

Welcome to Camp

Excursions

Everything you need to know
about the best week of your summer!



Welcome

Welcome to Eagle Lake Excursions Camp! We're so glad you've chosen one of our challenging adventure programs here on our beautiful overnight property, which we've seen God uniquely bless and use to transform lives for over 60 years.

As soon as you drive into camp, your adventure begins. Our highly trained staff has designed programs that encourage campers to step out of their comfort zones and into new levels of personal achievements.

But even more than making camp fun, our desire is to inspire Christ-centered love in the heart of each camper. Our exceptional counselors give your camper personal, one-on-one time to help him or her grow spiritually, and model what it means to walk with Christ.

Thank you for choosing Eagle Lake Excursions! We're so excited to see what God has in store for all of us this summer.

Mark Heffentrager

Director of Camping Ministries



How to Pack

Pack Your Bags:

The best way to dress for summer hiking/backpacking in the mountains is to layer, as weather is unpredictable and often changing. Synthetics and wool blends are the best fabrics, as they keep you warm even when wet. Avoid 100% cotton and jeans as they hold moisture and can cause a person to become cold quickly. Note: There are no laundry facilities available. When hiking off site, extra clothing and gear is kept at Eagle Lake in the base tent.

Go to eaglelakecamps.com/excursions for the links to the packing list for your specific program!



Preconditioning

Eagle Lake Camp's property is located at 9000+ feet above sea level; participating in physical activities at this altitude offers a cardiovascular challenge. We recommend pre-camp conditioning so that you are able to meet the physical demands of the program. Our desire is for campers to have the best experience possible and making the effort to prepare can be one of the easiest ways to help you enjoy the activities and overall experience.

Recommended Activities Include:

- Jogging/running
- Hiking while carrying weight
- Biking/Mountain Biking

Campers should increase conditioning prior to their arrival at camp, participating in aerobic/cardiovascular activities for 30-60 minutes, 2-3 times per week, at least 6 weeks leading up to the program.

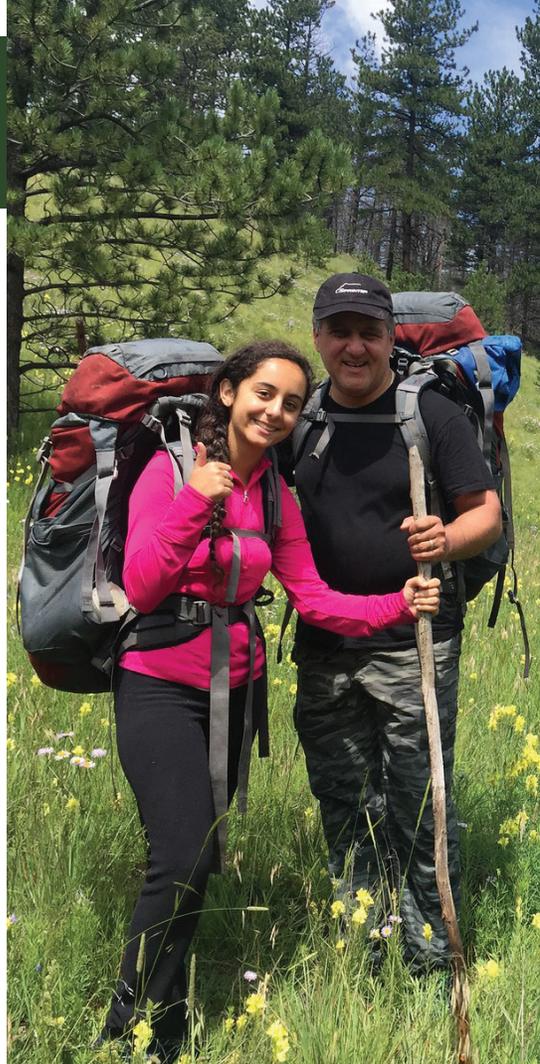




Hiking Boots

It is necessary to have a good quality over-the-ankle boots for hiking and backpacking. Be sure to break them in before arriving at camp. It is not necessary to buy an expensive pair of heavy all leather boots; lightweight hiking boots with adequate support will work great. However, a stiffer sole is better for the kind of rocky terrain at Eagle Lake.

Work boots, running shoes, or cowboy boots are not acceptable, as they do not provide the comfort or support required for long weight-bearing hikes in rocky terrain.





Camp Store

The Camp Store is a favorite destination of campers during free time each day! Here campers may purchase snacks, ice cream, camp gear, clothing, and other fun items.

Spending Money:

Login to your online registration account at eaglelakecamps.com to deposit money into your camper's store account prior to your arrival at camp. Monitor and manage store funds and purchases throughout your camper's week through your online store account.

Please note: We do not accept cash. At the end of the week, any remaining store credit is refunded back to the original credit/debit card used to make the store card deposit.



