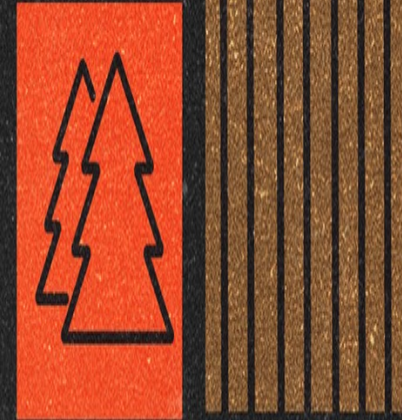




2022
LCCC CISCO SR SESSION
CAMP
INFORMATION
June 19-25



2022 DROP OFF & PICK UP

COUNTING DOWN THE DAYS...5, 4, 3, 2

ARRIVAL DAY IS HERE!

- We can't wait for you to get here! What time do I come? What do I need to have ready to make drop off smoother?

DROP OFF DETAILS:

- We can't wait to welcome you and your camper to a week filled with non-stop fun and spiritual growth! We'll give you all the scoop and help you walk through check-in when you arrive.

- **CHECK-IN is on Sunday, June 19 beginning at 2 p.m.**

LOCATION: MULTI PURPOSE BUILDING (MPB)

- **CAMP ADDRESS:**

Lake Cisco Christian Camp

5303 Hwy 6

Cisco, TX 76437

GPS/Siri not helpful? Contact Lyles at 325-260-4270 to help with directions if needed.

- Prior to drop off, we'd love to have your camper and family attend church services at Cisco Church of Christ. Classes begin at 9:30 a.m. Worship begins at 10:30 a.m. Immediately after services, the church will have a potluck luncheon to help send you on your way to a great camp week.

ADDRESS: Cisco Church of Christ / 1701 Ave. N / Cisco, TX 76437 PHONE: 254-442-1450

- Upon arrival at camp, follow all check-in signage or find a volunteer to help you facilitate the process.
- To make things a little faster for you upon check-in, please have all medications out and ready to turn in to our medical team (per the medical instructions), have your bedding on top in your camper's luggage (easy to get to) to help your camper set up their bed prior to your departure.

PICK UP DETAILS:

- A week goes by sooner than you think, and parting is such sweet sorrow! We hate goodbyes! So instead, we'll say, SEE YOU NEXT SUMMER!

- **PICK UP is on Saturday, June 25, at 10 a.m. in the MULTI PURPOSE BUILDING (MPB)**

- **CAMP ADDRESS:**

Lake Cisco Christian Camp

5303 Hwy 6

Cisco, TX 76437

- You'll grab your camper, their luggage and any medications you brought from our medical team in the MPB (Multi Purpose Building).

2022 CAMP PACKING LIST

Please pack all camper's items in a trunk or one large container and LABEL IT WITH THEIR NAME

Please label all camper's clothes and belongings

CABIN ITEMS:

- Bedding — for a twin size bed
- Pillow
- Portable fan — it's hot, keep cool!
- Flashlight

BATH HOUSE ITEMS:

- Towels: 2
- Washcloths/Loofah
- Shower shoes
- Toiletries (shampoo, soap, etc.)

WHAT TO WEAR:

- T-shirts: 8 *w/sleeves, no tank or midriff tops*
- Shorts: 8 *(at least 5" inseam)*
- Underwear: 10
- Socks: 10
- Pajamas: 3
- Athletic Shoes: 1 *Closed toe shoes REQUIRED*
- Swimsuits: 2
Girls Cover Up — knee length, Boys — shirt to pool
- Dress Up Outfit
Simple, modest outfit you would wear to church
- Rain jacket — you never know!

SKIN PROTECTION:

- Sunscreen
- Insect Repellent

EXTRAS:

- Laundry bag
- Large Ziploc bags
- Large plastic trash bag
- Ball glove

BIBLE STUDY:

- Bible
- Pen/highlighter

MEDICINES:

- Please see the MEDICATION INFORMATION and instructions for how to bring prescription medications.

DO NOT BRING:

- Phones, tablets, electronic devices
- Alcohol, vapes, tobacco, e-cigarettes, drugs, firearms, firecrackers, etc.

CAMP THEME DAYS:

Dress up is OPTIONAL — but sure makes camp fun!

- **SUNDAY: COME AS YOU ARE**
Camp check-in and meet and greet for the week
EVENING ACTIVITY: OLD MILLER
- **MONDAY: COMMANDO**
Wear your favorite camouflage
EVENING ACTIVITY: CAMP OLYMPICS
- **TUESDAY: SOCK CRAZE for DAZE**
Wear a pair of outrageous CRAZY socks
EVENING ACTIVITY: COUNSELOR SKIT NIGHT
- **WEDNESDAY: ZERO TO HERO**
Show off your superpowers and be your favorite hero
EVENING ACTIVITY: TALENT NIGHT, we know you have skills, bring your stuff to show off!
- **THURSDAY: LAKE CISCO 5-0**
Wear a Hawaiian shirt
EVENING ACTIVITY: SADIE HAWKINS/CABIN SKITS
Dress to impress in your Sunday best and bring your props, costumes and ideas for a great CABIN skit night!
- **FRIDAY: IT'S GAME DAY!**
Wear your favorite team's shirt/jersey
EVENING ACTIVITY: CLOSING CEREMONY

