usually on Tuesday and Saturdays. Since we are in a small town, a letter may take several days to arrive. ***We recommend sending pre-addressed, stamped envelopes for our younger campers.***
- We offer one-way emailing to our campers - you can email them, and they will write letters back! Many parents prefer to email their letters. Emails will be printed before lunch and distributed with regular mail (every day except Sunday). Emails SHOULD NOT BE A REPLACEMENT FOR PHYSICAL LETTERS!
- This is a special part of camp that every camper should experience.
- To email your son, login to [MyCampMinder](#) or [Campanion](#) & select "Email If you would like other people to email your camper, click on the My Account menu and you can create Guest Accounts for family and friends".
- Please note: fun@camphorseshoe.com is NOT available for camper email.
- When writing to your son, a good way to start every letter is to discuss camp activities, especially the ones your child has mentioned to you in his letters. Comments such as "How's your basketball coming along?" or "Your counselor sounds great," will help your son adjust to the newness of camp and show that you have truly listened to what your child has said.
- Try and avoid phrases such as "The house seems empty without you," and "If only you were here". Although these sentiments may be true, they can only make your child miss you more. A better way to express your feelings might be to say, "We'll have to try out that great backhand when you get home," or "By August, you'll be able to teach me how to golf."
- When you receive letters from your son, remember camp life has its ups and downs, just as life at home, and the child who today, "hates Steven who sleeps next to me" may tomorrow think, "Steven will be my best friend forever." Call us if you are concerned. Most of the time, the problem was resolved long before you received the letter!
- Finally, save the letters your son sends you from camp. Years from now, you will be able to read them together and relive those childhood memories. We are sure you will discover that Camp Horseshoe is more than a summer camp; it is an experience of a lifetime.

The mailing address for your son is:

Camper's Name

*Your Son's Cabin Number

Camp Horseshoe

4151 Camp Bryn Afon Rd, Rhinelander, WI 54501

*We will email his cabin name after the buses arrive



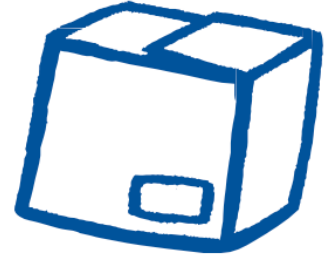
PHONE CALLS

To ensure the happiness of campers, Camp has a No Phone Policy, with the following exception: If they have a birthday that falls during the session. Parent may arrange with the office for a time to speak with your son.

Please do not hesitate to call camp with any questions you may have. The number is: **(715) 362-2000**.

PACKAGE POLICY

CAMP HORSESHOE HAS A STRICT NO-PACKAGE POLICY



- Packages can create unhealthy competition among campers and can take the emphasis away from the fun, friendships and activities at camp.
- To ensure fairness, this rule will be strictly enforced. Packages will be refused and sent back to the sender at their own expense. If the address is unavailable, contents will be donated to a local charity.
- The policy extends to all parents, relatives, and friends.
- Your son's gift for the summer is the privilege of going to camp.
- We will make every effort to provide your son with anything he needs.
- If there is something we cannot provide (glasses, etc.) please call the office to arrange for your son to receive these items.

No "care packages" of any kind can be accepted for any camper! This includes sports cards, packages, oversized envelopes, padded envelopes and boxes of any kind. Please let your friends and relatives know about our policy.

We thank you for your kind cooperation and respecting our NO-PACKAGE POLICY.

EXCEPTION: Birthdays!

- If your son has a birthday at camp, he is allowed to receive a birthday package, that does not include any candy, food or gum. Please ship attention "OFFICE-BIRTHDAY PACKAGE", your child's name and birthday. As always, your cooperation is greatly appreciated.
- Birthdays are fun at camp. He will have a special day with fun announcements, Bean Cake, a cabin Domino's Pizza Party (billed to his canteen account) and celebration at camp.
- You will also set up a special birthday phone call with your son.
- PLEASE DO NOT SEND GIFTS FOR THE BUNK.