STUFFED ANIMALS
\$7-12



T-SHIRTS
\$12-15



HATS
\$15-20



HOODIES
\$30



Forms

Please submit your required online camper forms (along with any payment due) at least two weeks prior to camp. Login to your online registration account at www.eaglelakecamps.com to complete all camper forms.

Forms to Upload to Your Account Prior to Opening Day:

- **Physical Examination Form (Current within 12 months)**

The Physical Exam Form is required for camper attendance and must be signed by a licensed medical physician or nurse practitioner. Please upload your completed form prior to opening day.

- **Immunization Record**

(If you have chosen not to immunize your child, please provide a written statement of exemption)

Medicines *(including prescription, over the counter, vitamins, and supplements):*

Due to Colorado State Law, medicines may only be administered to a camper with written authorization and instructions given to Eagle Lake by the camper's physician. This written authorization must be included on the Physical Examination Form.

All documents from prior years are archived following the summer months and are irretrievable.



Connect with Your Camper

Sending Emails to Your Camper:

Purchase a one-way email pack to send love to your camper daily while they are at camp. Emails are printed and distributed to campers each evening at dinner. Please allow up to 36 hours for delivery.

Sending Mail to Your Camper:

When mailing letters or packages, please allow up to 7-10 days for delivery. Use format and address below for optimal delivery:

Eagle Lake Camp

First & Last Name, "Camper," Week #

PO Box 6819

Colorado Springs, CO 80934





Transportation

If Arriving by Car:

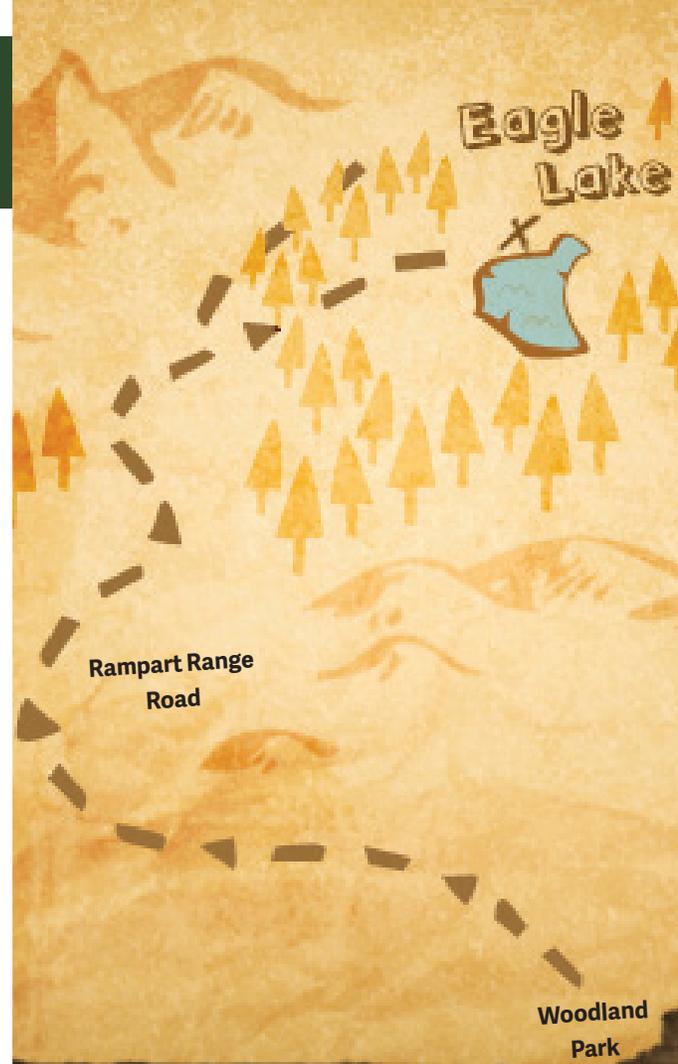
Driving directions are available at eaglelakecamps.com/directions. Allow at least one hour drive time from Colorado Springs. Please note: cell phone service is not available along much of Rampart Range Road; it is a good idea to print directions rather than rely on your smart phone's GPS.

If Arriving By Plane:

Eagle Lake offers complimentary shuttle accommodations to and from Eagle Lake for campers flying into the Colorado Springs (COS) airport. Reserve your shuttle by logging into your account at eaglelakecamps.com. Eagle Lake cannot transport campers without a confirmed shuttle reservation. Be sure to include exact flight information. Please schedule your flight to arrive between 10:00 AM and 1:00 PM on opening day, and depart between 8:00 AM and 11:00 AM on closing day.

Pick Up Authorization:

Eagle Lake will only release campers to the parent/guardian who registered the child for camp. Please login to your online registration account and complete the Pick-up Authorization section to authorize a second parent/friend/family member to pick up your child from camp.





