

Welcome to Camp

Excursions

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



Welcome

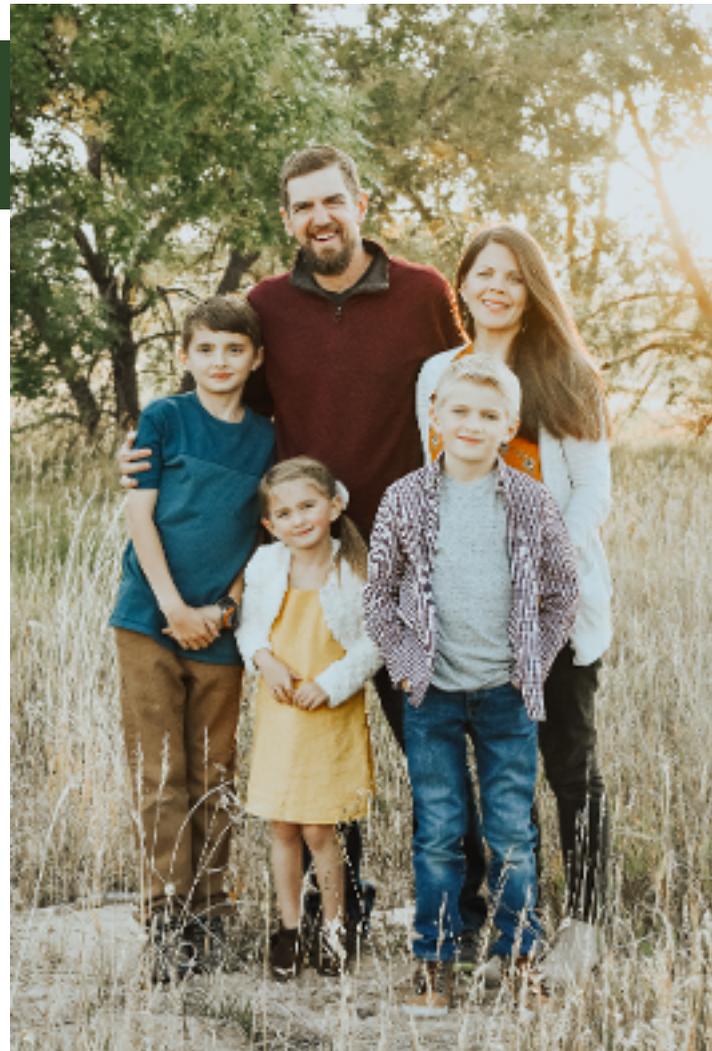
Welcome to Eagle Lake Excursions Camp! We're so glad you've chosen one of our challenging adventure programs here on our beautiful overnight property, which we've seen God uniquely bless and use to transform lives for over 60 years.

As soon as you drive into camp, your adventure begins. Our highly trained staff have 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 highly trained counselors equip your campers to grow spiritually through intentional conversations, group Bible study, and by modeling what it means to walk with Jesus.

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





Meet the Excursions Team



**COLLIN
RUSS**

Director of Overnight Camps

Collin started out his time at Eagle Lake in 2008 and spent 4 summers serving on the (REZ)ident Program and Crew. He took a short break from camp to work in management with, our sister property, The Glen Eyrie Conference and Event Center, but rejoined Eagle Lake in 2015 as Full Time Staff. Now, he directs our Overnight Camps property and eagerly awaits sending his own kids to camp!



**GRANT
SODERSTROM**

Excursions Director

Grant started on the Excursions team as a counselor in 2013 and 2014, then returned in 2017, joined our Full Time Staff and became the Excursions Director. He is a certified Wilderness First Responder and has an Association for Challenge Course Technology certification. He has 4 years of experience in Wilderness Guiding and Rock Climbing Facilitation and Training!



**SARAH
GREENSTREET**

Customer Advocate

Sarah joined the Eagle Lake Full Time Staff in 2018. You can find her most frequently in the office on the phone. She spent her first summer as the Overnight Office Administrator and is now leading the Customer Experience team for the (REZ)ident Camp, Excursions, Crew, Day Camp at Glen Eyrie and Day Camp at The Club at Flying Horse.



Packing List

Need help
choosing the
right gear?
Give us a call!