Visiting Camp

VISITING WEEKEND

- Parents, relatives and siblings of campers may visit Camp Horseshoe on Friday, July 12th from 6:30pm–9:00pm and Saturday, July 13th from 10:00am–9:00pm. Visiting Weekend gives you the opportunity to “feel” the Horseshoe magic, see camp in action and to meet your son's counselors and cabin mates.
- On Friday, July 12th, we will open our gates, *after dinner*, at 6:30pm. *Everyone will be admitted into camp at the same time.* At approximately 7:45pm we will have a welcome reception, a time for you to get a taste of the Horseshoe Spirit. We will ask the parents to say goodnight at 9:00pm.
- Visiting on Friday night is in camp; Horseshoe campers do not sleep out.
- On Saturday, July 13th, the gates will open at 10:00 am. We will begin our day with a morning full of activities, followed by our cookout at 11:30am. To give the Horseshoe staff a much-needed rest, camp will be closed from 2:00pm-8:00pm.
- All campers must be back in camp no later than 9:00pm.
- More information about Visiting Weekend will be sent home at the beginning of July. If you have not already done so, please make lodging arrangements today.

1st AND 2nd SESSION CAMPERS

1st session campers will be leaving camp in the morning on Friday, July 12th. 2nd session campers will arrive on Sunday, July 14th. If you will be picking your son up from camp or bringing him to camp, you are welcome to spend visiting weekend with us.

SORRY, NO PETS!

No pets are permitted at camp at any time.

TIPPING

Tipping counselors is not allowed. If you would like to show your gratitude toward your child's counselor, a nice note would be appreciated.

PLACES TO STAY

We suggest making your reservations today!

For more hotels & resorts, contact the [Rhineland Chamber of Commerce](#): (800) 236-4FUN.

[Holiday Acres Resort](#)

4060 South Shore Drive
Rhineland, WI 54501
800-261-1500 or 715-369-1500

[Comfort Inn](#)

1490 Lincoln St.
Rhineland, WI, 54501
(715) 369-1100

[Holiday Inn Express & Suites Rhineland](#)

1958 Navajo Street
Rhineland, WI 54501
(715) 420-2201

[Quality Inn](#)

668 W Kemp St - Hwy 8 & 47
Rhineland, Wisconsin
(715) 369-3600

[Americinn by Wyndham](#)

648 W Kemp St.
Rhineland, WI
(715) 369-9600

[Rustic Manor Motor Lodge](#)

6343 Highway 70 East St.
St Germain, WI 54558
(715) 479-9776

The Shoe Community, Rules and Policies

Your child's safety throughout the summer is of great importance to us. Our staff are trained to promote a healthy and safe camp environment. We ask that you review and reinforce the following rules with your child before camp begins.

CAMPER BEHAVIOR

We pride ourselves on being a welcoming and friendly community. For our community to thrive, we expect our campers and staff to display positive and inclusive behavior while at camp; treat each other with mutual respect; follow the instructions and guidance of their counselors and other staff; stay in cabins between lights-out and wake up; attend and fully participate in scheduled activities and meals; be a team player; treat camp property with respect; and respect others' belongings and personal space.

Failure to live within the expectations of the camp community or abide by the stated policies of the camp could result in immediate dismissal from camp with no tuition refund.

The following behaviors are unacceptable: bullying and other forms of hazing or harassment against campers or staff; pranks; hurting another physically or threatening violence; the use of foul language, name calling, teasing, spreading rumors or exclusionary behavior; and destroying property or stealing from others.

DRUG, ALCOHOL, TOBACCO AND PARAPHENALIA POLICY

Camp Horseshoe reserves the right to dismiss, with no tuition refund, any camper found to be in possession of and/or using alcohol, drugs, tobacco (cigarettes, e-cigarettes, Juul, vaporizers of any kind) and/or drug paraphernalia. We have a zero-tolerance policy. Visual observation need not be necessary for immediate dismissal if there is enough evidence that these risk-taking behaviors have occurred.

Additionally, fireworks, knives and weapons of any kind are prohibited at camp. Anything that may be perceived as a weapon will be immediately confiscated and the person in ownership may/will be sent home.

GAMBLING

Gambling is not permitted at Camp Horseshoe.

CABIN PLACEMENT

We spend a tremendous amount of time working on placing each camper in the cabin group we feel will be the best fit. The procedure for making the cabins is an ongoing process that is not complete when the campers arrive. Cabin placement is a daunting task and there are many factors that we must consider as we work through the process. We take your suggestions and requests, of course. In addition, we must consider several other factors, including personality, group dynamics, geography, years at camp, session and numbers per cabin.