Opening Day

1

Arrive at Eagle Lake between 12:30 and 2:00 on the opening Sunday of your camp session.

2

When you arrive, you will be greeted at your car by our friendly summer staff who will take your luggage to your cabin!

3

From the parking lot, head to the upper level of our Dining Hall. Here you will meet our Registration Team who will help you with your camper forms.

4

Next, you will be directed to our Med Staff who will take any camper medications and special health instructions.

5

After completing this process, head down to the lawn where you can meet your camper's counselors and cabin mates!

6

We'll take care of the rest! Have an incredible week, and we'll see you again on Friday between 8:30 and 10:30 AM!



Closing Day

Gates open 8:30 am on closing day. Campers should be picked up between 8:30 am and 10:30 am on Friday. When you arrive in the parking lot, an Eagle Lake staff member will greet you and direct you to the Upper Dining Hall to check-out. From there we will connect you with your camper and carry your bags to your car!

Here are a few things to remember before you leave:

- Have your photo ID available as you check-out in the Upper Dining Hall. Our staff will check to make sure it matches one of the names on your Pick-up Authorization Form.
- Pre-register for next Summer to secure your camp/week of choice at the best possible price.
- Retrieve your camper's leftover medication(s) from our Med Staff.
- Browse the Lost & Found table to rescue any lost items.
- Double check to ensure all bags (and sleeping bag) made it to the car.

**Don't forget
your Photo ID!**
Safety is our top priority
and we will only release
campers to authorized
individuals.





Policies & Procedures

Payment/Refund/Cancellation Policies:

Camp balance is due, in full, two weeks prior to the camp start date. No refund will be made for dismissals due to disciplinary action, late arrival, or early departure. Refunds of the full tuition minus the \$50 non-refundable deposit may be given if the request is legitimate and is made in writing more than two weeks prior to the scheduled camp week. Otherwise, refund requests will be handled on a case-by-case basis.

Personal Food:

Please do not bring personal food to camp as it attracts wild animals. If a camper has special dietary needs that require them to bring additional food to camp, it will be kept in a secure building and accessible through his or her counselor. All other food and snack items can be purchased at the Eagle Lake store and can be eaten during free time. Gum is not permitted at Eagle Lake.

Medications:

All medicines (including prescription, vitamins, and supplements) must be checked on opening day with one of our camp medical staff, along with written instructions from the camper's doctor. To best protect your camper, our medical staff keeps all medications (with the exception of inhalers and epi pens) and distributes them at the time they need to be taken by the camper. You do not need to bring over-the-counter medications as our infirmary is sufficiently stocked to meet the demands of most headaches, coughs and scrapes. If you have specific questions, please contact the Eagle Lake office.

Policies & Procedures

Lost and Found:

All personal items should be clearly marked with first and last name. While not responsible for lost items, Eagle Lake catalogs lost and found for possible return. Items not claimed within two weeks of the camp session are donated to local charities.

Injury or Illness:

In the event of an injury or illness, your child will be treated to the best of our abilities. If Eagle Lake determines that a camper's condition requires treatment beyond our medical team's abilities, urgent care or emergency room treatment will be sought. In the event of a serious injury or illness requiring emergency room treatment or hospitalization, you will be contacted immediately. If you express concern or disapproval regarding the use of outside medical care, you may choose to come pick up your camper from Eagle Lake within 3 hours of first contact. If you cannot pick up your camper within 3 hours, Eagle Lake will continue with the course of action that we determine is in the best interest of the camper.

Cell Phone Policy:

We request that campers do not bring cell phones or other electronic devices to camp. We want to give them a chance to unplug for the week, and experience God in His creation! If a camper does bring an electronic device, we will keep it safe for them in our office until Friday morning.

We do understand that cell phones many times are sent to stay in touch during the week with your camper. However, our property does not have cell phone service. If you want to connect with your camper during the week, feel free to purchase an email pack so that you can keep them updated each day!



Contact Information

Questions:

Visit the Eagle Lake website at www.eaglelakecamps.com for the most current information on programs, staff, dates, prices, and other frequently asked questions. If you would like to speak with someone, the Eagle Lake office is open Monday -Thursday from 8:00am-4:00pm (MST).

Office Number:

719-272-7453

Office Email:

eaglelake@navigator.org

Website Link:

www.eaglelakecamps.com

Address:

Eagle Lake Camps
PO Box 6819
Colorado Springs, CO 80934

Colorado Department of Human Services

Eagle Lake Camp is a licensed child care provider by the state of Colorado.

Colorado Department of Human Services

Division of Child Care

1575 Sherman Street, 1st Floor
Denver, CO 80203

Phone Number:

303-866-5948

Fax Number:

303-866-4453