What to bring:

- Sleeping bag (20 degrees or warmer)
- Pants for hiking (no jeans please)
- Shorts (2 pair)
- T-Shirts (4)
- Socks/Underwear
- Long sleeve shirt
- Sweatshirt/Hoodie
- Light jacket (for brisk camp nights)
- Rain jacket
- Warm hat and Sun hat
- Day pack (school backpack size or bigger)
- 2 Water bottles (small water bottles are not very useful)
- Bath towel
- Flashlight with spare batteries
- Set of nice clothes for Banquet Night
- Swimming suit (girls: one-piece only)
- Sunglasses
- Sunscreen and chapstick
- Toiletries
- Athletic shoes/Tennis shoes
- Hiking boots (athletic shoes will do if you are in Adventure Experiences 1, 2 or 3.)
- Bible, pen, and notebook

Optional:

- Disposable camera (no phone cameras) Cameras are available at check-in for \$8!
- Portable camp chair (i.e. Crazy Creek). Rental option at check-in for \$8!
- Rock climbing shoes. Rental at check-in for \$5

What NOT to bring:

- Electronic devices (phones, etc.)
- Pocket knives (weapons of any kind)
- Cash
- Gum

Program Specific Packing

Adventure Experiences 1 & 2

No changes!

Adventure Experiences 3

Add secure sandals with heel strap or water shoes

Adventure Experiences 4, 5 & Dad / Teen Trek

Add secure sandals with heel strap or water shoes

Add a backpack with an internal frame (50-70 liters) *available to rent at check in

Rocky Mountain Challenge

Add a backpack with an internal frame (50-70 liters) *available to rent at check in

Do not bring a camera

Add one outfit and shoes that can get very dirty

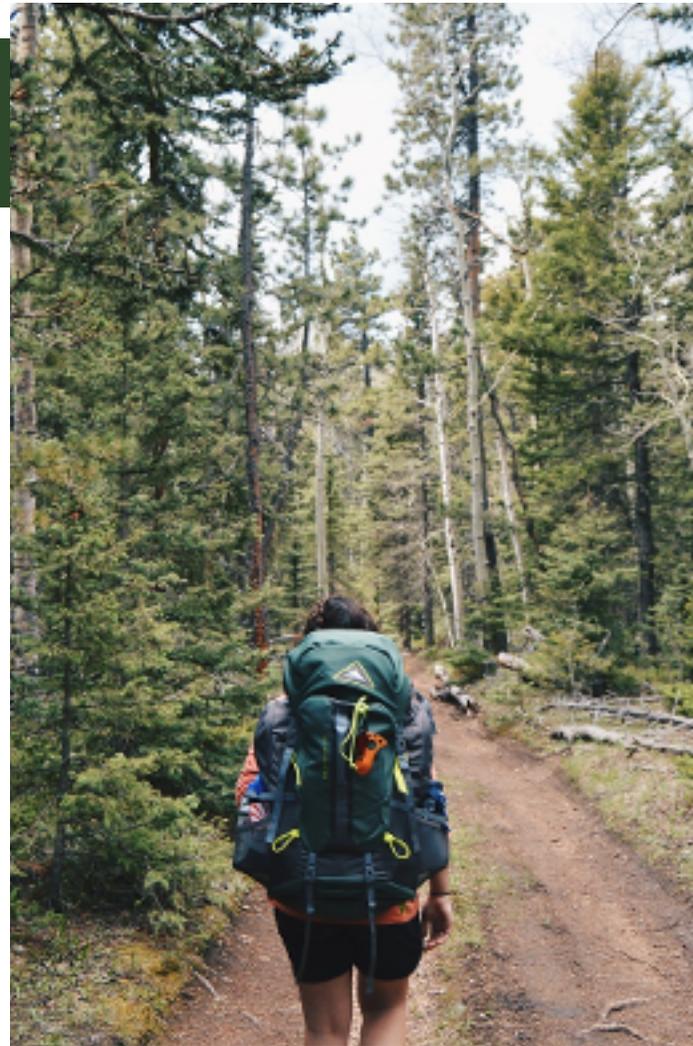


How to Pack

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. The goal is to stay warm, dry, and comfortable. These are our best recommendations and not requirements.

Note: There are no laundry facilities available. When hiking off site, extra clothing and gear is kept at Eagle Lake in the base tent.



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.