Campers should request 3 cabin mates. We will try and honor at least one of those requests. We value your input, and we also ask for your understanding. Although we try, we can't make 100% of our camper's 100% happy with cabin placement. While we cannot guarantee that all the requests will be met, we do our best to create cabins that have every camper's interest in mind. The success of Horseshoe has been our ability to create cabins that lead to lifelong friendships and connections.

We ask that you trust us to place your son in the cabin in which we feel he will be happiest and most successful and convey this to your him before he comes to camp. We have each camper's best interest at heart, and we will never knowingly place a camper in a bunk in which he will be unhappy. We do our best to accommodate everyone's wishes. **Please note that we do not accept "dis-requests."**

Your son's cabin will be sent once all campers have arrived on the 1st day of each session.

ALL CABIN REQUESTS MUST BE SUBMITTED VIA MYCAMPMINDER NO LATER THAN MAY 1ST.

HOMESICKNESS

First, let us assure you that homesickness is normal. Severe homesickness is rare, we do expect new campers to be a little emotional about being away from home for the first time. Every child adjusts to being away from home differently and experiences some degree of homesickness or missing family, friends, and familiar routines.

As a parent you can help by reassuring your son that he is loved, talking positively about independence and separation, and not promising that they can call or come home if they are lonesome. Discuss camp in a positive way by discussing living in a cabin with friends or all the fun things they will be able to do at camp.

Parents should prepare themselves for separation also. Each summer we visit with more “child- sick” parents than we do with homesick campers! Always call us with your concerns about your child’s adjustment to camp and be assured that we will call you if we feel it is necessary.

We have one very important request: when you talk with your son about camp, **please do not tell him that he can call home, or you will come get him if he is unhappy.** Those promises set your son up to fail at camp. Focus on the positive, be encouraging, and let your son know you will be thinking of him, but don’t compromise his summer by offering to bring him home.

First year camp families can expect a call from a member of our leadership team at the end of the first week to give you an update on your son’s adjustment to camp. You can also feel free to call camp at any time to find out how he’s doing. We will more than likely be out of the office interacting with campers and we’ll get back to you with an update as soon as possible.

PHOTO POLICY

The camp reserves the right to use any pictures and/or video of your child for advertising or marketing purposes in both print and digital form including social media.

CAMPER BANK

All admissions, meals and activities are included in your son’s tuition and canteen account. Camper bank is used for extras & souvenirs.

If you would like to send extra spending money for your son, we suggest the following based on their age/trips out of camp. We keep cash in the safe in the office and he will be able to access before leaving camp on a trip. Any money that is not spent will be returned to his canteen account at the end of the season.

PIONEER, WOODSMAN & FORESTER 1- Current 2 nd , 3 rd , 4 th and 5 th graders	\$10 / session
FORESTER 2 - Current 6 th graders	\$50 / 1st session. \$10 / 2nd session
GUIDE - Current 7 th graders	\$10 / 1st session \$75 / 2nd session
RANGERETTE - Current 8 th graders	\$75 / 1st session \$25 / 2nd session
CABIN 13 - Current 9 th graders	\$50 / 1st session \$30 /2nd session
CABIN 14 - Current 10 th graders	\$30 / 1st session \$75 / 2nd session

We accept Zelle (fran@camphorseshoe.com) or scan the QR code:

Or send a check to the winter office (before June 1st)
Camp Horseshoe
P.O. Box 1938 Highland Park, IL 60035



Health Center and Medical Information

CAMP HEALTH CENTER



- Our primary goal is the safety and health of all our campers. Our Health Care Team operates with the utmost professionalism, providing each camper with necessary care and compassion. Our Health Center is staffed by three RN's and an on-call pediatric group who give our campers 24/7 care and lots of TLC!
- In fairness to our leadership team, counselors, health care staff and your children, we need to make informed decisions about everyone we invite into our community and family. "Family secrets" serve no one. Our purpose in having pertinent health information, both physical and emotional, is to better serve each child. We must expect that parents/guardians of all children sent to Camp Horseshoe have provided us with all the necessary information we need to keep all children safe.
- It is imperative that we receive the necessary completed health forms before the beginning of camp. Parent and Doctor signatures are required on the forms.
- If your child has been exposed to any communicable diseases/illnesses (i.e. lice, measles, COVID, chicken pox, influenza) within 3 weeks prior to camp please inform us as quickly as possible.
- If your child has an orthodontic appliance, please schedule a checkup before camp and send the necessary replacement items for the summer (wax, bands, etc.).