2022 CAMP MEDICATION INFO

How to pack your camp medication

MEDICATION INSTRUCTIONS:

- All prescription medications must be in their ORIGINAL containers
- Medication must be prescribed to the camper with up-to-date instructions
- Medication must not be expired
- Medication is administered by our camp nurse and medical team
- Consider leaving non-prescription medications at home
- All medications, even OTC meds, must be kept with the camp nurse and medical team

How do I tell you about my camper's medical needs?

- The most important place to communicate about your camper's medical needs is in the medical section of the LCCC registration form. You can access this form at lakeciscochristiancamp.com, CAMP SESSIONS / CISCO SR.
- If this is your first time at camp, please feel free to talk more in depth with our medical team at check-in.

Where can my camper keep their meds?

- To protect the safety of all campers from access to meds, all medications must be kept with the nurse. This applies to our campers and staff so there is no possibility of a camper getting into a staffers luggage and accessing medication.
- Exceptions are made for rescue inhalers, diabetic supplies and epi-pens. Just make sure you mention your camper will need to carry these things with them on the medical section of registration.

What meds should my camper bring?

- Please leave all non-prescription medications other than allergy medicine at home for the week.
- We're well stocked on everything else they might need – see attached list.
- Pack any allergy meds (Flonase, Zyrtec, Claritin, Allegra and more). Save the space in your trunk on the rest.

When are meds given?

- Medication is given out at meals from Monday breakfast through Friday dinner and bedtimes. On arrival night, we will give out medication.

How should I pack my camper's meds?

- Make sure ALL PRESCRIPTION MEDICATION is in its ORIGINAL container. State regulations require all medication to be in their original containers so we cannot make exceptions.
- **Place all camper's medications in a Ziploc bag labeled with their name, age and birthdate.**
- State regulations will not let us administer medication in this way:
 - Expired
 - Prescribed to other people
 - Compounded or mixed at home, we can administer medicines that have been compounded/mixed by a pharmacy only. Our nurses are unable to mix or compound medicines together. If you need this, work with your pharmacy ahead of time.
 - Broken in half. We can't administer medicines that are cut or broken into smaller doses than prescribed.
 - Regulations require us to **follow the directions** on all medicines unless we have a note from a physician authorizing something different. If a bottle says it is for adult use only and it is checked in for a ten-year-old, we cannot administer it. This is often a problem for melatonin. Or if you request a higher dosage than what is listed on the medication directions, you'll need a doctor's note for that.

What about essential oils or vitamins?

- Due to the large quantity of medicines tracked and given out during the week, we do not administer essential oils or vitamins to campers. Please do not send them in your camper's luggage.

2022 CAMP MEDICATION INFO CONTINUED

What about CBD oil?

- We do not administer CBD oil to campers, and we ask you do not pack it in your camper's luggage.

What about melatonin?

- You can send it, **but two important things to note.** Your camper will be going hard all day long. The likelihood of them needing something to help them fall asleep is low. In addition, by law we must follow the dosage directions on all medicines (including melatonin), unless we have a doctor's note stating otherwise.

How do I get my meds back?

- On Saturday you can pick up your meds from a member of the medical team in the MPB (Multi Purpose Building). Please don't forget! Bring your photo ID so we can verify we are giving the meds back to the right person.

Full list of medications LCCC keeps on hand:

Allergy / Antihistamines / Sinus / Cold and Cough

- Afrin
- Benadryl (liquid, tablets, topical)
- Chloraseptic Throat Spray
- Claritin (liquid, childrens, and tablets)
- Cough Drops
- Pepcid (H2 blocker)
- Phenylephrine Tabs
- Robitussin / Robitussin DM
- Saline Nasal Spray
- Sore Throat Lozenges

Eye Drops

- Allergy Eye Drops
- Artificial Tears
- Eye Wash

Pain Reliever / Fever Reducer / Analgesics

- Ibuprofen (liquid, jr chewable tablets, 200 mg tabs)
- Tylenol (liquid, jr. chewable tablets, 325mg and extra-strength 500mg tabs)

Stomach Relief

- Anti-Nausea Liquid
- Bonine (Meclizine)
- Colace (stool softener)
- Dramamine
- Dulcolax
- Immodium (liquid and tablets)
- Maalox
- Milk of Magnesia
- Miralax
- Mylanta
- Pepcid
- Pepto (children's and adult tablets)
- Tums

Topical

- Aloe Gel
- Anti-Fungal Cream and Spray
- Benadryl Anti-Itch
- Burn Gel
- Caladryl
- Hydrocortisone
- Medicaaine Sting Swabs
- Neosporin
- Oragel
- Petroleum jelly
- Solarcaine
- Vaseline



LAKE CISCO CHRISTIAN CAMP