

Welcome to your LOMIK Camps! LOMIK (Lutheran Outdoor Ministries Indiana-Kentucky, Inc.) has 3 locations.



Lake Luther 5215 N 450 W Angola IN 46703



Lutheran Hills 6371 Bear Creek Rd Morgantown, IN 46160



Lutherwald 2065 W SR 120 Howe, IN 66746

No matter which site you are going to the following information will help prepare you and your child for their time at camp.

FIRST DAY OF CAMP
Drop Off / Registration: 3:00-4:00 pm

LAST DAY OF CAMP
Pick Up: 2:00 pm

<u>Arrival & Departure</u>. Note that the times listed above are Eastern Daylight times. **Just follow** the direction of our staff that will be eagerly awaiting your arrival. Campers will be engaged in activities right away. Parents should do their best to be timely for arrival and pick up.

Registration & Health Form. Online registration is encouraged https://lomik.campintouch.com/ui/forms/application/camper/App or in a downloadable paper form. All campers must have a completed a registration & health form. An actual physical for camp is not needed so long as information on the health form is correct, complete, and that your child has had a physical within the past 24 months. Camper health insurance is NOT provided, so please provide insurance info.

<u>Medications & Special Needs</u>. All medications, prescription and non-prescription (except inhalers), are collected upon arrival. Please provide written instructions for their dispensing. Be sure camper's name is on non-prescription medications. Any special arrangements (diet, early pickup, activity limitations, release of camper to someone other than legal parent, etc.) must be communicated in writing at registration.

<u>Getting Ready For Camp.</u> Our camp physician advises before coming to camp, kids should become acclimated to the summer heat and humidity by playing outside (e.g. riding a bike, kicking a soccer ball around) at least an hour a day, two weeks prior to coming to camp.

<u>What NOT to Bring to Camp</u>. Please do not allow your child to bring expensive items to camp as they can get lost or damaged and the camp cannot be responsible. Do not bring: Cell phones, I-pods, CD players/radios, hair dryers, curling irons, candy or snacks, fireworks, jewelry, pets, alcohol/illegal drugs, pocket knives or anything else that could be construed as a weapon.

Page 1 of 2

<u>The Camp Store</u>. Campers should have extra money for items at the camp store and canteen. Suggested daily canteen allowance: \$8 per day. Items include pop, candy bars and snow cones. Also available are T-shirts (\$15) and sweatshirts (\$35), and other items in the \$5-\$25 range.

<u>Living Accommodations</u>. Campers stay in cabins with bunkbeds. Each cabin is supervised by a college-aged counselor with 5-10 campers. Bathrooms are located at a central location within short walking distance of the cabins.

<u>The Camp Staff.</u> LOMIK's program staff are mostly college students, who serve as counselors, waterfront staff, kitchen workers, and program directors. They are a responsible, fun, enthusiastic bunch with special knowledge and skills to conduct camp activities and an ability to share the Gospel.

<u>Safety at Camp</u> All three LOMIK camp sites meet comprehensive health and safety standards and are accredited by the American Camping Association. Program leaders are certified in American Red Cross First Aid & CPR.

<u>Medical Services</u>. A certified staff person serves as camp health officer and oversees the camp infirmary. The camp has arrangements with a local physician, hospital, and 911 service. <u>Parents will be notified of any illness, injury, or professional medical attention given to their child.</u>

<u>Homesickness</u>. Most children adjust to camp quickly. Usually, extra attention from counselors and cheerful letters from home are all it takes to overcome homesickness. However, if a camper is not adjusting, the camp's Program Director will notify parents and decide together what to do. Experience has taught us that phone calls to and from homesick campers are not helpful.

Parents concerned that their child will become homesick can do the following to help prepare them for camp including:

- 1) Visit camp beforehand to schedule a tour contact info@lomik.org;
- 2) Involve the child in packing for camp, that way they know their favorite stuff has been packed and they don't feel so disoriented when they get to camp—they know where things are;
- 3) Talk about camp—not all at once, but a little at a time—reminding them about how much fun they'll have doing camp activities and making new friends;
- 4) Register with a friend or a sibling;
- 5) Send mail from home.

<u>Camper Mail.</u> Campers love getting mail from home. "MAIL CALL" takes place each day at dinner. Mail can be sent via the US postal service or through the "Camp Post Office" system. Parents can write letters or postcards ahead of time and either drop them in the camp post office slots at the time of registration or send them in a packet early in the week. A letter marked "Monday" will be delivered on Monday, a letter marked "Tuesday" will be delivered on Tuesday, and so on.

Page 2 of 2