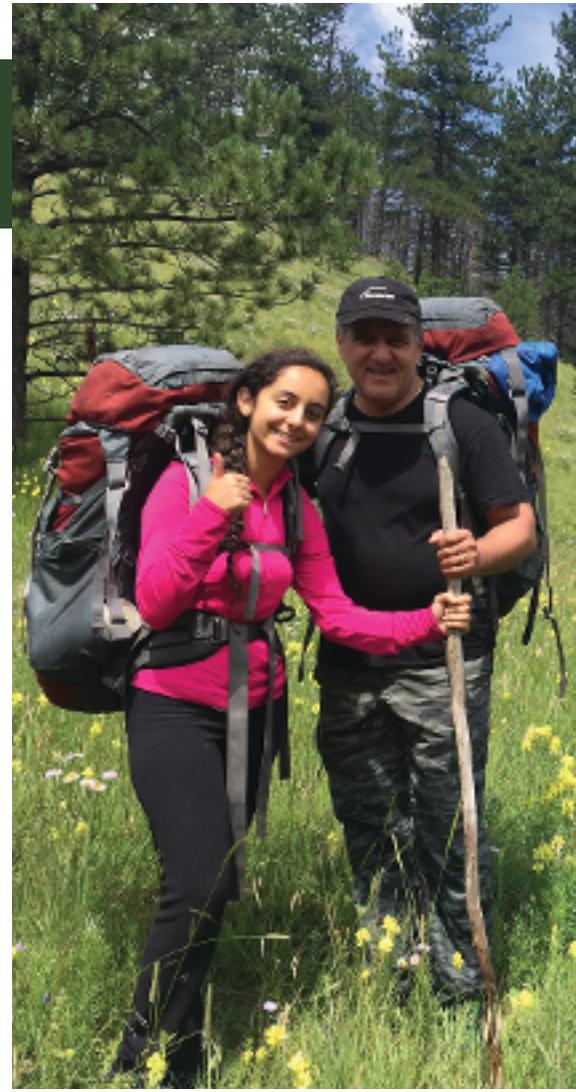


Hiking Boots

It is necessary to have a good quality 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.

Note: High quality tennis shoes are sufficient for Adventure Experiences 1, 2 and 3 campers.





Camp Store

The Camp Store is a favorite destination of campers during free time each day! Although Excursion campers may not have as much time to visit purchase goodies, the store will be open at check-in and check-out. 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.

Care Packages:

Love the idea of a care package but don't want the hassle of the post office? We offer Excursions-specific care packages through our camp store! Simply log on to your account and select 'Pre-Order'. We'll take care of the rest!

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)

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

Due to Colorado State Law, medications must comply with the following rules:

- All medications may only be administered to a camper with written authorization and instructions given to Eagle Lake by the camper's physician.
- All medications, including vitamins, must be in the original container or will not be accepted (including inhaler boxes).
- All medications, including vitamins, must be listed on the Eagle Lake physical form by the prescribing doctor.
- All medications must be within their expiration date.
- We do not allow any camper to keep medications on them unless specifically requested by the physician.

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 AE1, AE2, and AE3 campers each evening at dinner. Please allow up to 36 hours for delivery.

Note: Due to programming AE3, AE4, AE5, DTT, and RMC are unable to receive emails.

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

Note: You are welcome to bring mail during check-in to be distributed during camp.





Transportation

If Arriving by Car:

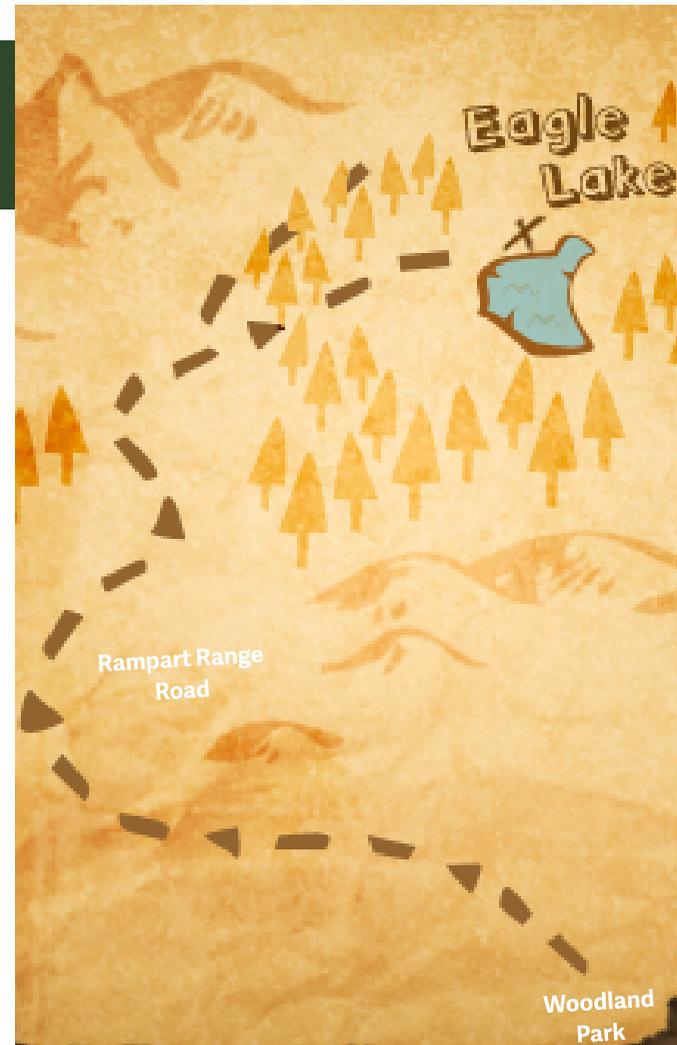
Driving directions are available at eaglelakecamps.com/directions. Allow at least one hour drive time from Colorado Springs. Please note: cell phone service is not available along much of Rampart Range Road; it is a good idea to print directions rather than rely on your smart phone's GPS.

