



WHAT TO EXPECT

A DAY IN THE LIFE OF A CAMPER

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- 9 AM** We have breakfast together at Baxter Dining Hall
 - 10 AM** First trail group for the day to enjoy a programming activity
 - 12 PM** Back to your cabin for a little rest and relaxation before lunch
 - 1:15 PM** Lunch with announcements, mail and some shenanigans!
 - 2:30 PM** Second trail group for the day to enjoy a programming activity
 - 4:30 PM** Back to the cabin for rest and to prepare for the evening
 - 6:30 PM** Dinner
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Immediately following dinner, our entire camp community participates in an evening activity. The evening activity may be a campfire with songs and skits, S'mores, a talent show, or a dance. At the end of the week we typically have a closing campfire as our evening activity. We gather together at the conclusion of each evening activity and sing our Goodnight song to send everyone off to bed. We try to have lights out by 10:00PM every night (although our older cabins might stay up a bit longer!).

WHO WILL TAKE CARE OF ME WHILE I AM AT CAMP?

CHAMP Camp counselors are health care professionals who at camp are friends and mentors. They listen, play, laugh, and know how to create and recognize magic moments. They are talented in many ways beyond their clinical skills... they can compose songs, initiate a hike through the woods, recognize the hoot of an owl, cheerlead at new achievements, and bait a fishing line. They live in the cabins with the campers to monitor and provide medical interventions round the clock. We staff 2.5 counselors for every camper guaranteeing a good mix of caring and sharing. We make a considerable effort not to "smother" or "hover" over our enthusiastic participants, and within safe bounds, CHAMP Campers have the freedom to explore the many facets of the outdoor environment. Seventy-five percent of our of our counselors are nurses, respiratory therapists, physical therapists, occupational therapists, speech pathologists, child life specialists, teachers, recreation professionals, and physicians. Other devoted volunteers include university students majoring in a health care discipline, as well as rehabilitation specialists who assist with equipment and technical, logistical support.

CAMP FOOD

There are three full meals served everyday at the Baxter Dining Hall with yummy and healthy options. If you are on a special diet, we collect this information from you prior to camp to ensure that your needs are met at each meal. The chef will accommodate any and all special requests that you have. In order to keep your energy level up during the day for all of our fun activities, snacks are readily available to you through the assistance of your counselors.

BUNK MATES

As soon as you arrive at CHAMP Camp, you will get settled into your cabin. You will have your own bed and area for all of your things. Each cabin has a large room that sleeps 10 people which will be comprised of campers your own age and counselors. In addition, there are two small rooms adjacent to the large room that each sleeps four counselors. In each cabin, there is one private half bath and a large community bathroom.

If you are interested in learning more about CHAMP Camp, visit champcamp.org or contact us at 317.679.1860 or by email at admin@champcamp.org.