Please remember: NO child will be permitted to attend camp if we have NOT received their health history & physicians forms.

CONTACT WITH PARENTS

We will contact you if your son:

- Spends the night in the Health Center
- Requires a telemedicine appointment with PediaTrust.
- Needs a prescription medication or a visit to the local hospital for x-rays or treatment.

Rest assured; we will contact you anytime we feel you need to be involved. Our nurses do not call for routine visits that children may make to the Health Center. Examples of such visits may include a headache, stomachache, allergies or bug bites.

If you have any other questions or concerns, please email: healthcenter@camphorseshoe.com

PEDIATRUST

We are excited to again partner with PediaTrust, a respected group of Pediatricians based in the Chicago area. Our Health Center staff will be able to set up telemedicine visits for campers when needed. The doctor will be able to access, diagnose, advise and write prescriptions as needed.

PediaTrust will bill your insurance directly. If the insurance company does not cover the appointment, the flat fee for the appointment will be charged to your son(s) canteen account.

We will continue to use our local hospital for emergency visits or any medical needs that aren't conducive to virtual visits.

PRESCRIPTION & DAILY MEDICATIONS :

ALL camper's medication, including prescriptions, non-prescriptions, vitamins and supplements, must come to camp pre-packed through [CampMeds](#).

- There will be NO exceptions, unless [CampMeds](#) is unable to fill your camper's medication.
- We will NOT accept any medication, including vitamins and supplements, off the bus or upon arrival at camp except medication that CANNOT be supplied by [CampMeds](#).
- If there is a medication that CANNOT be supplied by [CampMeds](#) (i.e., EpiPens, growth hormones, or any other intramuscular injections or other approved by camp director), please follow the instructions below.
- For growth hormones, EpiPens or other CampMeds exceptions, please send medication in the *original packaging with the original prescription label* to camp a week prior to your son's arrival. Please include a signed note with instructions. Medications will not be accepted that are not in the original packaging with the original prescription label attached.
- If applicable, please send TWO EpiPens for your child for the summer (send one to camp and send one with your son on the bus). One will stay in the Health Center and one will be packed when your child leaves camp on a trip.
- **IMPORTANT:** Any refrigerated medications must be clearly marked on the inside and outside packaging "Refrigerate Upon Arrival." Please call the camp office to advise when refrigerated medications are shipped and expected delivery date. It is important for any medications that need to be refrigerated are sent no earlier than the week before camp starts.
- We do expect 100% participation from families with campers who will need prescription, non-prescription medicine taken daily or as needed, as well as vitamins while at camp.
- Any camper with daily prescriptions, non-prescriptions, vitamins and supplements who does not use CampMeds will result in a \$250.00 fee, no exceptions.
- Daily medications will be distributed at mealtimes as well as at bedtime, after the evening program.
- Camp stocks medications such as Tylenol, Advil, Benadryl, Tums, etc. There is no need to have these medications sent to camp.
- All medications (prescription and non-prescription) must be kept in the Health Center according to state law. Emergency medication such as epi-pens and Rescue Inhalers may be carried if your doctor feels it is necessary and if the appropriate documentation is received.
- We ask that you do not send over the counter, as needed medications for your child, unless you anticipate that they may need to take them often or possibly daily. If you decide he will need it while at camp, please follow the instructions above for [CampMeds](#).
- If you have any questions, please contact [CampMeds](#) is at info@campmeds.com or (954) 577-0025.

The Heart of Horseshoe

Teach Me.

Guide me to the Heart of Horseshoe. With virtue as my aim and your lessons as my ally, I will venture beyond my boundaries.

Teach me to Ask

Voice every question, but never have all the answers...

Teach me Trust

Accept your brother's hand, but keep your selfdom true...

Teach me to Endure

Carry on when there is nothing left, except the will to persevere...

Teach me Sportsmanship

Compete as if each moment is your last, and shine in both victory and defeat...

Teach me to Remember

Memories tighten the threads of kinship, when weathered by distance and time...

Teach me Humility

Take pride in your successes, but reflect on all you have yet to achieve...

Teach me to Lead

Find the abilities in each, and instill greatness in all...

Teach me Integrity

Stand strong, when mettle and courage are scarce...

Above all else, know that Loyalty knows no excuses, Friendship knows no betrayal and the Spirit knows no limit...

I will learn, and I will be content.