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 log in 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.





Menu

While eating at camp:

Campers sit with their cabins during meals. We eat meals family style, so we make about 8-10 servings per table. If campers would like more food they need to raise their hands and a crew camper (high school campers that help serve meals) will come, greet them and grab them more food.

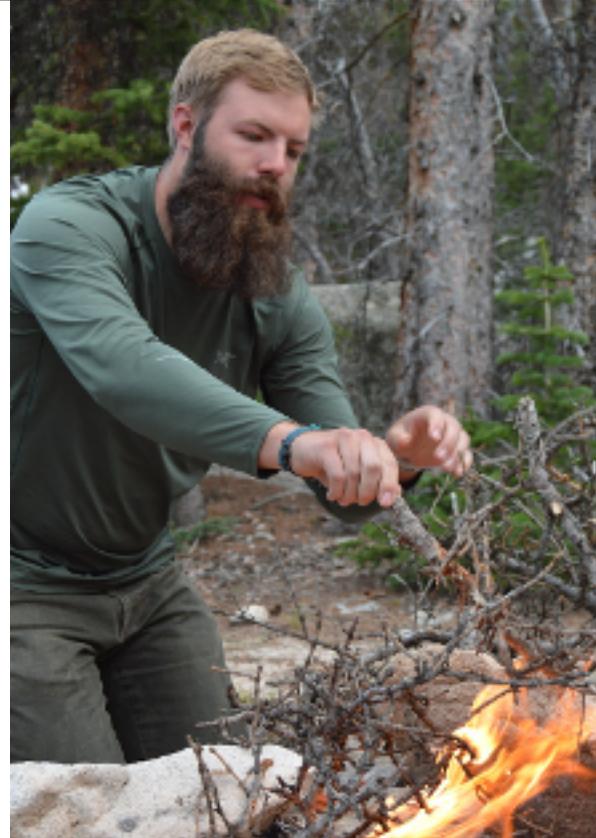
Note: this extra food won't always be what the camper wants seconds on.

Campers with dietary needs will also raise their hands and we will make sure to provide a suitable alternative. The dietary needs we cover are: Gluten Free, Dairy free, Vegetarian/Vegan, nut free or any combo of those. **Some of the more difficult needs, like corn free, we ask you to provide meals or snacks to help supplement your camper's experience.**

While eating on trail (off property):

Campers will have either a sack lunch style meal (for example: wraps and sandwiches) or a backpacking style meal (for example: cheesy beans and rice or trail pizzas).

Dietary restrictions can and will be accommodated on trail.





Opening Day

1

AGES 11-17: check-in from 12:30-2:00 pm
AGES 8-10: check-in from 2:00-3:30 pm
(if you have campers in both age brackets,
please check-in from 12:30-2:00 pm)

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. Here your camper will also complete a brief medical evaluation.

5

Finally, visit the Excursions check-in table to rent any gear you may need! 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 medications (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.

PLEASE NOTE: When campers are on trail (away from camp) in our Excursion programs, medications will be administered by trained counselors.



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!



Policies & Procedures

Bullying Policy:

Eagle Lake Camps recognizes and defines bullying as: *“a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort through physical contact, verbal words, or social actions.”*

Manifestations of bullying includes but is not limited to: hitting/kicking/punching, spitting, tripping/pushing, taking another’s belongings and/or breaking them, making rude gestures, teasing, name-calling, inappropriate sexual comments, taunting, threatening to cause harm, spreading rumors, leaving someone out on purpose, embarrassing someone in public.

Bullying Discipline Process:

Step 1: Conversation with counselor

Step 2: Conversation with Program Director and call home

Step 3: Dismissal from camp

*Eagle Lake Camps reserves the right to dismiss a camper from camp with or without notice based on the severity of the bullying behavior manifested.



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 Main Office):

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

Eagle Lake Camps operates under a special use permit from the Pikes National Forest.