

# Summer Camps 2022 Quick Reference Guide Rocks, Ropes, & Rivers 1



## Camp Check-in:

June 19th, 2:30 - 3:30 pm

## Camp Check-out:

June 24th, 10:45 am - 12:00 pm

As we adapt to stay healthy and safe during COVID-19, you will notice changes in how we run camp check-in, check-out, and the day-to-day aspects of camp. More information will be sent out regarding these changes in early June.



## How to stay connected with your camper:

- Email:
  - [campers@eaglebluffmn.org](mailto:campers@eaglebluffmn.org)
  - Put your camper's name in the Subject Line
- Snail Mail:
  - Camper's Name, Camp Name, Eagle Bluff  
28097 Goodview Dr.  
Lanesboro, MN 55949
- Daily Photos:
  - Uploaded on Google Photos
  - A unique URL will be emailed to you before camp starts for you to access.
- Phone Message: 507.467.2437

## Camp Checklist

- \_\_\_\_\_ **Medication Permission (if needed):** For any medications being brought to camp, please make sure that information is up to date on your camper's CampDoc Health Profile
- \_\_\_\_\_ Review **packing list** and **behavior expectations**

If you have any questions, please do not hesitate to contact the camp managers by phone or email: [campers@eaglebluffmn.org](mailto:campers@eaglebluffmn.org) | 507-467-2437

**Campers are responsible for bringing personal items and clothing that are appropriate for the season. You'll be spending a lot of time outdoors, so it's important to come prepared for all types of weather!**

## Clothing & Gear

- Shorts (6-7)
- T-shirts (6-7)
- Sweatshirt (2-3)
- Long pants (2-3 pairs)
- Underwear (7)
- Socks (6-7)
- Pajamas
- Rain jacket
- Swimsuit or swimming clothes\*
- Shoes\*(outdoor, swimming, & indoor)
- Hat
- Water bottle
- Durable Backpack (most school backpacks)
- Face masks (3+ preferred)

## Personal Items

- Pillow & Sleeping Bag
- Towel (1-2 suggested for swimming/showering)
- Shampoo & Conditioner, Soap
- Toothbrush and toothpaste
- Brush or comb
- Deodorant
- Contacts & Glasses
- Sunscreen & Bug Spray

## Please leave at home

- Phones, smart watches, game systems
- Hair dryer
- Snacks: pop, candy, gum, etc.
- Tobacco, alcohol, drugs, firearms, or knives

### Swimming Suit/Swimming Clothes:

Eagle Bluff does not have any swimsuit requirements. Swimming and wading in the Root River is a favorite camp activity for many. At our swimming location, there is a slow current with water depths from one to six feet. Campers will be wearing PFDs for swimming no matter their swimming ability.

**Shoes:** For swimming, canoeing, and exploring the ponds/river, shoes with a backing must be worn-- flip flops and Crocs are **not** allowed for water activities. Water shoes, Tevas, Keens, Chacos, or an old pair of tennis shoes works well as these shoes WILL get wet and potentially dirty. You will also want to bring a pair of active shoes for our activities on land, and a comfortable pair for in the dorms.

**Camera:** Please read the later section about Camp Photos.

### Optional items to pack

- Headlamp (preferred over flashlight)
- Climbing Gear (personal harness, shoes, & helmet allowed. Eagle Bluff will provide all necessary gear.)
- Camera\*
- Twin fitted sheet
- Cards/Games
- Sunglasses
- Quiet activity: journal, book, magazine, word puzzles, etc.
- Wrist watch

# Welcome to Camp!

## Rocks, Ropes, & Rivers 1

**We are looking forward to seeing you at Eagle Bluff this summer!**



- Floating, paddling, and more in the Root River
- Lots of rock climbing experience!
- Tasty campfire treats

**Start getting excited for these adventures & more!**

**Within this packet you will find the information and details needed to prepare for all of your exciting adventures and more.**

The first two pages are intended to be a go-to reference guide with important dates/times, Eagle Bluff contact information, and the packing list. The remainder of the packet includes details about camp life at Eagle Bluff, and Behavior Expectations. Please look over all the materials carefully and review them with your camper. More information will come later about policies and procedures amidst COVID-19.

If you have any questions before camp starts, don't hesitate to contact Eagle Bluff. We look forward to seeing you soon!

